

# Additional Tips for Healthy Weight Loss/Management

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**A leaner, healthier life starts with one decision made one day by you.**

A successful weight-management/fat-loss program requires a serious commitment to healthful lifestyle behaviors and emphasizes sustainable and enjoyable eating habits and daily physical activity. Incorporating colonic treatments/detox and supplements into your diet and exercise program may greatly help in your efforts to accomplish your weight-loss goals and live a happier, healthier life. It can also give you the edge you need to break through frustrating plateaus.

Alist Wellness Center promotes a holistic, healthy lifestyle. Our focus is not on “being skinny” or unsustainable crash dieting, and therefore we don’t encourage our clients to choose a number on the scale as a weight-loss goal.

Being lean matters most, NOT being skinny. Feedback you get from your mirror is more important than feedback from the scale. And overall lean-body mass drives your resting or basal metabolism, so you can burn more calories at rest—the best way to burn them!

Positive improvements to your health can come quickly—within weeks—once you choose to begin. The more weight you need to lose, the more quickly it tends to drop off initially. That’s the fun part. And you have help from our detox center and programs.

## **More than just looking good... living longer!**

People who carry too much fat run an increased risk of: High blood pressure, type 2 diabetes, some forms of cancer, sleep apnea, gallbladder disease, fatty liver disease, lower back pain, shortened lifespan, higher bad cholesterol, candida or chronic yeast/fungus infections, colon cancer, general inflammation and much more.

## **Setting goals...the short of it**

Thing big, but start small. If your long-term goal is lose 30 to 50 pounds in a year. Your short-term goal might be getting through the day without eating too much. Losing weight slowly and steadily means that you’ve had time to set and achieve goals, and that you’ve adopted new habits, like eating less and exercising more.

## **Don’t Diet!**

Lasting weight loss requires a lifestyle change. A “diet” where you avoid food or eat very little is almost impossible to maintain long-term. Drastically limiting food intake also reduces the amount of vitamins, minerals, protein, carbohydrates and healthful fats that are needed for optimal health. Rapid weight loss often slows metabolism and results in decreased muscle mass.

## **The Great Balancing Act**

Whether your goal is to lose a lot of fat, a little fat or gain weight, reaching your goal is a balancing act. The secret lies in learning how to balance your "energy in" and "energy out" over the long run.

"Energy in" is the calories you get from the food and beverages you consume each day. "Energy out" is the calories you burn in basic body functions and physical activity. When the energy in is greater than energy out, you will gain weight.

Whether that gained weight is muscle or fat depends on how much and what kind of exercise you've been doing. When energy out exceeds energy in, you will lose weight. Whether that weight is primarily muscle or fat again depends on the exercise factor. Without incorporating exercise to properly balance your weight-loss program, you are putting your precious lean-body mass in jeopardy. No matter your strategy or philosophy on weight loss, the energy principle is always true.

## Exercise and Metabolism

Exercise increases your calorie expenditure. The amount of increase depends on exercise duration and intensity. Increasing your activity level also increases your post-workout metabolism.

Exercise is also the key to using sugar as energy rather than storing it as fat. This is especially true past 40. Exercise directly and immediately makes us glucose-tolerant and insulin-sensitive, helping to prevent adult-onset diabetes as well as a myriad of other inflammatory diseases.

## Nutrition

A lack of good nutrition or too much of the wrong foods contribute to fat gain. The American Heart Association reports that today are larger than they were 30 years ago, and larger portions equate to more calories.

Not only do we eat more calories, but many our food choices do not meet our nutrition needs. Most Americans do not eat enough fruits, vegetables or whole grains, and as a people, we eat more total fat and more added sugars than ever before.

Diet high in refined foods (white flour, rice or sugar) and or high in saturated fats tend to result in weight gain, especially if you live a sedentary lifestyle. Diets balanced with protein, complex carbohydrates and unsaturated fats that are high in fiber tend to promote overall lean body mass and a healthier, longer life.

## Get Moving

Physical activity is more important for health and longevity than thinness. A sedentary is linked to more disease than being moderately overweight. Exercise is a critical component to weight loss, lean body mass, health and longevity.

