

The Complete Weight Loss Guide

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Thank you for your interest in our fantastic weight loss e book. You have made the right decision as this is a must have guide for anyone willing to lose weight and kick start a healthy living regime.

This guide is aimed at providing you the best possible weight loss advice and tips we can get to help and guide you in your weight loss journey. Hope this book is useful and helpful to you and hoping this can assist you to kick start on a new healthy living regime that will start changing your life forever.

Please feel free to share this guide with your friends and families and distribute them to as many people as possible. Do not forget to subscribe to our blog at www.weightlosstipsforever.com so you don't miss out on any weight loss updates.

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Introduction

Weight loss, dieting, slimming, fat loss, we've all heard it. In today's world there is a huge need with people wanting to lose weight and feel better and great about themselves. And with all the latest diet plans and books coming out, it gets really confusing and frustrating with choosing the best ones to go for.

People spend millions on weight loss aids such as pills, books, plans and even surgery to look their best these days. But there is always a draw back with most of these options e.g. If you stop going on the diet pill, you are likely to gain all the weight back unless of course you stick to taking pills all your life, which I believe will be the worst solution. In addition to that, there is long term side effects with these diet pills, meaning you could end up causing more harm than good to your body so always read the precautions carefully and do not be overshadowed with the great weight loss promises on the outside and forget to examine the inside properly.

The same applies to diets and many weight loss plans, once you complete the 3 day diet, what happens next? Will you stick to that all your life? This is a question many fad or quick weight loss plans out there fail to answer. Or will you eat grapefruits everyday for the rest of your life on the grapefruit diet? It is no doubt, you end up gaining all you worked hard to shed in the first place because you end up frustrated and bored with what to do next, confused where to go next and miserable about your body in general. Well you can find out what exactly to do next with the tips and tricks in this guide and even more secrets in our blog at www.weightlosstipsforever.com

Many people tend to use surgery for a quick fix, but is this really the best way weight loss solution? I'm not an expert on surgery but from others experience and what I've seen, I can assure you this is a NO solution to weight loss. Surgery is usually carried out in incurable weight situations where there is no other way out and some sort of action MUST be carried out. This needs to be addressed medically and must be highly recommended only by your doctor or medical professional. But it seems like people are now turning to this option to lose weight fast which shouldn't be the case.

Well all that said this guide is aimed at providing you with some of the best possible weight loss advice you will ever need to start losing weight the right way, and how not to fall back to those dirty frustrating habits.

How To Lose Weight The Right Way

Weight loss can be a real struggle especially with the high rates and levels of obesity in our societies today, it's no wonder we are looking for ways of changing our lifestyle and eating habits. Obesity and being overweight are linked to a lot of dangerous illnesses such as heart attacks, diabetes, cancer and short life expectancy and even death in some cases.

The only way this can be dealt with is by eating a good healthy balanced diet accompanied with some activities that can keep you moving. You can start here Below are my top 5 weight loss tips which should help you kick-start on your weight loss journey.

Planning

Before starting any weight loss plan, you **MUST** consult your doctor or medical professional. It is always wise to plan ahead too. Make sure you are prepared and ready to turn a new page. Most people say things like "I will start tomorrow" and tomorrow never ends up coming and before you know it your weight is out of control and you can't take it any more. Before getting yourself to that dangerous stage, why not take action as soon as you can? If this is proving hard, then plan a date and make sure you prepare yourself and stick to that planned date. Do not postpone as it might be too late.

Ideal Weight Identification

Once you are ready to start, the next step is to identify your ideal healthy weight level, so you can identify where you should be aiming at. This can be checked through the BMI(Body Mass Index) calculator. Most people just decide to go on drastic crash diets sometimes just to lose weight fast and don't really care whether they are under losing or over losing. It could be both dangerous and unhealthy if you lose so much weight than you should normally do, for your age and height. For every person there is a certain healthy weight they need to be. So before you start dieting, it is usually good to find out what your healthy weight should be by checking your BMI(Body Mass Index) through a BMI calculator.

