

# Your Diet Dilemma



**And what you can do to break through and  
finally achieve the body of your dreams!**



## Introduction

As America has increasingly had to figure out solutions to our Obesity Epidemic, there are no doubt many who have decided that now is the time for them to begin their journey to weight loss success. If you're reading this, weight loss may indeed be a major goal of yours as well, which is awesome...because it's never too late to reach your goals.

Each year, unfortunately, many women attempt weight loss, but few actually succeed at achieving their goal.

That begs the question...Why is that happening?

Well, I have some ideas why, and I'll share them with you below

What has our culture and the media determined as important reasons to lose weight?

- To look good...Not necessarily for one's self, but for others
- To look like so and so in that magazine or on TV, or the Movies
- To increase social acceptability
- The list goes on and on

Unfortunately, this has created a situation in which we've become a Nation that is obsessed with weight and weight loss!

We've become experts at creating diets to help people shred unwanted pounds in record amounts of time, and have lost track of what is truly important...our health.

What is happening in our culture now is that...

- We're adopting unhealthy lifestyle practices
- We're adopting poor dietary practices
- We're exercising less

All with the hopes that we can get that quick fix just in time for the summer

So...Why Don't Diets Work? Here are some reasons:

- They're too specific to fit our lives
  - Tell You What to Eat
  - Don't consider lifestyle
  - Nearly Impossible to follow for a long period of time
- They can Be Dangerous
  - Not all diets fall into this category, but do you know them when you see them?
  - Beware of Low-Carb diets! – We need them!
  - Don't restrict the foods you eat, we need them all!
- They can make you feel like a Failure
  - They can be so restrictive and complicated, you're almost guaranteed to fail
  - If many things in your life must change all at once, or in a short period of time, it's not likely to work
  - We have to understand the process of change...it takes time, and often times, it is a slow and sometimes painful process

- Diets are Usually Temporary
  - Many of us don't mind the temporary nature of the diets we use, but we need to be aware that if that's the approach we take, we need to know that we will eventually gain back that weight
  - Here's a question to ask yourself: Do I want to take weight off and gain it back again?
  - If your answer is no, then think long and hard about the approach you take
  
- Diets can Sap Your Energy
  - Drastic weight loss below 1,200 calories per day can actually work against our weight loss efforts
  - It can cause metabolism to slow down
  - Fat storage can actually increase...even with a low calorie diet
  
- Diets Give Food a Bad Rap
  - Whenever we're told to stop eating those foods we can become obsessed with not having it and it can cause you to crave it even more...not necessarily healthy
  - There are not really any "bad foods". The way to look at food is as either a good nutrient source or a low nutrient source.
  - The Goal is to not have too many of the low nutrient sources – eat them occasionally, but you don't need to eliminate certain foods, unless there appears to be a serious issue with self-control

How Can We Get Started Losing Weight Loss the Right Way?

Remember, the goal for all weight loss should be on improving health, first and foremost.

- Get Professional Help In Determining whether you actually need to lose weight
  - So many people have been told that they're not thin enough, and have been starving themselves for no good reason
- Set Realistic Goals
  - You may need to let go of some unrealistic expectations and become more honest with yourself about where you are and where you need to be to be healthy
- Address Unhealthy Lifestyle habits
  - These are the activities, practices, and life circumstances which tend to thwart your plans to lose weight
  - The most well-intentioned people can become stuck in habits and patterns of living which can keep us from moving forward in our weight loss efforts
  - Bring others whom we trust into what we are trying to accomplish...that includes our family and friends. They need to know what is going on so that they can help us.
- Adopt New patterns of Eating
  - Remember, a healthy eating plan takes into account your likes and dislikes, and includes a variety of foods that give you enough calories and nutrients for good health.
  - Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
  - Include lean meats, poultry, fish, beans, eggs, and nuts

- The meal plan should be low in saturated fats, trans fats, cholesterol, sodium, and added sugars
- Plan for Regular Physical Activity
  - Any Amount of physical activity is better than none
  - In general...20 minutes (moderate PA) on most or all days of the week for good health
  - You may need to do more than 20 minutes depending upon your goals
  - Exercise can be broken up into 10 minute segments if needed
  - Do activities that you enjoy!
  - Even activities such as housework can be beneficial
- Most Importantly...Don't Give Up!!
  - It will take effort to maintain our weight loss, but it will be worth it!!