25 Things You Can Do TODAY to Lose Weight!

<u>Disclaimer</u>: FitWatch Inc. is not a medical organization. The services provided by FitWatch Inc., including but not limited to this e-book are for informational purposes only. Nothing contained within this e-book should be construed as medical advice or diagnosis, and it should not be used to make such diagnosis. Please consult a medical professional for such services. Please see your doctor before you begin any exercise program.

25 Things You Can Do <u>TODAY</u> to Lose Weight! © FitWatch Inc. − All Rights Reserved Free online fitness tracker, basic facts and useful fitness calculators to help you lose weight and get fit! http://www.fitwatch.com

25 Things You Can Do TODAY to Lose Weight!

Here's a list of 25 things you can do TODAY to help you lose weight – and keep it off. Nothing fancy, nothing gimmicky – just good old-fashioned, solid tips covering **nutrition, exercise and self-improvement**. I've even put it in a convenient checklist format – print it up and check off the ones you are going to do today! You could do all 25 if you think you can handle it, but you can also just pick and choose a few to do each day, and then add an extra one each week. The last page is an easy-to-print **Quick Reference Guide**, without the explanations.

• The mouse symbol points to great online resources to help you with that specific tip.

#1 - Change Your Attitude

Be kind to yourself, in all your words, thoughts and actions. Don't call yourself stupid, fat or lazy. Make a conscious choice to change; tell yourself, "I will make changes in my life, starting NOW!" So, what are you going to do to get out of the rut that you're in? Even a small change can make you feel like you're taking back control of your life – and, hopefully, you'll make even more changes that are good for you!

#2 - Read Food Labels

You'd be amazed how many people don't read food labels. The labels are full of useful information. Start reading food labels, especially when you want to snack on junk food. Reading how many calories that bag of chips or cookies contain can help you fight cravings.

How To Understand and Use the Nutrition Facts Label

http://www.cfsan.fda.gov/~dms/foodlab.html

#3 - Measure Your Food

Pull out the measuring cups and spoons, and drag that scale out from the back of the cupboards! Measuring your food can be a real eye-opener! Ice cream is a great example. Do you know that a serving of ice cream is about ¼ cup, and NOT that big bowl that you use? You don't need to do this forever! After awhile, you'll be a good judge of how much you're eating. (This tip works great with the "Read Food Labels" tip up above!)

#4 - Track Your Food

Keep track of what you eat, at least for a week. Track every little thing you eat and drink; you might be very surprised at how much you're actually eating! Realizing how many calories you're eating from different food categories can really motivate you to cut down on the junk food – and maybe even motivate you to eat more fruit and vegetables!

FitWatch Fitness Tracker http://www.fitwatch.com/tracker/tracker.php

#5 - U Cut Down on Alcohol

Although a bit of alcohol supposedly has some good health benefits, moderate or excess consumption can really harm your weight loss efforts (among other things). Not only is alcohol high in calories, those calories are empty calories – they give you just about nothing of value when it comes to vitamins and minerals. Alcohol also interferes with your body's fat-burning process. So, keep a check on how much alcohol you drink!

#6 - Reduce Your Food Intake by 20% (If You Overeat)

Take a look at what's on your regular plate, divide it in 5, and dump 1/5th of your food. But don't dump the vegetables! <u>If part of your problem is overeating</u>, this is one way that you can quickly reduce some of your calories.

#7 - □ Add Vegetables to a Meal

Vegetables are low in calories yet can be very filling. If you normally eat, say, a big plate of spaghetti, take a smaller portion instead and fill up the rest of the plate with vegetables.

#8 - Cut Junk Food in Half

Maybe you drink 2 bottles of pop and a bag of chips a day? Maybe it's four cookies after supper? Whatever it is, make a conscious choice to cut down your junk food by at least half to start with – even if you have to throw some of that food into the garbage. Is it better in the garbage or on your hips?