Choose the Right Foods

Once you identify your ideal weight, you will probably be looking for the latest healthy diet plans to stick, in order to get you started. Make sure you opt for diet plans that are high in fruit, vegetables, fibres and low in saturated and trans

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fats. Always read the labels carefully and properly when buying any foods. Don't only read what is stated outside, check the in-depth labels.

Keep active

The only way you will lose weight properly is by adding some activity to your daily diet. It doesn't have to involve hours in the treadmill or jogging out on a cold winter morning. Do things you enjoy and that can entertain you and also help you burn calories too. When watching TV, why not try walking around the living room or house to stretch during adverts. It isn't much to do but will make such a big difference to your body.

Substitution

Substitute bad foods for good ones. This is another great tip to keeping in track. There is a lot of low-fat food versions available which you can always substitute, or if you can't bear the healthy versions, then opt for small portions of the original one as long as you don't go off track. Below are some ways of substituting;

- Substitute white breads for whole meal ones
- Swap full fat milks for semi skimmed or skimmed ones
- Grill, boil or steam instead of frying
- Use vegetable oils for cooking rather than butter
- Snack on fruits and nuts rather than crisps, cookies and other unhealthy snacks.

Importance of Breakfast in Weight Loss

What I noticed with some diets is that breakfast is usually very small or in some cases usually eliminated. Some people tend to eliminate this in their diets as they believe it will help them lose weight. I'm not sure how accurate this is because believe it or not, this is not the case.



Breakfast as they say is the most important meal of the day. When we sleep at night, our bodies are in a certain long overnight fast. So waking up in the morning, all you need is something to fuel you up to start the day.

Research has proven that, those who eat breakfast are more likely to participate and perform during the rest of the day than those who don't. The reason being that because you've not had any food after a long 8-9 hours, you are unable to function properly.

Also it is also seen that those who eat breakfast are less likely to crave during the rest of the day compared to those who don't. A nice healthy breakfast will keep you fuller for longer hence making you less likely to binge uncontrollably during the rest of the day and hence good for weight loss. Wholegrain cereals are perfect in this case and oatmeal as they are high in fibre and can keep you fuller for longer.

Next time you are in a hurry to go to work or leave the house in the morning, grab a banana or a cereal bar. It helps to have some food in the morning at least.

Healthy Breakfast Ideas For Weight Loss

In the last chapter we explored the importance of breakfast and its health benefits in weight loss.

This chapter will explore a little bit more on the types of good breakfast choices to go for. Below are some top 5 breakfast ideas which I believe are perfect for any one willing to lose weight and/or stay healthy.

- ***Porridge Oats:*** I will call this the number 1 healthy breakfast idea. Oats are a good source of fibre and therefore perfect for breakfast as they will help you battle those morning hunger pangs. Oats can also help boost your concentration during the day as well as prevent you from a lot of diseases. You can have it with some semi-skimmed milk and add some strawberries or blueberries or any fruit of your choice to make it an even healthier balanced breakfast.
- ***Eggs:*** This is my number two on the list. Eggs are a must have breakfast as they are high in protein and nutrients and also low in calories. They can thus help keep you fuller for longer and hence control weight gain. You can either have it poached, scrambled or boiled. They go perfectly well with some wholemeal toast and low fat spread.
- ***Smoothies:*** This is another perfect breakfast must have and number 3 on the list. Smoothies can be made basically with any combination of fruits you love and blended with some semi skimmed milk or low fat yoghurt of your choice. Or if you prefer it crunchy, you can enjoy it as a fruit salad instead. They are perfect for detoxing especially if you've been really bad the day before as they will help flush out those toxins from your body. They also provide you with essential vitamins and nutrients needed to start the day and is perfect with weight loss.
- ***Muesli :*** This is the number 4 breakfast idea on the list. Muesli has about everything you need to make your breakfast a perfectly healthy and balanced one. It contains a mixture of oats, seeds, fruits and nuts and go

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perfectly well with some skimmed milk. It also supplies you with the necessary energy needed and thus fuel up your body to kick start the day. This is also great for weight loss as it fills you up in time for lunch.

