

Weight Loss Success Guide

21 Proven Hacks to Lose Fat Naturally and Keep it Off For Good!

1. Break up with the idea of “dieting.”

Make your change a lifestyle change. View your changes as lasting for a lifetime, rather than simply going on the latest fad “diet” for a period of time. Fad diets only result in the weight packing right back on once the “diet” is over and you go back to the “default” lifestyle that caused the weight gain in the first place.

2. Drink more water.

Have you ever consumed a half a gallon or more water in a day? In my opinion, this is one of the best hacks for weight loss. In addition to the fact that there is less room left for junk food, there are many other health benefits of consuming more water, including more energy, healthier skin, and simply feeling better! The extra trips to the bathroom are more than worth it! Try drinking half your body weight in ounces each day.

3. Stop drinking soda and other sugary drinks.

Go for water. Flavor it with fruit if you need to but remove the sugar drinks from your life. You must also know that sugary drinks are not limited to soda. Many drinks today, even those marketed as healthy alternatives to soda, are loaded with added sugars. Pay attention to what’s on the actual nutritional facts label, not just the slick marketing on the front label that gives the appearance that it’s a healthier option

than soda. If you are drinking enough water daily, it will leave less room for sugary drinks in your life.

4. Pay attention to how food makes you feel.

I am not talking about the dopamine release in the brain as you are consuming the food itself, which could be from a sugar high or possibly from the MSG included in your favorite salty food. Rather, pay attention to how you feel an hour or so afterwards. If it was a triple scoop ice cream cone or bag of Doritos, you will likely feel sluggish and tired. However, note how good you feel after eating something like veggies and a lean protein chicken dish, and let that better feeling drive your future food choices.

5. Cut out the refined/processed grains.

This is not easy, but so worth it. No crackers, white rice, white bread or pasta and limit any other simple carbs such as whole wheat bread and whole wheat pasta. One of my favorite replacements for pasta is spiralized vegetables, and I love to replace white rice with either true brown rice or cauliflower "rice."

6. Eat 5+ servings of fruits & veggies daily.

The USDA now recommends consuming 5-13 servings of fruits and vegetables daily for nutritional reasons such as a strong immunity and disease prevention. Most of us will fall in the 8-10 serving per day range recommendation. Set as a minimum 5 servings per day, with the majority being vegetables rather than fruit. This will add highly nutritious healthy calories to your diet, help limit poor food choices, and deliver many other health benefits besides simply weight loss.

7. Eat five times daily.

To keep your metabolism in high gear, it is better to consume five smaller meals, one every 3 hours approximately. This will also serve to help stabilize your blood sugar (glucose) levels throughout the day and fuel the fat burning process. Choose snacks between your three main meals that include a healthy carb such as fruit for example, and a good protein source such as nuts or lean meat.

8. Food prep.

You've got to have a plan and be prepared if you want to be successful! Take food with you. NEVER be caught hungry without healthy options within reach. I love having whole-food, extremely healthy and convenient bars we have been buying for the past few years, in my car, gym bag, and travel bag so I am never without a healthy option. I also carry packets of a nutritious and delicious meal replacement protein shake that I have used as my breakfast for the past 19 years. This allows me to never be without the ability to mix up a healthy breakfast or lunch on the go. When you are hungry, you'll splurge and make bad food choices. Think ahead and take good food with you. This is extremely important on vacations as well.

9. Use a smaller plate.

It helps your mind think there is more food and there is less you can put on a plate.

10. Start your meal with veggies.

Before your main meal(s) of the day, such as lunch and dinner for most, always begin by eating vegetables, and lots of them! It will help to curb your appetite before you get to the denser, higher calorie items. If this practice helps you to feel too full to finish your dinner, that's a good thing!

11. Choose snacks in natural packaging.

It goes without saying that the healthiest snacks are REAL foods, grown in nature, such as nuts, seeds, fruit and vegetables. Avoid the Snickers and go for real food.

12. One treat/dessert per week.

Do you love the idea of not going completely cold turkey when it comes to treats? You can do anything for a week, right? Allow yourself one treat or dessert each week. It will give you something to look forward to and reward yourself with, and you might just find that after enough time of healthier eating and enjoying your newly found energy, your desire for these unhealthy foods may lessen.

13. One cheat meal per week.

This one should work great. You can still have the Friday night dates with your loved one at your favorite restaurant, as long as you've been good the rest of the week. And if done correctly, this one cheat meal each week can serve to fuel your metabolism into a higher gear if the increase in simple carbs brings a "shock" to your system.

14. Nothing to eat after 8:00 pm.

This one is one of the most important and effective for weight loss and weight management. Absolutely no eating anything after 8pm or within 3 hours of bedtime. Don't do it! Late evening eating will absolutely sabotage your weight loss objectives.

15. Walk a bit further.

It is amazing how many people I see waiting longer to get a slightly closer parking space in the grocery store or mall parking lot, than it would have taken them to walk the distance they saved from parking in an open parking space further out. Don't do this. Cut some parking stress, save some time, limit your vehicle's exposure to door dings, and take one of the many parking spaces further out. Along this same vein of thought, take the stairs instead of the elevator/escalator.

16. Sleep.

Get at least 7-8 hours a night. A lack of sleep puts stress on the body, increasing the body's hormones like cortisol that contribute to fat storage. Additionally, with a lack of proper rest, the temptation to eat for "energy" because of sleep deprivation is greatly increased. Get enough rest for success.

17. Focus on posture.

This is huge for fitness and feeling good and doesn't take any extra time. Easy trick...adjust the mirror in the car and when you can't see, remember to sit up straight and engage core stabilizers. You can also do posture exercises and flex your core while brushing your teeth or doing other morning routines, for an effective core workout daily.

18. Exercise regularly.

You should exercise a minimum of 3 days a week, but preferably 5-6. Incorporate a combination of cardio, strength training, and HIITs into your weekly routine. See #19 and #20 below.

19. Use weights in your workout.

The best exercise program includes both cardio as well as strength training. Did you know that by age 40, we begin losing an average of 1% of muscle mass per year if we don't do something to counteract that? Continuing to build and maintain lean muscle tissue not only keeps us strong and healthy, but also helps us burn more calories daily and as a result, maintain our ideal weight. Even if the "weights" are your own body weight (sit-ups, pull-ups, push-ups, bench dips, etc.) this strength training is critical for maintaining your muscle tissue.

20. Incorporate HIIT workouts.

HIIT stands for High Intensity Interval Training. These work "magic" for speeding up one's metabolism. Try researching different HIIT ideas and begin by incorporating one each week into your routine. After a few weeks, try increasing to two each week.

21. Make a motivational wall.

This could be as simple as a picture that inspires you, or something visual to track your weight loss goals. Regardless of what you choose, place it somewhere it will be seen multiple times each day.

In Closing

You can do it. You are the only one that can make it happen...AND you are strong enough. Be that change and start using these natural weight loss hacks in your everyday life.

P.S. I am not a medical professional. Consider consulting your physician before doing anything so we won't be held responsible if something goes awry. Thank you. You've got this!