

Program Yourself Thin 2.0

Intelligent Weight Loss

Training Module Seven: Strategies for Permanent Weight Loss

“We can't solve problems by using the same kind of thinking we used when we created them.”

- Albert Einstein

Your ultimate success depends upon the strategies that you create. You've been overeating at night for the last 10 years? You need to develop a new strategy to deal with the initial cravings and boredom at night. You can change where you are at night, who you're with, what you do, what you think about eating at night, etc. The thing is that when you create a successful strategy then you can move on to the next thing. A metaphor for effective strategies is traveling directions, without effective directions you experience frustration, inefficiency, and possible failure. When you have a strategy/directions that work, the worry disappears, and you can focus on getting to your destination.

When you set out to create successful strategies keep in mind the criteria you're using. When you think of directions you can decide on the fastest, most scenic, least traffic as criteria for which you're going to choose. When it comes to strategies for you to successfully change, don't just ask which works the fastest, but also which is the most fun, exciting, comfortable, etc.

EX: You want to exercise more. Don't just accept that you have to go to the gym. Think about ways to burn fat that is enjoyable, interesting, and easy to do. The more flexible you become in your thinking, the more ideas you'll come up with and the better your solution will be.

Sample Strategies for Success

Listed below are some sample strategies people have used to successfully transform their bodies. Experiment with the ones that appeal to you. Use the ones that work and discard or tweak the other ones.

Know What You Want To Do and Why

The more specific you are about exactly what you want to do and why the easier it is going to be for you to accomplish it. Use driving as an example. You know where you want to go and you use maps to figure out how you can get there. As obvious as this sounds, people often lack definition in their goals. They'll say: "I want to lose some weight", "I want to feel better", etc. That's like saying I want to drive west, or I want to go someplace new. Without a defined destination and knowledge of how to get there, you're going to struggle, waste a lot of time, and possibly never get anywhere.

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80/20 Rule

In most cases, your weight is dictated by your habitual eating and exercising behaviors. Focus on the 80 percent of your behavior that happens regularly, not on the random occurrences. Specifically, it isn't the office party that effects your weight as much as it is what you eat for lunch most the time at work. When you set out to make changes focus on your habitual patterns. This is how you create changes that last without having to think about it. Once you've got new habits in place, and old destructive habits out, you'll be able to relax knowing that your body is going to reflect those new behaviors.

Metabolism= movement + foods

Two of the biggest factors in your metabolism is how much you move and what foods you're eating. You want to increase your metabolism to burn off extra fat and become efficient, but don't make the mistake of just focusing on exercise to do this. Metabolism is a complicated process, but a successful client I worked with adopted the simplistic idea that it is the rate at which you convert food into energy. So if you've always had a slow metabolism, not only do you want to increase your movement, but you want to consume foods that your body can easily digest and get the energy from. You may also want to drink more water since it helps your whole body run more efficiently.

Eating More Live Foods

Sometime we get so focused on calories, fat grams, and carbs that we forget to step back and evaluate how much food we're eating that is in its natural state. Think about this. If you're eating 95% processed foods on an average day, how is that affecting your body? Up until 100 years ago our diets consisted mainly of foods that were grown locally and in their natural state. There weren't all the preservatives, chemical additives, and processing that we consider normal now.

If you believe the phrase "you are what you eat" than what does a diet of processed food make you? Make it a priority to begin eating foods that are in their natural state. One important quality of them is that they have the enzymes needed to break them down. Which means it is easier to get the energy out of them. Remember that digestion is the number one use of energy in your body.

Eating More Organic Foods

So many people I've talked to who have been successful at controlling their weight have made it a priority to eat as much organic food as possible. I'm not going to get into the scientific studies of it, but again if you believe the phrase "you are what you eat" then you need to really question how food that has been grown in dangerous chemicals is going to affect your body.

And when it comes to meat, ask yourself if its possible that all the growth hormones and antibiotics that are used will have an effect on your body. Are you absolutely sure that all the growth hormones that are pumped into cows don't get into the milk? If they do is it possible that they make it harder to lose weight? Begin asking these questions, research the answers and you may change your behaviors.

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Stop Eating by 8pm

If you aspired to be a Sumo wrestler, the first thing you would do is gain lots of weight. Your trainer would give you a strict schedule. Make sure you eat dinner, then eat again right before you go to bed, and then wake up in the middle of the night and eat again. Why? Because your body is in rest mode and doesn't burn off the calories as efficiently. I'm going to assume that you don't want to be a Sumo wrestler, so don't eat like one. Make it a priority to stop eating by 8 and you will find that you not only begin to sleep much better and wake up with much more energy, but you may also find your weight going down.

Once specific strategy I used to do this was to tell myself when I was hungry at night, that it was my body burning off the excess fat.

Drink More Water

It is estimated that most Americans are under hydrated, and that thirst is very often mistaken for hunger. Make drinking enough water a must. It will help your body digest food more efficiently, it'll help lubricate your joints so that you can move more comfortably, and it'll help you feel full.

Redefine Exercise

If exercise to you means that you go to a gym where you feel self conscious and struggle through a painful/boring routine than you're aren't ever going to exercise regularly. Start by thinking about what you want to accomplish. Are you looking to build muscle, increase stamina, gain flexibility? Decide what you want and then brainstorm some different ways to make it happen. Come up with as many options as you can, and demand that they be ways that are fun and comfortable. Once you've got some answers you're going to find that it becomes easier to exercise regularly because the negative feelings have disappeared.