- **Weetabix:** This is the last but not least on healthy breakfast ideas. Weetabix as the name sounds is a great source of fibre and essential nutrients and therefore a good breakfast choice to start the day. You can have it with some skimmed milk or yoghurt and fresh fruit of your choice. This is also perfect for weight loss as it will help you feel less hungry, eat less and hence lose weight.

So these are some top 5 healthy breakfast tips to get you started. In case your excuse for a lack of breakfast was lack of ideas, then hope you now know what choices to go for in the future.

How Stress and Comfort Eating Causes Weight Gain

Most people tend to comfort eat when they are stressed, depressed, lonely or just bored and then sometimes start to comfort eat which could be unintentional in some cases. Comfort eating is usually however linked mostly to stress.



Stress has a lot of effects to the body and one of the biggest causes of weight gain. When you are stressed or depressed, the brain produces an increased amount of a hormone known as Cortisol.

This hormone increases your blood sugar level, thus slowing down your

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metabolism. This then tends to increase your appetite causing you to crave unnecessarily on food which can sometimes lead to abdominal fat gain and eventually weight gain.

The habit of comfort eating usually follows when people are stressed or depressed. They think they are eating their sorrows away and it will make them happy and feel better, then they carry on eating even when not hungry. Well that's where you get it all wrong and start fooling yourself. And that's why you end up eating more and more, for more and more comfort and happiness and also to fulfil your emotional needs. And the more and more you keep eating, is the more and more weight you keep gaining, and is the more and more your stress/depression problems will keep adding.

The Big Truth

The truth is, once you finish that big chocolate cake, or massive plate of food, whatever is depressing you will still remain and doesn't change anything except of course your waistline or more.

Maybe the root cause of you being stressed is because you are fat, others call you names, you are seen as an outcast to the rest of the world etc. Then you become best friends with food as it is the easiest thing to grab and then it becomes your only source of happiness and comfort. The reason why you are still sitting there feeling stressed/depressed is because you are embracing that excess junk food as your best friend and is the same reason why you cant get over that stress/depression.

You know why? Because food is not an anti - depressant drug and is what is continuing to harm you even more and more everyday. In fact it is even adding to your stress problems, because when you find out you have gained some extra weight, it will be the start of another big stress problem. So when this happens, where will you then turn to for that emotional comfort? Will you continue to run for that food? Think about that again the next time you feel like bingeing or comfort eating.

Solution

So instead of jumping from one food to another trying to comfort yourself, and adding your stress list, why not find out what exactly is stressing or depressing you, get to the root of it and try to work on solving and getting over it in a better, realistic and more healthier way.

When you feel like eating something, ask yourself is this really worth it? Am I really hungry? Try to distract yourself by doing something you enjoy doing that

doesn't involve you eating unnecessarily. A healthy diet and lifestyle will also keep your body and mind happy. Or better still go out and get some fresh air, relax your mind, go to the beach or somewhere calm and reflect on how you can get over your problem. If you cannot deal with this yourself why not seek medical or professional help for advice.

Laziness and Weight Gain

Laziness is another big reason why you are gaining weight and piling all the pounds. Some people have that sluggish not bothered behaviour and attitude that causes them to be so lazy. Such people just don't see the need or feel like changing their lifestyles. They sometimes think losing weight is as easy and fast as gaining, and so tend to give up along the way because it isn't all that easy.

They are too lazy to look after themselves and think everything should be chewed and swallowed for them, or made easy for them. They don't see the need giving up junk food because they cannot be bothered cooking, and just can't find something active to do with themselves. "Bottom line is if you don't work hard you will never be able to achieve anything in life". I could carry on naming a lot more things that make people lazy, but you might probably know most of this already if this especially applies to you.

So instead of spending time watching TV, browsing on internet, playing computer games, and being a couch potato, why not get up that seat and have a little walk round the house, do something a little active? It could make a little difference at least! You need to take action today or else you will always be left behind on that couch when others are moving ahead to better things in life.

THE SOLUTION

So why not try to think about what exactly is holding you back. Set goals and targets, think about these and work towards meeting them. Think about what you will achieve if you woke up and did something, and this will probably motivate you to take some sort of action.