#9 - ☐ Eat a Healthy Soup Before A Meal

Eating a bowl of soup before a meal can help you stop overeating. Make sure it's NOT a high-calorie, cream-based soup, but rather something healthy and satisfying, such as a vegetable or lentil soup.

Two Great Recipe Websites

http://www.epicurious.com http://www.allrecipes.com

#10 - Use Smaller Plates/Bowls

I don't know about you, but with me, when it comes to something like pasta, if I've got a big bowl, I'm going to fill it up to the brim! Instead, use smaller plates and bowls, and also eat more slowly; really savour the food! Chances are you won't get up and head for seconds. If you follow Tip #9 to eat a healthy soup beforehand, you'll increase your chances of eating a normal–size portion of food.

#11 - Choose Foods According to the Glycemic Load

You may have heard of the Glycemic Index (GI), but not many people realize that it's more important to look at the Glycemic Load (GL) of food. For example, some foods, such as carrots, have a high GI (131), yet you would have to eat well over a pounds' worth to raise your blood sugar to that level.

Table of Glycemic Index (GI) and Glycemic Load (GL)

http://www.mendosa.com/gilists.htm

#12 - Eat Several Small Meals

Eating several small meals a day helps keep your blood sugar level. This can help stop that extreme hunger feeling – and can ward off cravings!

#13 - Educate Yourself

If you know nothing about nutrition and exercise, then you need to crack open some books and start learning. You don't need a science degree to understand the basics. Ask questions, read books, and apply what you've learned.

Eat, Drink & Be Healthy, by Dr. Walter Willett

http://www.health.harvard.edu/books/Eat_Drink_and_Be_Healthy.htm

#14 - Set Specific Goals

It's so easy to say, "I want to lose weight" – and so easy to forget about it, too! Setting specific goals can motivate you. Can you only walk for five minutes at a time? Make a specific goal of walking for 10 minutes and work your way up (if your doctor allows it). And don't overwhelm yourself by setting too many goals at once! Only set as many goals as you can comfortably concentrate on. But ask yourself, what is one specific goal that you can work on right now?

Free Online Goal Tracker

http://www.mylifechanges.com

#15 - Take a Walk/Move

Yes, it can be as simple as that, if it's okay with your doctor. Walk around inside the house, walk up and down the block at your lunch break, take the stairs, park further away – well, you get the idea! Whatever it is, just move!

Walk of Life 10 Week Program

http://walking.about.com/cs/walkoflife/a/walkoflife.htm

#16 - Step Away From Computer

Unless the fate of the world hangs in the balance, it's pretty safe to assume that you can step away from the computer a few times a day. Set a reminder, set your watch or go buy a kitchen timer, but do something that will get you off that computer chair at least every 30 minutes. Do a bit of stretching, take a little walk or meditate a bit. Not only will your body thank you, but so will your mind!

Great workouts/stretching routines created by Paige Waehner

http://exercise.about.com/

#17 - D Turn the TV Off

Get out of the TV habit! If you really want to spend some time watching TV, pick one show a day that you want to watch and turn the TV off at all other times. If you find yourself hitting the couch to watch some tube right after supper, change that habit by going out for a walk first.

#18 - Join an Online (or Offline) Support Group

Chances are your family and friends aren't interested in counting calories, the carb debate or how you fought off your latest craving. But if you find yourself wanting to share with like-minded people, join an online forum or find a group in your community.

FitWatch's Reinvention of Me Forum

http://www.fitwatch.com/forum/

#19 - Realize Fitness is a Lifelong Commitment

Realizing today, N-O-W, that fitness is a lifelong commitment will go a long way to helping you succeed in getting your body fit. You need to realize that any changes you make are ones that you will have to live with for the <u>rest of your life</u>. If you're a chocolate lover, don't tell yourself you'll never eat chocolate again! You're only setting yourself up for failure. Set yourself up for success by making a rational compromise: chocolate once every two weeks, for example -- and make it really good chocolate!