Experts recommend a minimum of 30 minutes of exercise three times per week for heart-health benefits. For weight and fat loss purposes, you should exercise at least 30 minutes five days per week. This is a general guideline. Remember, exercise takes many forms and includes almost any kind of physical activity. It is not just time spent in a gym. Some exercise, no matter how little, is better than none.

## Exercise Intensity

The intensity level of an activity determines how much energy is used. In general, the longer you exercise, the more likely your body will begin reducing its fat reserves to provide energy for the activity.

### Light intensity

This type of activity burns mostly fat, but the quantities are so small that even long duration will not result in noticeable fat loss. Nevertheless, give yourself credit for tasking the stairs instead of the elevator, gardening, and for parking at the end of the lot. Keep up the good work and gradually work your way up to moderate exercise.

### High intensity

At this level, the body uses as much glycogen energy as possible and then begins to draw energy from protein conversion before is uses fat. Fat conversion is slower during high intensity exercise. If you are able to perform at this level, you're likely carrying an optimal amount of body fat. The added benefit of high intensity exercise is that your metabolism remains elevated for several hours afterwards, allowing you to burn additional calories post exercise.

Remember that exercise intensity is based solely on your heart rate. It is very easy to determine your intensity level simply by measuring your pulse or wearing a heart rate monitor during exercise.

## **Exercise/Activity**

Check your weight weekly. Sudden, temporary water or glycogen weight gain is often mistaken for fat when gauging your body composition by a weight-scale alone. Daily fluctuations are not a good indication of fat or muscle loss/gain and may be discouraging. Learn which physical activities you enjoy, and get moving. Do something, dance, walk, play tennis, golf, yoga or mix it up. Start by walking for 10-20 minutes at least three times per week. If you have difficult time walking, then consider aquatic-based exercise at a local pool, where your body weight is offset and joint impact is minimized. The key is to start, even if you walk for five minutes then sit for five then begin again. Get started, and soon you will create a habit.

## **Be realistic**

Don't try to lose more than 2 pounds of fat/weight per week. Any more than this can be unhealthy and even damaging to your metabolism.

## **Keep a journal**

It's a great training tool to log your work out details for later reference and to add to your sense of accomplishment. Note how long you did each particular exercise.

## **How do I know if I'm overweight?**

This might seem like silly and obvious statement: but, it's not how much you weight but how lean you are that matters most to both your health and your appearance. For many people, being "skinny" is the goal. But "skinny" does not necessarily mean healthy, especially if you are sedentary or have poor lifestyle habits. Everyone should care about muscle mass because it is primarily what drives resting (basal) metabolism and gives your physique a tone , tight, healthy appearance. The goal is not simply to lose weight, but to lose fat.

## **How much fat is enough?**

How do you know whether you just want to lose a few vanity pounds or might be dangerously obese? One general method of checking is to use a body mass index or BMI chart, which yields a number calculated simply by dividing your weight in kilograms by your height in meters squared. Your BMI number does not take into account many lean body mass factors such as bone density, body composition, and gender, age or activity level. For instance, a bodybuilder with an abundance of muscle and very little body fat would have a BMI classifying him as obese. But using a BMI chart provides a general body fat assessment that is accurate for most people. (See BMI chart)

## **I want to tone up and add some lean muscle**

Thin but no lean. Skinny but flabby. This section is for You!

Don't be fooled by your small waist or what the scale tells you!

Just because you're thin doesn't mean you're truly healthy. Get ready to work, because adding muscle mass requires discipline, movement and supplements.

Don't cut calories; rather pack your sensible, low-fat diet with nutrient rich foods, including ample protein. Eat breakfast. Breakfast fires your metabolism, feeds muscle and helps you to eat more throughout the day without gaining fat. At this stage, the mirror will be your best judge of progress, and your excitement will increase as you notice yourself becoming leaner and less flabby. You will benefit from resistance training and moderate to high intensity exercise.

**Successful, healthy weight loss comes when sensible goals lead to lifestyle changes**

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