

7 SECRETS to LOSING WEIGHT FAST!

Published by **Healthy Juicing**

7 Secrets to Losing Weight FAST

Copyright © 2011 John McIntyre. All rights reserved.

<http://www.healthy-juicing.com/>

Feel free to share this report with your family and friends, so long as it remains unchanged and unedited and the links active.

Read this first.

When it comes to losing weight, it's easy to become confused. There is just so much information. Turn on the TV and you'll probably see a commercial for a new diet or weight loss product. Open a magazine and you'll find the same. Drive down the road and you'll see a billboard.

We are a culture obsessed with losing weight.

But how many succeed?

On the commercials, before and after photos flash up on the screen. They tell you stories of when their diet worked and ignore when it didn't work. However, if you were to talk to their customers, you would probably find that most people who bought their product didn't succeed.

Perhaps the product was a joke or maybe they didn't follow through.

Chances are, life just got in the way.

If you want nothing to change, make excuses.

On the other hand, if you are sick of not having the body you want, eliminate excuses. They serve only to keep you exactly where you are.

"I don't have enough time".

"It's my family's fault".

"I'll do it next time".

"It's too hard".

"It's genetics."

Blah. Blah. Blah.

You can keep making excuses. Or you can start working toward the body you desire. It's up to you.

Don't want to change? Great.

I'm not here to tell you to change. If you are comfortable with your current weight, then you can stop reading now. There is no rule that says you have to be a certain weight in life.

If you don't make the decision yourself to lose weight, then your motivation will be short-lived.

But if you **want** to lose weight fast, this book will show you how.

1 : Get your body moving.

There are two awesome benefits of exercise when it comes to losing weight fast.

Firstly, intense exercise gets your blood pumping and you will burn calories.

Secondly, exercise increases your overall metabolic rate. This means that your body will burn a higher amount of calories, **even when you aren't exercising.**

If you have exercised that day, you can kick back and relax, knowing that your body is now burning calories at a higher rate than before you exercised. This means that for 30 minutes to 1 hour of effort, you can be burning fat 24/7.

Wondering when to exercise?

Given the fact that after you exercise you'll be burning calories at a higher rate than usual, I suggest you exercise in the morning.

Whether you start going for a run or lifting weights, you have to do something. **Any exercise** is better than **no exercise**. Walk to work. Run up and down the stairs in your house. Take your kids to the park and play baseball for an hour.

Studies with Olympic athletes have shown that moderate exercise boosts your immune system. You'll stimulate your body to arm its defence systems. You'll get sick less (if at all) and have more time to enjoy life.

Imagine how awesome it would feel to never be sick.

Exercise is also a potent mood-enhancer. You've probably heard of endorphins, which are the body's natural feel-good chemicals and are released when you exercise. Every time you exercise, your mood is boosted naturally. On top of endorphins, exercise also opens the gates of adrenaline, serotonin and dopamine. These brain chemicals all work together to make you feel incredible.

But hang on; this book is about losing weight, not feeling good. Why am I telling you about endorphins?

If you feel good, you will increase your chances of losing weight fast. You'll eat more healthy food and less unhealthy food.

Are you a person who turns to food for comfort? If so, then start exercising. Usually, people who seek comfort from food do so from the **wrong** foods. Does anyone ever pick up an apple when they are upset? It is the chocolate slice, delectable cookies and ice-cream that people turn to.

Next time you're seeking comfort, you could remind yourself to eat an apple instead. But ask yourself - will that really work? Probably not.

Instead of food, turn to exercise for comfort. Rather than using food to feel good, you'll be using exercise to feel good. And trust me; exercise makes you feel a hell of a lot better than food ever does.

2 : Forget the symptoms, deal with the problem.

A flabby belly and much-too-high weight are symptoms. Yep, you heard me - symptoms. Weight isn't the problem. More often than not, it's the lifestyle of the overweight person that is the problem. Their weight is simply a negative side-effect of their lifestyle.

Attacking the symptom will rarely produce long-term results.

That is why it is common for people to gain back all the weight they lost after dieting. They targeted the symptom (weight) rather than the problem (their lifestyle).

If a person understands this point and puts it into practice, they are **guaranteed** to lose weight fast. Why? They are attacking the problem at its root.

Being overweight is simply the result of wrong lifestyle choices made every day. Rather than walking to work, a person drives their car. Rather than buying healthy, nutritious food, a person buys junk or comfort food. Rather than taking action on their weight goals, they tell anyone and everyone that it's not their fault they're overweight - it's always someone or something else's fault.

If you haven't figured it out yet, this section is about making positive changes to your lifestyle. You don't have to make hundreds of changes all at once, but you do have to make some - that is, if you're interested in losing weight fast.