Be self confident that you can do it and convince yourself you can, don't let yourself down with words like "I am fat and lazy there's no way I can do that". Know that until you try something you will never really know how it feels like.

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Someone could tell you something taste really good, but unless you taste it, you will never really know the real taste of it.

So why not give it a little try and see if it kills you. It might be easier than you think and if you keep putting yourself down, you will never find this out and will always be left behind and seen as an outcast.

Maybe it is work you can't be bothered going to because you don't enjoy it there, and thinking about it just makes you more depressed. We all face this problem but think about why exactly you have to go to work and how it will benefit you, that way you won't be sluggish in bed or keep calling in sick just because you cannot be bothered waking up.

Or even better why not find a job you enjoy, or find ways of making your present one more enjoyable. At least when your alarm goes on in the morning, you can wake up knowing that you are going to enjoy yourself wherever you are going.

Or maybe it is going for a walk that is holding you back, why not think of what that walk is going to do to you. Keep your mind ahead and for see how your goals are going to benefit you. There is always a reward and results for everything you do and if you think about these, they should guide and motivate you to do something active and productive,

Well there is a solution to every problem which is where the shrinkage 4U plan comes in. It is packed with lots of tips and tricks that can help you overcome this behaviour. It doesn't have to be stopped in a day, it should be a gradual process and with the Shrinkage 4U plan, you will find out little things you can do in your life that will make a great difference. So go and check it out at www.shrinkage4u.com and start changing your life forever.

The Healthy Balanced Diet for Weight Loss

It is usually good to be aware of what types of foods to go for to attain a healthy balanced intake which is what I am going to talk on in this chapter.

Eating a healthy balanced diet is the best way to keep all that unnecessary weight off both in the short and long term.



A good and healthy balanced diet is one which usually consists of lots of fruits, vegetables, healthy carbohydrates, fibre, protein, mineral salts and vitamins. This is usually low in fat (especially saturated fat), salt and sugar and high in fruit, vegetables and fibre. This also allows us to eat the right amount of foods from all the food groups as the body needs all the different varied nutrients in order to function properly. This can also make you less prone to illnesses and also help maintain a healthy body weight. The main food groups are;

Carbohydrates

This is the source for energy and acts like the body fuel. It is needed for the body to breath, move and function. Most people eliminate this from their diets which can be dangerous as it is needed to get the body moving. They come in two forms, simple and complex carbohydrates.

Simple carbs are what I call the "Bad Carbs" and can be found in foods such as white sugar, chocolates, sweets, cakes, biscuits, cookies etc. Complex carbs on the other hand are the "Good Carbs" and can be found in foods such as fruits, vegetables and fibre.

Protein

This is needed for cell growth and tissue repair in the body and also helps in the formation and building of muscle. It helps in the repair of hair, skin, nails muscle and bones.

Some proteins can however be high in fat especially the ones from animals, and should therefore be eaten in moderation such as egg yolks, peanut butter, diary products and meat. Other proteins can be found in lean sources such as; white meat, fish, and turkey, chicken, egg whites etc.

Fats

Yes we do need fats in the body but should however be consumed in moderation. This is a source of insulation for the body. Meaning if we don't have any fats in the body, we cannot live as we will be just bones with nothing to insulate or cover us. Human beings have a certain amount of fatty tissue in them to help other nutrients of the body function properly. So don't be fooled to thinking certain people have no fat at all in their body as if this was the case, they will not be living.

Good fats are the polyunsaturated and monounsaturated fats and can be found in vegetable oils, and oily fishes. Bad fats are the trans fats and saturated fats which is usually very high in processed foods such as fries, etc.

Vitamins& Minerals

Vitamins and Minerals are essential for good health, growth, development and energy. They can also help prevent the body from certain diseases as they help to keep the body healthy.

Vitamins and minerals can be found in a large variety of fruits and vegetables which can be obtained by eating a healthy balanced diet.

Why not find out a great way to combine these foods to help you lose weight at www.shrinkage4u.com .

Easy Weight Loss Exercises

As much as most people will hate the word, but yes exercise is necessary for weight loss. This however doesn't mean that you will just exercise and lose weight as it has to be accompanied by a healthy eating regime.

