

# Weight Loss Advice

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For the best results it comes down to a simple 65/25/10 formula.

**65%** of your results come from **FOOD**

**25%** from exercise

**10%** other factors - such as sleep, stress, lifestyle and hormones (just to name a few)

## **Simple and Effective Weight Loss Tips**

Firstly your diet should be made up mainly of wholefoods. Next time you are at a supermarket pay attention to where you are spending more of your time. If you are spending it where all the fresh and wholefoods are then you are on the right track. If you're spending most of your time where the packaged foods are then you need to change direction.

As soon as you start eating mainly wholefoods you eradicate the biggest problem we have with the obesity epidemic - **refined sugars and processed foods**. Cutting back on **sugar**, not fat, is the key to a successful fat loss plan and building the sexiest body possible !

Sugar is extremely addictive, and not just talking about breads, cakes, sweets, biscuits and soft drinks. It is hidden in so many foods it's ridiculous ! Read the labels.

## **Get Skinny Habits !**

Fat Loss is a journey not a race, so be patient, work hard and take control of your body. Make your own meals, exercise when it suits you and you will achieve the body you want. In 90 days you can look and feel like a different person.

## **THE WEIGHT LOSS RULES**

Eat healthy fat and protein for most of the day. i.e. **coconut oil, nuts oily fish, eggs and lean meat provide you with plenty of healthy fats.**

1. **Exercise** when it suits you BUT morning workouts are best. Exercise builds muscle, burns fat and boosts metabolism. **Exercise 4-5 times a week**,-- Power walking is good but to really shift fat, high intensity exercise (HIIT) is even better ! Short intense workouts with lots of breaks. A personal trainer may help you out. **Being physically inactive is a much greater health hazard than being overweight !! So get moving !**
2. **Workout on an empty stomach:** You burn more fat this way. This is obviously easier in the morning, but if you exercise later in the day, leave a couple of hours during which you eat nothing, then do your workout.

3. **Do not drink a drop of alcohol** : Alcohol puts the brakes on fat burning. If you are serious about getting skinny don't touch it for the first **4 weeks !**
4. **Eat your ONLY carbs after exercise:** Tasty meals such as oats, muesli, quinoa, brown, red, black or wild rice, buckwheat, red lentils, brown lentils, other pulses , pumpnickel bread and sweet potatoes.
5. **Drink 2-4 litres of water a day.** a well-hydrated body burns more fat. Try to drink a minimum of 2 litres, but more if you are big built or sweat a lot. You may also drink caffeine-free herbal teas.
6. **Stick to Your Portion Sizes !** A little extra here and there adds up.

### Remember ...

- **Regular small meals** and snacks help keep your metabolism active
- **Don't starve yourself.** If you feel hungry eat raw vegetables, fruits and grab **a handful** of almonds or walnuts.
- **Garlic and spices** boost metabolism and increase fat burning
- **Drink a glass of lemon water** in the morning and one in the afternoon.
- **Think Green ! Eat lots of salads.** If you like salad dressing, put it on the edge of your plate and **dip the prongs of the fork into it**, rather than smothering the whole salad.
- **Mindful Eating...** Eat slowly and STOP eating when you are 3/4 full.
- **If very hungry...** Eat a couple of celery sticks, a carrot or a cup of broth before a meal to prevent you from overeating.
- **Plan Ahead, Be Prepared:** Keep a variety of foods handy for sudden moments of hunger. i.e. a couple of apples in the car and a small container of almonds.
- **Read Labels:** Know the sugar, fat, protein and carbohydrate contents in addition to additives and preservatives.
- **Carob Powder or Sugar free Cacao / Chocolate Powder:** When you feel like a sweet pick me up beverage in the afternoon. Instead of reaching out for a sugary chocolate make yourself a cup of carob / raw chocolate drink either hot or cold. Add a tsp of honey.

### **TIPS: What to Eat**

- Whole grains (whole wheat, steel cut oats, brown rice, quinoa)
- Vegetables (a colorful variety—not potatoes - only sweet potatoes)
- Whole fruits (not fruit juices)
- Nuts, seeds, beans, organic eggs, goat's sheep's yoghurt, cheeses, low fat whey cheeses (anari, ricotta, cottage cheese), and other healthful sources of protein (fish, poultry, game)
- Plant oils (olive, coconut oil and sesame oil) - Not more than 1 tablespoon with every meal. i.e. one with lunch and one for dinner.

**AVOID: These Foods & Drinks:**

**NOTE: All processed foods and drinks should make up NO MORE than 2% of your daily diet.**

- Sugar-sweetened beverages (soft drinks, fruit drinks, sports drinks)
- Fruit juice even if it is fresh. Smoothies are better as you consume the whole fruit
- Refined grains (e.g. Anything made with white flour, corn, white bread, white rice, white pasta, white sugar) and sweets - the brighter and more colourful the packaging is ... the more you have to avoid it ! If you can't pronounce the ingredients - again the more processed it is and the more harmful it is to your body.
- Potatoes (baked or fried)
- High fat cheeses
- Red meat (beef, pork, lamb) allowed once a week,
- Avoid processed meats (salami, ham, bacon, sausage)
- Other highly processed foods, such as fast food, fried foods.

Suggested further Reading: I would recommend that you read this so you have a better understanding of your body:

**Why You Got Fat:** <http://www.barbarakarafokas.com/blog/why-you-got-fat>

Check out these great video clips. They explain it all really well:

**Why You Got Fat:** <http://www.youtube.com/watch?v=mNYIcXynwE>

**Big Fat Lies:** <https://www.youtube.com/watch?v=v8WA5wcaHp4>

**The Skinny on Obesity (Ep. 1):** <https://www.youtube.com/watch?v=h0zD1gj0pXk>  
(There are seven episodes to watch)

**Barbara Karafokas**  
Health, Nutrition & Wellness Consultant