The reason why most diets fail in the end is because people are unwilling to change their lifestyles. Anyone can diet for a few weeks or months and they will probably drop a few pounds.

But when they go back to the lifestyle that made them overweight in the first place, of course they are going to put the weight back on. Often, they put more on than they started with because they are so dismayed that the diet didn't work.

These people aren't serious about changing. They want to make a change to their lives, but they are only prepared to maintain it for the short term. Over the long-term, the results of the diet evaporate.

If you want to avoid these pitfalls, you must realise that to lose weight and keep it off, you need to change your lifestyle. You'll need to eat new things and use your body in new ways on a regular basis. It is only by approaching weight loss from a long-term perspective that you have any serious chance of success.

Don't fall into the trap of thinking you need to read a thousand books or have the perfect diet. Since you're a human, you're quite intelligent. I'm sure that as a general rule, you would be able to identify healthy and unhealthy foods in a supermarket. Knowing which is which isn't hard. It's making the decision to take the healthy food off the shelf and leave the unhealthy food on it that poses the difficulty for most people.

If you haven't already, start thinking about your lifestyle. What could you change to improve it? What foods could you stop eating? Could you walk to work, or if you get the train, walk to the station? Do you have time to get some exercise before or after work?

Above all, cultivate a long-term attitude. The changes you decide to make should be committed to **indefinitely**. Or at the very least, for a

Healthy Juicing

www.healthy-juicing.com

test run (30 days for example) with the option to extend. Realise that the sooner you can adjust your mindset for the long-term and make serious changes to your lifestyle, the sooner you can lose weight AND keep it off.

3 : What do you want?

Do you want to lose 5 pounds or 10 pounds? Do you want to reach 10% body fat? Do you want to breathe a little easier and not have to worry about your health?

To lose weight, you need a plan. You need a plan that goes beyond the ordinary diet.

What am I talking about?

The art of goal-setting.

If you've tried to lose weight in the past, you'll know about goal-setting. Essentially, you need a target weight. Unfortunately, this is as far as most people go and they usually fail.

A target weight is not enough. "Lose 10 pounds" is not enough.

Sure, it's a goal, but it lacks a few things.

Start to think of goal-setting as the act of looking at a map and figuring out how to reach your destination. Typically, people say something like, "How do we get from A to B?" Such a question highlights some interesting points.

Firstly, we need to know where we are. If we don't know where we are, then how in the world are we ever going to be able to get where we want to get? Imagine looking at a map, trying to figure out how to get to a party. If you were unable to figure out exactly where you were, then it would be impossible to find the party, except by mere chance.

It is the same when setting goals. Start by figuring out exactly where you are. The more details you can think of, the better.

Here are some questions to get you thinking:

- How much do you weigh?
- What size clothes do you wear?
- What is your body-fat percentage?
- What food do you eat?
- What food do you turn to for comfort?
- How often do you exercise?

And so on.

By doing this, you'll get a crystal clear picture of where you are currently.

Now, let's go back to the map metaphor. Once you know where you are, you need to know where you are trying to get. Again, try and make it as detailed as possible. Imagine that you have achieved your ideal weight. Put yourself in the shoes of that hotter, sexier, healthier you. As you feel the incredible positive change, ask yourself some more questions about the new you, such as:

- How does the new you weigh?
- What size clothes does the new you wear?
- What is the new you's body-fat percentage?
- What food does the new you eat?
- What foods does the new you turn to for comfort (if any)?
- How often does the new you exercise?

You probably noticed that the questions are almost identical. That's the whole point. You want to get as detailed and exact a picture as you can of where you are and where you want to get.

Once you have your starting point and end point, it's time to draw the map. And like a map of a city, there is more than one way to get from A to B.

There are thousands of diets to choose from, just as there are thousands of healthy and unhealthy foods to choose from in the supermarket.

Pick a program that works for you (or make one up yourself) and stick with it. Reaching a healthy weight and maintaining it is the simple result of a little hard work, lots of nutritious eating and a few drops of sweat (from when you exercise!).

If you need ideas, try [Diet Solution](#). It is a popular online program that teaches people from around the world how to lose weight fast.

4 : Motivation is overrated.

Once you've got your plan, all you need to worry about is following through on the plan.

Piece of cake, yeah?

Nope.

If you're like me, you probably find that motivation is short-lived. It gets you started but unless your drive comes from somewhere deeper, motivation often disappears. I've experienced this problem in a number of areas, but fortunately, I have found an incredible solution.

It is accountability on steroids.

Typically, we might tell close friends our goal to lose however many pounds (or any other goal) in the hope that by telling our friends, we would be motivated to follow through on our plan. But often, it doesn't work. Sometimes the friend doesn't care whether we succeed or fail. Sometimes the friend even wants us to fail.

