

HOW TO LOSE WEIGHT!

Feature article by Kelli Jennings, Registered Dietitian, Author of [*Eat Positive! Lose Weight and Improve Your Health by fueling your body with what it needs everyday...on a budget!*](#)

During my career, I've helped hundreds of clients lose weight, improve their health, and prevent weight-related diseases. Now, I'd love to help you! I believe there are 4 necessary keys to weight loss that lasts. This article will point you in the right direction and offer a resource to help you start losing weight today!

Weight Loss Key #1: You MUST have A good eating program that is portion/calorie controlled, healthy, and realistic (you'll find all of this within my web-interactive ebook: [*Eat Positive!*](#) @ <http://www.eatpositivetoloseweight.com>) Your eating plan should include:

- ✓ the right calorie allotment for your age, gender, daily activities, and exercise level – enough to “fuel” your life, and yet a level that will promote weight loss
- ✓ a healthy pattern to support your metabolism, help you get in all the fuel/nutrients you need everyday, provide meals/snacks at regular intervals so that you are overly hungry at any one time, and promote the consumption of the majority of your calories during the daytime, with only light intake in the evening. *Some plans only give you a calorie goal for the day, but no guidance for the structure of your meals/snacks – this is a HUGE mistake. You need to eat most of your calories while you are burning them (during the day or whenever you do the most activity). If you eat very little all day and then overeat in the evening only to sit, relax, and then go to bed, you will store the extra calorie intake and sabotage your weight loss even if you are eating less calories than you are burning!*
- ✓ food choices that contain nutrients your body can use – adequate fiber, lean protein, fruits and vegetables, healthy fats, calcium, etc. It should also help you avoid sugar and refined grains, unhealthy fats, etc. *While some plans focus only on calories, it's important to realize that there's more to it than just calories in/calories out. Some foods nourish your body and promote health and lasting energy, while others are simply stored as fat unless you are engaged in high-intensity exercise (such as sugar and refined grains). When you eat sugar or any grain product that is refined, which act the same as sugar in your body (white bread products, white rice, refined cereals, refined-grain pasta, etc), your body has to release extra insulin to control the amount of sugar in your blood. Insulin allows the sugar to leave the bloodstream and enter cells – if it is not used right away for intense exercise energy needs or muscle recovery, it stays in the cells and is stored as fat. It's important to focus on both healthy foods and total calories.*
- ✓ a positive approach that promotes food as fuel you need everyday, not one that looks to minimize food and calories for weight loss. *If you are starving yourself, skipping meals, or eating at a very low-calorie level in order to lose weight, you are likely not seeing the results you want and are setting yourself up for a lifetime of reduced metabolism and reduced fat loss – your body needs fuel! Instead of starving yourself, learn what foods to eat, when to eat them, and how much to eat!*

Weight Loss Key #2: You MUST have A commitment to adequate, year-round exercise with a program that includes both cardio exercises (for calorie burning and fat loss) and resistance training (for toning/muscle growth). *If you are currently exercising, but doing it at a level with low or only moderate intensity, you'll not likely see the results you want. Walking, for example, can be a great, heart-healthy and stress-reducing activity. However, unless done with a lot of intensity, such as hiking up hills or using jogging intervals, it will likely not burn enough calories to promote efficient weight loss. In other words, strolling at an easy pace while carrying on a conversation, WILL NOT WORK FOR WEIGHT LOSS! Additionally, if you are focusing on lifting weights only, and not including intense cardiovascular exercise, you will burn some calories during your activity and improve your calories-burning in the long run by building muscle...However, you will not likely burn enough calories for efficient weight loss – you need both cardiovascular exercise and resistance training.* You'll find an exercise guide and many resources within [Eat Positive!](#)

Weight Loss Key #3: You MUST Have A mindset in which you are willing to do whatever it takes. In other words, being in the “right” *stage of change*. If you ever studied psychology (remember Freshman Psych 101?), you may remember that there are different stages people evolve through when they are trying to make a change. The first 4 stages of change are Pre-contemplation, Contemplation, Preparation, and Action. If you are in either Pre-contemplation (denial that there is any real need for change, but someone else has convinced you to read this), or Contemplation (acknowledgement that that there is a need for change, but the cost still outweighs the benefit), you are simply not ready. People in these stages may begin a program, but often don't stick with it. They usually have excuses for the lack of effectiveness, blame the program because it “does not work,” and give up feeling defeated.

If you are in the stage of Preparation, you are likely already making small changes. Unlike those in the first 2 stages, you are excited about the changes ahead and gathering information in order to plan your attack! And best yet, if you are in the “Action” stage, you cannot hardly wait another second to really get started. You are willing to do whatever it takes for as long as it takes because you are so fed up with your current condition. You have taken responsibility for your weight, lifestyle, and choices, and are ready to take more direct action to improve them.

Where are you within these 4 stages? Be honest. If you are not ready for change, I hope you will keep reading and look forward to the future when you may be ready. Don't give up hope...when you're ready, you can make these changes. If you are in the “Preparation” or “Action” stages, get ready to make changes that will affect your health and your life. If you want to start today, check out my ebook: [Eat Positive!](#) You'll find everything you need to be healthy and lose weight - it's hundreds of dollars worth of guidance and counseling wrapped up in 1 web-interactive ebook for under \$15!!!

Weight Loss Key #4: You MUST have A plan for Ongoing Accountability and Support

In-person or online support can be a great help with your weight loss and maintenance journey...others can help you stay accountable, give you support, and provide advice for challenges they've conquered. If you go it alone, you may find it easier to make excuses, give up, or feel isolated – all which can decrease your level of success. With your purchase of [Eat Positive!](#), you can add the *Eat Positive! Weekly Newsletter!* at no charge for the 1st month (\$9.99/month for additional months). I also provide a list of my favorite online and local accountability resources.

If you are looking for a weight loss plan with a POSITIVE focus on what your body actually *needs* rather than just what you should *avoid*; if you ready to see food as fuel for your body rather than a list of do's and don'ts; if you are tired of unrealistic nutrition recommendations that don't make sense for your family and/or break the bank...you are ready for *Eat Positive!*

Preview it for FREE today @ <http://www.eatpositivetoloseweight.com>