



## Are you struggling with your Weight? - February 2011

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### Are you struggling with weight?

Are you always struggling with your weight, always going on a diet, falling off the diet, then on another diet? The weight comes off and then goes back on - what is going on here???

Today, everybody has become obsessed with dieting and how to maintain a healthy weight and good health.

There are many reasons why people tend to put on weight, it could be:

- Unhealthy diet habits,
- Lack of exercise,
- Lack of sleep,
- Stressful lifestyle,
- Confidence, self-esteem, motivation and negative coping strategies.
- Emotional issues.

Let us look at some of these reasons:

## Change your unhealthy food

The first thing you need to do to maintain a healthy weight is to ask yourself, how can you get rid of the unhealthy foodstuffs from your diet, and replace them with nutritious foodstuffs.

Check your cupboards and get rid of all your junk food, start replacing them with healthier options -

Healthy cereals - Porridge oats, Muesli, Oat bran, Granola.

Healthy snacks - oatcakes, rice cakes, nuts, seeds, dried fruit and fresh fruits/vegetables.

Start eating wholesome food

Consume wholesome foods. Your diet should majorly be made up of mostly vegetables and fruits, whole grains, fish and lean meat.

At the same time also drink a glass of water. It will ensure you eat less, when you have your main course.

## Fat Burning Fruits

- Apples, apricots, lemons
- Raspberries/blackberries, blueberries, strawberries
- Limes, mangoes, watermelon, cherries, cranberries
- Nectarines, oranges, damson plum, papaya, peaches
- Grapefruit, pears, grapes, pineapples, prunes

## Fat Burning Vegetables

- Broccoli, cauliflower, cabbage, brussels sprouts
- Asparagus, spinach, mushrooms, zucchini, eggplant
- Onions, pumpkins, sorrel, leeks, peas, kale
- Salad greens, radishes, cucumbers, celery
- Tomatoes, Peppers - green, red or yellow, sweetcorn,
- Chives, parsley, watercress, green beans
- Potatoes, Root vegetables-carrots, sweet potato, turnips

## Fat Burning Proteins

- Egg whites
- Chicken breast, turkey, lean meat
- Sea bass, crabs, salmon, lobster, cod steaks
- Shrimp, trout, mussels
- Top round and flank steak

## Fat Burning - Other Foods

- Oatmeal, olive oil, garlic, cereals, whole grains
- Chilies
- Lentils, soya beans
- Brown rice,
- Green tea
- Whole wheat bread and pasta
- Low fat dairy products like low fat yogurt
- Nuts (almonds, walnuts, cashews, brazil nuts, hazelnuts)
- Drink plenty of water

## Divide your Meals

Eat regularly, 3 meals a day and small healthy snack options mid-morning and mid-afternoon.

Having your meals at regular intervals will ensure your metabolism is at its highest all through the day.

## Portion Control

Make sure you eat smaller portion sizes; you can use a smaller plate or bowl.

## Keep off the scales

Resist the temptation to keep weighing yourself, this not a diet it is a lifestyle change and once you start to eat healthy foods, you will notice the changes to your weight and health.

## Exercise

Keep moving, our bodies were meant to move and not to be stuck sitting in a chair all day working at a computer or slumped in front of a TV.

Find yourself something to do, which will entail some movement.

## **Sleep**

Allow yourself plenty of sleep time, so that your body can repair itself and refresh itself for the next day. If sleeping is a problem, find ways of relaxing before bedtime i.e. nice warm bath with oils, reading a book, listening to some soft music.

## **Deal with the stress & anxiety in your life**

Many eating habits are triggered by emotions, I'm sure that many of you have decided to make some positive changes to your eating habits and health.

You set your intention and start to make those changes, as many of you I'm sure know what foods are good for you. Your doing really well and then suddenly something happens and you find yourself reverting back to your old habits even though you know this isn't good for you - so what is going on?

Food is very much tied up with your emotions, the way you think and feel about food and often the decision you made about food when you were a child. If you want to change this habit and behaviour - YOU CAN - you just need to be aware of what is driving the behaviour.

There is a wonderful opportunity to sign up to the 'SLIM' Programme, which will help you to change the way you feel and think about food using NLP, EFT & Hypnosis techniques.