

Begin a Weight Loss Program — Shed Those Pounds for Good

Did you gain some weight throughout the year? Do you overindulge over the holiday season each year? If you're like many people, you give yourself permission to eat whatever you want over the holiday season. From Grandma's chocolate chip cookies to Aunt Aggie's Sweet Potato Pie, you probably inhaled it all!

Right about now, your body is probably begging you to lose the holiday and pre-holiday weight gain. Now, you're on the scale and do not like the number staring back at you. Relax, take a deep breath, and make the decision today to lose the weight. Those 30 lbs. will be gone in no time.

Weight loss does not have to be scary or overwhelm you. You gained the weight one pound at a time, so take it off one pound at a time. Remember, crash diets do not work. You'll see results in the short run, but in the long run you'll gain the weight back and more!

Taking It Off for Good

1. **Know how much weight you want to lose.** When you set a weight loss goal, be realistic. Not everyone will be "super model" thin. Find **your** target weight and go for it!
2. **Move for about 30 minutes per day.** Do you like to dance? Are you a walker? No matter what you do, just exercise. Walking is a low-impact exercise that can help you to shed some pounds. Incorporate 3 to 5 lb. weights into your daily routine and build up from there. Take baby steps and start moving today!
3. **Keep a food journal.** Do you know how many calories you eat per day? Do you know what you eat every day? Many experts believe a food journal will *shed some light* on what you eat each day. Most people go through their day fast and furious and do not even think or even taste what they eat. Slow down, taste your food, and write down what you eat every day. You'll probably be surprised or mortified!
4. **Portion control.** Use a small plate instead of a large one. The United States of America is known for "super-sizing" its foods. Cutting back on your portions is a great way to shed those extra pounds. You will notice a difference.
5. **Cut out fast food.** [Subway](#) is a great alternative to fast foods. It's fresh and you can have it your way.
6. **Curb the urge to dine out seven days a week.** Not only will you save a ton of money, but you'll see results from cutting back on eating out. Sometimes it cannot be avoided, but make an attempt to eat out less. If you must eat out, make smart choices. Look for the words "broiled and grilled," skip the sauces, and ask for items such as salad dressing on the side. Better yet, skip the salad dressing.

Also, do not be afraid to ask for substitutions or to have something prepared a different way.

7. **Hold the desert.** Ok, this will be difficult for most people. Cutting out desert will help you reach your weight loss goals. Have something once in awhile or look for a substitute. The other alternative is to have your desert once in awhile. If this is too tempting for you then just cut out desert. Replace it with fresh fruit or make it yourself using lower calorie or reduced fat ingredients.

Note: a label with the words "reduced fat, lower in fat, no fat, or no sugar, does not mean it's better than ingredients that are higher in fat. Chances are the manufacturers replaced the "fat" with something else that is not good for you. This is why reading labels is important.

8. **Be wary of those 100 calorie snack packs.** Did you read the label of ingredients? If you did not, it's all right because I did! Most of them contain [high fructose syrup](#) which is not good for you. These snacks have some ingredients that you've probably never heard of or cannot pronounce. For more information, check out the [Mayo Clinic](#). They have a wealth of information that can prolong your life.
9. **Weigh yourself once a month.** Do not weigh yourself every day because you'll drive yourself nuts! When losing weight, you'll probably hit a plateau which is normal. If you weigh yourself each day and do not lose a pound or two, you may become discouraged or obsessed. Weighing yourself once a month is fine and will keep you on track.

Follow these tips to get your body back into shape. Not only will you look good, but you'll feel good. Some believe our body is a temple and should be treated like one. This means keep it clean and free of "garbage." You would not desecrate a temple, would you?

If you would like to live a healthy and happy life, change your lifestyle. Get plenty of rest, mind your thoughts, curb your alcohol intake, quit smoking (try it), and live life to the fullest. Try these tips for 30 days and see what happens. You may not recognize yourself when you look in the mirror!

10 Tips to Prevent Holiday Weight Gain Forever

Many people love to eat and when the holidays approach, they feel it's a free pass to eat whatever they want. Before they know it, the 30 pounds they took off during the year are back. Guilt and resentment settles in, and they comfort themselves with food and then gain another 10 pounds!

Most women gain weight in target zones such as hips, butt, and thighs! Men usually gain weight around their stomach aka "the spare tire," which is not healthy.

To avoid weight gain during the holiday season, start by eating smart. According to Texas A&M International University in Laredo, "we eat an extra 619 calories per day from Thanksgiving to New Year's Day." That's a lot of calories to pack onto your body each year!

Everyone wants to enjoy the holiday season. You do not want to deprive yourself of anything because you risk "binging" on foods. Before you know it, you're ballooning up like Violet from Willy Wonka and the Chocolate Factory!

