

~ Body Sense Lifestyle Living ~



Lisa's 11 Secrets to Weight Loss

- 1) You have the secret within you!**
- 2) You need to build a healthy relationship with food.**
You need to eat to live not live to eat.
- 3) Change your attitude about what you eat and what you put into your body.**

4) Keeping off the weight.

Fad diets will help you lose weight fast ~ but the secret is keeping the weight off.

5) Veggies.

Like it or not, incorporating Lots of high quality, organic (when possible) vegetables daily and consistently into your diet will help you lose weight and keep it off. And your immune system will love you for it too.

6) Eat Real Carbs!

Replace refined carbohydrates like white bread, pasta, bagels, cereal, pretzels, and anything made with processed ingredients with complex carbohydrates like fruits, vegetables, whole grains, nuts, seeds, and legumes. Fruits and vegetables are high in fiber, which slows digestion and promotes stable blood sugar levels. Complex carbs are packed with antioxidants that help reduce inflammation in the body. Whole grain carbohydrates should always be chosen over refined varieties. Think about eating foods in their most natural forms. For example, bread made from wheat that's milled, are processed and enriching with chemical nutrients for longer shelf life. While brown rice and whole grains merely are taken straight from the plant – complete with fiber and phytonutrients the way Mother Nature intended it be eaten!

7) Choose Healthy Fats

A common misconception is that fat should be eliminated entirely. In reality, we could not live without fat. The body utilizes dietary fat for energy, healthy hair, skin, nails, vitamin absorption, and normal everyday bodily functions. Good fats promote several health benefits such as protection against heart disease, cancer, memory loss, and depression as well as reduced blood pressure and lower cholesterol. Choose sources such as nuts, seeds, fish, avocados, and plant-based oils.

8) Eat Lean Protein

Our bodies require protein to continuously renew and replenish our cells, stabilize our blood sugar, and give us energy. Our bodies are literally made out of the amino acids that make up the protein in our food. Many foods contain protein, but the most abundant sources include animal products like meat, dairy, eggs, and fish as well as plant sources like beans, nuts, and seeds. When choosing animal protein sources, be conscious of the way the animal is raised and what the diet is. Grass-fed animals and free-range poultry are healthier and more ethically sound choices than feedlot meats.

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Organic yogurt and cage-free eggs are great for vegetarians, while tofu, tempeh, and nut butters are good vegan protein sources.

9) Exercise Your Body & Mind. It is a Must!

Exercise has enormous benefits for your mind & body. It decreased body weight, firms the body, lowers cholesterol (High-density lipoprotein (HDL) cholesterol protects the body from cholesterol buildup. Exercise helps increase levels of HDL good cholesterol*), reduces blood pressure (regular physical activity can bring your blood pressure down to safer levels**), AND it boosts your mood and clears your mind! Strive to be active at least 30 minutes every day to help keep your body healthy, strong and lean. Remember: It doesn't have to be expensive.

Even playing with your children in the park or trying a hand at gardening will keep your body active. It's also just as important to keep your mind active. Boost brainpower by spending time thinking positively, meditating, or practicing activities that require deep thought like reading for discovery and learning new things or playing Sudoku, crossword, or word finds. Try these tips for starters:

- Get off the subway or bus one stop earlier.
- Take the stairs instead of the elevator.
- Go on nightly jogs or walks with a friend or your dog.

10) Learn To Cook

Cooking meals at home allows you to control portion sizes, the quality of ingredients, and cuts your intake of sodium, fat, and calories. Try to avoid deep frying foods by learning how to sauté lightly, roast or bake, and eat more raw foods to boost flavor and cut calories. Also, try experimenting with herbs and spices to reduce salt intake.

Cooking and eating at home will help you build a healthy relationship with your food. When you are mindful, and have a positive attitude about change, and planning healthy, nutritional meals for yourself and family while grocery shopping, you are achieving the secrets to weight loss. You are beginning to change your attitude. You are preparing and aligning your mind & body with healthy, nutritional food choices. You have set a precedent for health, wellness, and change. You have it within yourself to build a healthy relationship with food!

11) Snacks

Always have healthy snacks available for hunger cravings. Carry with you; keep in your office and car. Choose from nuts, seeds, raw veggies, limited fruits and for a salty healthy crunch, opt for cracker/snacks made with plant/veggie protein flour or rice. Or make your own healthy potato chips with an air fryer.

Are these secrets? Not secrets really, just common body sense for weight loss, weight maintenance, and a holistic, healthy way of life!

*<https://www.healthline.com/health/high-cholesterol/treating-with-statins/best-exercises#1>

**<https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974>

Peace, Love, & Joy ~ gianalee ~