



# 5 Tips for Easy Weight Loss

## Get in the Right Head Space

Exercise is a crucial part of a weight loss program. Decide how much weight you want to lose and dedicate a specific period of time to your success. If you have 50 lbs to lose, give yourself 33 weeks to dedicate to weight loss (amount you want to lose divided by 1.5). Make the commitment to work hard towards your goal without allowing poor excuses like “time” get in the way. If this is really important to you, you will find the time to exercise and eat healthy no matter how busy you are. This becomes a process of time management. Once you have made a dedication to a period of weeks, get in the right head space with a powerful commitment to eliminate bad foods and lazy habits. You are not giving up anything, only gaining a healthy body, more energy and a new you!

## Get into a Program or Hire a Trainer

When a person makes the decision to lose weight, it is important that you give yourself the tools to succeed. Buying a membership to the gym and hanging out on a piece of cardio equipment or guessing what weight machines to do will not give you fast results or keep you safe.

Make a financial commitment to a trainer who will show you how to exercise the right way to reach your goals. You do not have to train with a trainer every single day but once a week will keep you accountable to someone for your weight loss and keep your progress on track.

## Find a Support System or Group

Several studies have shown the powerful affect support groups and support environments have on successful weight loss. Going at weight loss alone can be a daunting tasks and lonely. Find people who are motivated, focused and want to help each other succeed. Avoid groups that complain a lot of make excuses for not achieving their success. Hang out where other people are getting results life a fitness program or a gym and introduce yourself.

Keep your family and friends in the loop. It is important for your social networks to be supportive and not offer temptations. If you have a friend who keeps buying your chocolate after you have asked them not to, them take a big leap of faith in yourself and dump the friend, even if it is temporary.

## Bonus Tip: Weigh Yourself Daily

Track your results in a journal along with your measurements, workouts and eating. This way you can look back and see what worked for you and what didn't.

**“Success in weight loss begins when you stop telling yourself stories or make excuses for why you don't have time or why you can't eat healthy.”**

This newsletter was brought to you by Inner Fit Studios, located in Richmond, BC.

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# Easy Weight Loss

## Eat Healthy, Period.

It is so easy to make excuses of why you can't eat healthy such as "I don't have time", "It is so much work", and "I don't like salads".

That's okay, don't eat healthy, you won't lose weight. Did I catch your attention? It is simple, if you eat healthy during your weight loss weeks, you will be successful.

**What does eating healthy look like?** You start with a health breakfast of oatmeal or a vegetable omelet. Your lunches are full of vegetables or a giant healthy salad with seeds and nuts. Your dinner has a healthy source of protein and lots of vegetables with no oils or grease. During the day you have a protein shake for a snack and fruit so that you are eating every 3 hours and keeping your metabolism fast. Your food **does not** come from a box or a drive-thru. Your choices are healthy, colorful and most importantly make you feel good.



## Weight Loss Meal Plan Example

Breakfast: 1 cup of Quaker's oatmeal with cinnamon and chopped up almonds

Snack: 1 scoop of protein powder in milk or water

Lunch: 1 ½ breast of grilled chicken, 4 cups of romaine lettuce, chopped up vegetables and a healthy salad dressing

Snack: ½ cup of a healthy trail mix with celery

Dinner: wild salmon with 1 cup of broccoli, 1/3 cup of brown rice in a lemon sauce

## Exercise 4-5 Times per Week

Successful weight loss requires cardiovascular and strength training activity to burn the calories that you have stored in fat on your body. For example, the body can store unlimited amounts of fat so if you have 50lbs to lose, you have 175,000 calories to burn off since one pound equals 3,500 calories. Exercising also tightens your skin, makes you feel better and allows you to lose weight without starving yourself through diet alone.

Exercise is sweating and working hard. Exercise is not cleaning the house, going for walks or walking up and down stairs at your office. Get your heart rate up, sweat and burn the fat off. Your goal is to burn 450 to 600 calories every time you work out.

Group Fitness is a great way to get in your workouts and not be bored on the cardio machines. Spinning can burn up to 1000 calories in one class! That is literally two workouts in one. If you did spinning 2 times a week with two days of weight training, you are well on your way to success!