To avoid these pitfalls of accountability, we have to step it up a notch.

Once you have written down your weight goals in laser-like detail, it's time to guarantee their achievement.

I want you to pick a close friend or family member and tell them that you will give them \$20 for each day that you fail to exercise. Sound silly? No way. This strategy has worked wonders for me, in a number of areas outside of weight loss.

Let's break it down into steps.

1. Pick someone who you are afraid to let down. It needs to be someone with whom you see or communicate with regularly.
2. Make a promise to them, that if you break one of your own rules when it comes to losing weight, you will a) give them \$20, b) clean their bathroom, c) let them borrow your sports car for a week, or d) whatever will cost you in some way.
3. If you break your rule, then live by the promise. Do what you said you were going to, even if it's hard. You'll condition yourself not to break the rule again next time.

You can use this strategy for any goal. What you're doing is making it more painful to not follow through. This then forces your but into action to avoid the pain.

Try it - it works wonders.

5 : It's time for a cleanout.

Go into your kitchen and have a look around.

Is it filled with healthy, nourishing food that stimulates your body to feel incredible and look amazing? Or is it filled with dead, junk food, such as ice-cream, potato chips and frozen pizza?

Before you do anything, have a think about the food around you and compare it with your weight loss goals. Evaluate the food in your house and see if you can figure out if it is helping you or hindering you in your attempts to lose weight fast.

After a few minutes contemplating your food, clean it out. Like I mentioned earlier, you can figure out what's healthy and what's not. Go through your kitchen and throw everything out that's not healthy. Then, go for a drive to your local supermarket and stock up on healthy food.

Don't wait till next week. Do it today. Even if you don't have a plan yet, clean it all out now. At the very least, you'll get the ball rolling and start building momentum.

It is a no-brainer to do this. You cannot set a goal to lose weight fast and expect to succeed if you leave all sorts of unhealthy food in your kitchen. It makes it way too easy to pike out on your goal, grabbing for your token comfort food.

I cannot stress this enough. It might sound simple-minded and unlikely to have much effect, but trust me, it works and dieters around the world swear by it.

6 : Get your beauty sleep.

If you don't get enough sleep, then you'll struggle to gain weight.

Sleep is the human body's way of recharging itself. Every day, it eats, breathes and digests on command and this energy expenditure needs to be replaced.

Weight loss researchers say that if you want to lose weight, you need to get a certain amount of sleep. These researchers report that women who sleep 5 hours or less per night usually weigh more than women who sleep 7 hours per night.

The "5 hours a night" women were 32% more likely to experience major weight gain (an increase of at least 33 pounds) and 15% more likely to become obese, compared to the "7 hours a night" women.

And if you think you can get away with 6 hours, think again. Those women that hit the pillows for 6 hours a night were still 12% more likely to experience major weight gain and 6% more likely to become obese when compared to the women who slept 7 hours a night.

This study is one of the largest to track the effects of sleep habits on weight gain over and time and it included nearly 70,000 middle-aged women.

The researchers also investigated the exercise habits of the women to find out if there was a reason why women who slept less weighed more, but found nothing.

Were the women who were getting less sleep also eating more?

Nope. It was the opposite.

Rather than tired people eating more, they eat less. This suggests that appetite and diet do not account for the weight gain in women who sleep less.

You've heard about it, what will you do about it?

The first thing worth doing is getting to bed earlier and ensuring that you get at least 7 hours of sleep a night. By doing this, you will be encouraging your body to lose weight fast and giving it the much-needed rest it needs.

7 : Don't complain. Enjoy the ride.

If people do all of the above while complaining about everything, they get nowhere.

Don't complain, just enjoy.

In the ride from flabby belly to rockin' a six pack, make sure you have the time of your life. Enjoy the rollercoaster ride. Reward yourself along the way (no, not with cake). Have a party to celebrate your new body.

Take joy in how great you feel and in the abundant energy you get to experience every day. Spend more time with your family and friends. Do all you can to create a magnificent life.

In case you didn't know, losing weight fast isn't what life is about. Sure, if you drop a few pounds you'll feel better, look sexier and enjoy life more, but at the end of the day, what really counts is how much you enjoy the time that you have.

Luckily for you and me, the better our health the better we are able to enjoy all that life has to offer.

Let me say that again.

The better our health the better we are able to enjoy all that life has to offer.

Finally...

Juicing is a fantastic way to pump your body full of nutrients and lose weight. Next time you need a juicing recipe, don't forget Healthy Juicing.

If you are looking for a diet program, go to [Diet Solution](#) for the most popular program online.