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Fact is, if you eat unhealthily and expect to just exercise to burn it off, you won't lose weight the right way. The same applies to eating a healthy diet and not doing any exercise.

When people hear the word "Exercise", all they can visualise is someone sweating on a treadmill in the gym or someone jogging for hours on a cold winter morning. Well the truth is exercise is easier than you think and can be as little as typing, laughing, clapping, singing, stretching and many other little things that involve body movement.

Exercise should be something you find enjoyable that will still benefit you in weight loss. Well all that said, you can tell from there what exercise really is. Exercise is any sort of physical movement or activity that speeds up the body's metabolism and gets your heart rate up. The amount of exercises you do should depend on how much food you eat. Those who eat more should in return exercise more and those who eat less should exercise less.

If you consume more than you burn then you are likely to gain weight as the excess just settles in your body making you fat. The same way if you burn more than you consume then you are likely to lose weight as you use up or burn off all the extra.

Below are just a few easy exercises that you can do without having to spend millions in the gym or spend the cold mornings sweating.

- Walk as much as you can. I will advise after meals i.e. lunch, dinner, walk round the house as often as possible to release the extra. If you get the bus or drive, drop a few minutes away and continue the rest of the journey by foot. You can increase the time and frequency as the days go by. When watching TV, you can stretch or walk around during advertisements. It may not sound like a lot but try it and you will notice a

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big difference.

- Music is key. Always Exercise with music and songs you love best. It motivates you and keeps your mind off thinking you are exercising, hence making workouts less tedious and exercise more enjoyable. So get tuning and dance to the rhythm.
- For people who work at offices, and other jobs that involve sitting, it can be very difficult finding time to exercise. But guess what, there are little things that you could do to burn off that excess. Walk to your colleagues desk instead of emailing or calling them. Go for a little walk around the building every one or two hours or as frequently as you can.
- During breaks, go for a walk away from the office if possible and back. Whilst at your desk, sit straight without bending your back as it increases your posture, stretch your right foot ahead and circle your toes round clock wise, then do the same for the other foot. Tuck in your tummy and hold it there for as long as you can. Try when possible to stretch your arms as much as you can. This may sound like nothing, but will lead to a greater something.

So here are a few activities that can improve your physical activity levels, so next time you hear exercise, think walking, think clapping and think smiling
Want to find out the best diet to combine your exercise with? The Shrinkage4u plan is just a click away to grab at www.shrinkage4u.com.

Negative Calorie Foods For Weight Loss

Most people may have or may have not heard of the negative calorie foods. Negative calorie foods are the foods that are said to help you lose weight in a better way. There are said to contain a minus amount of calories and the more you consume them, the more you lose weight. Doesn't that just sound like the weight loss dream. Eating more and losing more.

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Blueberries
Broccoli
Carrots
Cauliflower
Celery
Cranberries
Cucumbers
Garlic
Grapefruit
Green beans
Lemons
Lettuce
Onions
Pineapples
Prunes
Raspberries
Spinach
Strawberries
Tangerines
Tomatoes

Basically most fruits and vegetables.

This will probably explain why it is always good and important to have your 5 a day. These foods are not only packed with nutrients but will also help you burn more and lose weight.

Want to find out a great diet to attain these fat burning results, then the Shrinkage4u Plan is here for you to mix and match these foods to attain more fat burning results at www.shrinkage4u.com.

Conclusion

Well now that we have explored the weight loss guide and some tips to help and guide you with losing weight, why not start changing your life this very moment. The weight loss misery will never be solved unless you take some sort of action. As they say "Actions Speak Louder than Words or Knowledge" so why not take action today and start changing your life forever. Well you might be asking yourself but HOW will you start losing weight then?

Want to find out the best way to do this? Then grab your own copy of the Shrinkage4U plan at www.shrinkage4u.com. Every one is doing it, so why not get started too, or do you want to remain a loser? Guess not.

Hope this guide has been helpful to you and the information contained will be beneficial to you in one way or another. Remember to share this with your friends and families by referring them to our blog at www.weightlosstipsforever.com and our website at www.shrinkage4u.com

Yours in health,

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