

Successful Weight Loss #2

Successful body fat reduction is about nutrition and exercise, but a part of it is also what goes on in your head.

Why is it that most people know what to do they just don't do what they know? Some common examples of 'mind talk' that can throw you off track include:

"Ah well, I've blown it now. I might as well not bother..."

- **All or nothing:** This type of thinking leads to the **yo-yo effect** which is damaging both physically and psychologically. Instead of black and white, try to see the shades of grey and assume you will slip a little every now and again. **If you are on track 80% of the time you will be making progress.**

"I'll just get Easter, my birthday, Christmas, the school holidays, my cousin's wedding, Friday night drinks... out of the way..."

- **Events:** The hard fact is that there will **ALWAYS** be another celebration or event in your life involving food and drink. You need to accept that and work through them rather than use them as excuses. Remember **'Procrastination is the thief of time'**

"But I love my food. I can't go without!"

Deprivation: And for good reason, food not only keeps us alive but is strongly associated with our social and emotional needs. Remember **weight loss doesn't mean never eating your favourite foods ever again**, just making adjustments to the amount and frequency with which you eat them.

#FitnessFact

We've got a problem with Sugar! Did you know there are at least 60 different names for sugar? From sucrose (table sugar) to high-fructose corn syrup (liquid sugar) food producers have come up with a plethora of names for this ingredient.

FAQs

Is it true that exercising one particular area to 'spot reduce' is a myth? In a nutshell, yes. You will not lose your 'beer belly' or 'muffin top' by simply doing hundreds of abdominal exercises for example. You'll need to reduce the layer of fat that is stored on top of your muscles by creating an energy deficit between 'calories in' and 'calories out'.

So why does strength or resistance training help with weight loss?

Muscle cranks up your metabolism. For every kg of muscle you have you'll burn approximately 70 calories a day, which means you'll burn more calories 24 hours a day helping reduce body fat.

What is the best food plan to follow?

Despite the many different opinions and diets out there, by simply looking at the quality and quantity of foods that you eat you can probably come up with some **personalised food strategies** that are sustainable for you.

But don't carbs make you fat? Whilst

we don't recommend you eliminate carbs completely, it is certainly easy to cut down your calorie intake by significantly reducing sugar and choosing more complex, less processed and lower GI carbs like brown rice and grainy bread over white and oats over high-sugar cereals.

I eat out a lot, can I still lose weight?

Yes, but you will have to be extra vigilant and make smart choices. Restaurant and café food tends to be higher in calories and portions can be much larger than you need. True, you have paid for it and may well feel that "I can't waste it" but remember – **"Better to go in the waste than on your waist!"**



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Hi, my name is Jill. I had always been a bit lazy about exercising and need a bit of a push. I had also got into all sorts of bad eating habits and wanted to lose 10kg that had crept on. My Personal Trainer and I sat down and came up with the following plan:

My Plan:

1. Three glasses of wine a week (rather than 6-8)
2. Replace the chocolate biscuits at work for a piece of fruit 4 days out of 5 (on Friday I would have one but not the two I usually had).
3. Have a proper breakfast everyday rather than grabbing a piece of toast and then succumbing to a muffin (with lashings of butter) when I got hungry mid-morning as invariably happened
4. Get more structured with my exercise; one group class a week, one session with Personal Trainer to keep me on the 'straight and narrow' and three mornings a week to myself.

This would add up to a monthly 3500 calorie deficit which John explained would put me on target to lose approximately 400-500g a week.

So how did it pan out?

Once I got into the habit of exercise I really started to look forward to it and within only a few weeks realised I had heaps more energy. My work colleague Carol also wanted to lose weight and we would either go to the gym or walk together. Having someone to do that with was really helpful. So was having a regular session with John who kept my programme fresh and challenging. I confess to slipping up on the wine and accompanying nibbles occasionally, but overall I stuck to the plan. It took 6 months but I'm proud to say I achieved my goal of going down a dress size and feeling a whole lot healthier and energetic. I'm now keen to try some different group classes and maybe even take up mountain biking.

Four Top Tips:

Slow Down!

It takes about 20 minutes for your brain to receive the message that you have eaten enough, so by slowing down and eating mindfully without distractions, you are more likely to stop before you overeat. Try putting your utensils down between each mouthful, chewing more, and adopt the Japanese philosophy of 'hara hachi bu' – eat until you're 80% full.

Don't drink your calories!

Not only does alcohol contribute calories that you don't need but chances are when you have had a few drinks you are more tempted to eat badly and blow all the good work you have done. Watch for other forms of liquid calories like soft drinks and fruit juices, a bottle of either can contribute 200-306 calories to your daily total without you even realising it.

Buddy Up...

Time and again we hear success stories from members that tell us how important others have been in helping them reach their weight loss goals. By committing to exercise with a buddy, Personal Trainer or in a group you are far more likely to show up and once there enjoy it more.

Staying motivated!

It can be tough at times to stay on track and stick with your plan. Write down all of your compelling reasons to lose weight and put the list somewhere where you can review it regularly. Enlist the help of friends, family and work colleagues by telling them specifically how they can support you.