#20 - Realize That There Are No Quick Fixes

Realizing that there are no quick fixes will keep you from getting discouraged when the pounds aren't dropping off as quickly as you'd like. If you've heard it once, you've probably heard it a thousand times – but, hey, once more won't hurt: you didn't gain the weight overnight, so it's NOT going to come off overnight!

#21 - Replace "I should/I must" with "I will/I want to"

Stop "forcing" yourself to do things. You're a grown up: do them because you WANT to. Words can have a tremendous impact on your attitude! Tell yourself, "I have to go for a walk" and you'll be dragging your feet out the door – if you even get that far. Tell yourself, "I WANT to go for a walk," and you may find yourself skipping out that door and down the street.

#22 - Plan Ahead &Visualize

It's a simple yet powerful concept. Your plans don't have to be elaborate, but do plan out what you're going to eat and what you're going to do for exercise. And visualizing what you're going to do can help a lot, too! Choose to eat raw veggies or, let's say, cheese or almonds for a snack, and visualize yourself doing it. You can even visualize yourself preparing it, packing it and then enjoying the good food – and enjoying how good it makes you feel to take control of your life!

#23 - Find Some Quiet Time to Decompress

Sometimes you just need to S-T-O-P. You need to just lie down, relax, not move a muscle and let go of all the thoughts that are swirling around in your head. Weight loss is not just about nutrition and exercise, but also about your stress levels, your attitude, as well as your motivation. If the outside world comes creeping back in, put on some relaxing music or use a motivational/meditation CD to help you wind down.

AM / PM Meditations by Gael Chiarella

http://www.amazon.com/gp/product/1559617527

#24 - □ Blast Some Music

25 Things You Can Do <u>TODAY</u> to Lose Weight! © FitWatch Inc. – All Rights Reserved Free online fitness tracker, basic facts and useful fitness calculators to help you lose weight and get fit! http://www.fitwatch.com

Remember how great it felt when you were a teenager and you just blasted some music, sang your heart out, danced around and maybe even played some air guitar? You can revisit that feeling again! If you don't want to do it in front of others, set aside some alone time for yourself and just blast some of your favorite music and dance around. Not only can it burn extra calories, but it will also reenergize you and get rid of any stress that's been building up.

#25 - Ask Your Future Self What She/He Did

This last tip takes some practice and time, but is well worth it! Find a quiet place, away from any distractions, make yourself comfortable and close your eyes. Imagine yourself as you'd like to be 5 years from now. Picture how you'd look, what you'd be wearing, where you'd be. Get a really good picture going. Now, ask yourself what steps you took to get there! Listen to the advice your future self gives to you...

FitWatch's 25 Things You Can Do Today - Quick Reference Guide

#1 - 🗖 Change Your Attitude
#2 - 🗖 Read Food Labels
#3 - 🗖 Measure Your Food
#4 - 🗖 Track Your Food
#5 - 🗖 Cut Down on Alcohol
#6 - 🗖 Reduce Your Food Intake by 20%
#7 - 🗖 Add Vegetables to a Meal
#8 - 🗖 Cut Junk Food in Half
#9 - ם Eat a Healthy Soup Before A Meal
#10 - 🛘 Use Smaller Plates/Bowls
#11 - 🛘 Choose Foods According to the Glycemic Load
#12 - 🛘 Eat Several Small Meals
#13 - 🗖 Educate Yourself
#14 - 🛘 Set Specific Goals
#15 - 🗖 Take a Walk/Move
#16 - 🛘 Step Away From Computer
#17 - 🗖 Turn Off the TV
#18 - 🖵 Join an Online (or Offline) Support Group
#19 - 🔲 Realize Fitness is a Lifelong Commitment
#20 - 🔲 Realize That There Are No Quick Fixes
#21 - 🔲 Replace "I should/I must" with "I will/I want to"
#22 - □ Plan Ahead &Visualize
#23 - 🗖 Find Some Quiet Time to Decompress
#24 - 🔲 Blast Some Music
#25 - Ask Your Future Self What She/He Did