10 Ways to Prevent Holiday Weight Gain

1. **Do not deprive yourself.** If you deprive yourself of foods you like, chances are you'll "binge" and eat everything in sight! Indulge here and there, but do not go overboard.
2. **Workout longer.** Add extra minutes to your workouts. This will help you to prevent holiday weight gain.
3. **Eat soup such as Minestrone or another alternative.** Fill up on soup before your entrée arrives. You'll feel fuller and will be less likely to eat your entire entrée.
4. **Carry a snack such as a protein bar or low-fat string cheese.** If you're on the go, carry a protein bar or low-fat string cheese with you. After all, you'll need fuel to finish your holiday shopping.
5. **Sniff Peppermint?** There's something about peppermint that will deter you to eat less. Give it a try and see what it can do for you. If your sinuses are "clogged," this may help to clear them as well.)
6. **Portion Control.** Take small portions of food and do not go back for seconds!
7. **Use a small plate.** A smaller plate will not be able to hold a lot of food. Small plates are good to use all year-round. If you use larger plates on a daily basis, consider purchasing small plates. You can go to a discount store and buy them for one dollar!
8. **Get plenty of rest.** Being sleep deprived is not good for you. Get the daily recommended amount of sleep, usually 6-8 hours of sleep each night.
9. **Sit down and eat your food; chew slowly.** When you sit down to eat, it can help you to consume less calories during the holidays. Remember to chew your food thoroughly and slowly; put your fork down once in awhile. This will help you to notice when your body sends you a signal that it's full.
10. **Spice it up!** Use spices such as pepper and garlic to spice up your foods. This can help you to eat less.

These are some tips to help you avoid gaining weight this holiday season. You could apply these tips no matter if it's the holiday season or not. Go ahead and incorporate these tips into your weight loss program now! Your body will thank you for it!

Women Follow 7 Steps to Lose Weight like Men

Many women diet to lose weight. The problem is they usually gain the weight back with an additional 10 pounds! Diets do not work. When you restrict yourself from foods that you enjoy, chances are you're going to binge. This means you could end up eating an entire cheese pizza! Not only will you probably get sick, but you'll feel guilty.

Men do not diet. They're not about to give up anything — men do not berate themselves if they mess up. They're going to enjoy a meal of meat and potatoes. However, the next day they're back to watching their caloric intake.

If men have a craving, it's usually for a juicy T-Bone steak. Women crave sweets such as chocolate cake. The steak is filling, whereas chocolate cake will not fill you up. Therefore, grab the low-fat string cheese, turkey roll-up, or cottage cheese with fruit. The alternative is a chocolate covered or peanut butter chocolate energy bar. The calories range from 210 and up. The key factor is that it will fill you up.

To keep from overeating, men will usually go for a run, play a round of basketball, shoot pool, or do some activity that they enjoy. Women on the other hand will do dishes, dust and vacuum, or some other activity that they do not enjoy. Before they know it, they're overcome with feelings of disgust and aggravation.

Women, it's time to do something you love instead of something that is seen as a chore. Do you draw, paint, or sing? Take up a hobby such as graphic arts, pottery, or anything that involves using your hands. You could always buy a journal and write your feelings down. Who knows, you may get to the root of why your weight loss system is not working for you.

7 Steps to Lose Weight like Men

1. **Use heavier weights.** Ladies leave the 5 lb. weights on the shelf. The heavier the weights the better. Start with 10 lb. weights and build-up from that point.
2. **Food is not a counselor.** Find out why you reach for food when you're emotional. When you eat that slice of cheesecake, you think you'll feel better, but chances are whatever it is that you're feeling will resurface at a later date. Tackle the issue right now instead of stuffing your feelings with food.
3. **Crave sweets — replace them with proteins.** Keep low-fat string cheese in the refrigerator. Chicken and turkey are great to have on hand. Other alternatives are natural or organic peanut butter, nuts, legumes, or cottage cheese and fruit. If you have a craving for something for sweet such as chocolate, have a protein or energy bar. One will probably be enough!
4. **Do not obsess over the scale.** Many women are freaked out by the scale. Weigh yourself once to three times a week! Let your clothes measure your progress. Loose fitting clothes will indicate that you're losing inches and pounds.
5. **Deprivation is a big no-no.** Do not deprive yourself the foods that you like. Try to incorporate them each week. Instead of eating the entire cookie eat half one day and save the other half for another day. Negotiation can be your friend, be diplomatic about your food choices.
6. **Do something nice for yourself.** Get a massage, manicure, or pedicure. Men do stuff for themselves all of the time. They're not about to give up their season tickets to their favorite sports team or the round of golf.
7. **Go within to understand why food comforts you.** Understand why you eat the way you do. Learning to deal with issues that are you're holding inside will benefit you in the long run. The more you put off dealing with issues, the more susceptible you are to sabotaging your weight loss.

Women if you follow these 7 steps, you'll lose weight and keep it off. Stop beating yourself up if you happen to go over your calories one day; it's all right. You can best believe that men do not ever beat themselves if they take in more calories. They get over it, very quickly, and so can you! Pick yourself up and start again tomorrow. Just don't make a habit of it.

If you find yourself eating more calories, there are issues that need resolving on a deeper level. This is where going inward will help you treat the issues instead of the symptoms. It may be tough, but once you do it, you'll feel relieved and can start living your life!