

Weight Loss Tips

Besides the Obvious
(Diet & Exercise)

Obvious Weight Loss Practices

- Exercise
 - Strength, Cardio & Flexibility
- Diet
 - Difference between a “diet” and a “diet”

These are tried & true, however they are NOT why we are here today.

Why are we here today?

- We are here to discuss weight loss tips that do NOT include diet & exercise
- Outline:
 - Sleep
 - Sunlight
 - Stress
 - Emotional Eating
 - Simple Extras

Sleep

- Do you use an alarm to wake up?
- Do you take naps when you are tired during the day?
- Are you getting enough sleep?

Sleep

- Do you watch TV before you go to bed?
- Have your sleep requirements / patterns changed over the years?

Sunlight

- Obese cities & sunlight correlation
- Vitamin D
- Serotonin
- How much sunlight do we actually need?

What if I cannot get outside?

- Lightbox
- Full spectrum light bulbs
- Cod-liver oil
 - 1tbsp = 1360 IU
 - Daily recommendation = 2000 IU
 - Do not take daily, due to Vitamin A (13,500 IU)
 - 10,000 IU is daily recommendation
- Tanning Booth?

BE HAPPY!!!!

- AKA – Manage Stress Better!!
- What are some common stressors?
 - Jobs
 - Commutes
 - Arguing
 - Friends / Family / Relationships
 - Caregiving
 - Finances
 - Weight
 - Society stressors

BE HAPPY!!!

- Create peace
- Deal with stress better
- Bring balance to your life

Favorite Quotes

“Peace: It does not mean to be in a place with no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.”

- unknown

“What if we just acted like everything was easy?”

- Mary Ann Radmacher

Be Happy!!

- Hormones
 - Ancestors' fight or flight
 - Today's "chronic stress" society
 - Constant cortisol secretion
 - Cortisol gives fast energy, maintains blood sugar & insulin, but too much causes cravings
 - Vicious cycle!!

Cortisol

- Increases appetite
- Weight in the middle section / abdominal fat
- Toxic Fat associated with heart disease

Managing Stress

- Meditation: 20 min morning & evening
- Close eyes, listen to soft music for 20 minutes
- Gardening, knitting, chopping wood, spending time with your animals, cooking, whatever makes you feel peaceful.
- Time in nature
- Processing your thoughts

Emotional Eating

- Stomach is center of body
- When stressed, it gets tight.
- Eating helps loosen up the stomach & ease stress.

Emotional Eating

Ask yourself 2 questions before eating:

- 1) Am I really hungry?
- 2) Am I eating for emotional reasons?
(Anxious/Depressed/Bored)

If the answer is yes, ask yourself:

- Is there another way I could handle these emotions besides eating?
(Journal/Workout/End Fighting)

Socialization

- We have been socialized to eat together.
- Change your socialization!
- Listen to your body – stop eating when you are full.
- It takes 20 minutes for your brain to register you're full.
- Are you satisfied after eating?

Trick yourself!!

- Socialization has been strongly programmed!!
- Change will not happen overnight.
- “Fake it till you make it.”

Trick yourself into MOVING!

- Add weight to your grocery cart.
- Stairs vs. elevator
- Parking lot
- Desk work – stretches – reminder outlook
- Ankle & wrist weights – chores, gardening
- Yard work / shoveling

Trick yourself into burning calories!

- Sit in cool water
- Drink ice cold water
- Eat more protein & increase muscle mass
- Increase metabolism:
 - Eat spicy foods
 - Eat small meals every 2 – 4 hours

Trick yourself into consuming less!

- Eat off of small plates
- Half glasses of caloric drinks
- Track your calories
- Eliminate junk food from house
- Compete / Accountability
- Drink 1 or 2 glasses of water before meals
- Drink more water all day

Trick yourself into consuming less!

At parties:

- Wear tight fitting clothing
- Stop grazing by taking a plate & moving away from food table
- Fill your hands with some thing other than food: water, pictures, purse, anything!
- Be an example! Bring veggie tray.
- Sugar at bitter end only

Trick yourself into consuming less!

At restaurants:

- Fill up on salads – order 2
- Dressing on side – fork dip – taste buds
- Skip the bread basket
- Little fork, spoon, sloooooow down
- Put utensils down between bites – “Mindful Eating”
- Ask your server to bring a box – ½ meal

Trick yourself into consuming less!

At restaurants:

- Ask your server to bring $\frac{1}{2}$ glasses of wine
- Tip accordingly
- Eat $\frac{1}{3}$ of meal. Wait. Eat more. Wait.
- Skip the appetizers
- Salad last – fiber at end – Europeans.

Extras

- Bring healthy snacks to movies
- Increase fiber – the body's broom
- Keep non-perishable snacks at desk, in car...no vending machines
- Find a buddy
- Grocery shop weekly – wash & bag produce
- When cold, quick cardio burst to warm up

Extras

- Measure servings
- Eat without distractions
- Smile!!!
 - Smiling creates endorphins, which make you happy & less likely to eat/crave sugar
- Acknowledge & reward your accomplishments
- Success stories?
- Audience Tips