

# ***Is Weight Loss Dead?***

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Do you want overnight results? Washboard abs in 10 days or less? Are you looking for a final fix to make you fit, beautiful and healthy in the least painful way possible? Then it's time for a wake-up call. Weight loss is dead for anyone who thinks fad diets and gimmicky equipment will provide a healthy and fit body. Half our population is overweight. Stress, fast food and sedentary lifestyles are rapidly creating the unhealthiest population in history.

Make YOU your first priority!

Don't wait for an embarrassing photo, a difficult trip up the office stairs, or worse, a serious medical condition to propel you into action.

Your body wants you to take care of it today.

## **Our unhealthy world**

Two out of every three adults are considered overweight.

Child obesity has tripled in the past 25 years.

Seven out of every 10 adolescents will become overweight adults. While more than 60% of parents don't realize their child is obese.

Type II Diabetes is on the rise around the world. In Canada, nearly 2 million people are affected. Amazingly, almost one-third don't know they're sick. The cost of treating Diabetes is \$9 billion annually.

Our society IS getting sicker and more overweight. Our children face health risks sooner than their parents. Nearly 85% of Canadians are on prescribed drugs. Only 8% of men and 3% of women are consistently active, but everyone seems to want a quick fix.



## **Watch those calories**

If you want to lose weight then the first principle you'll need to embrace covers calories (the way energy value for food is measured). To lose weight you'll need to burn off more calories than you consume in a day. If you consume more than you burn, you'll gain weight, and if your energy output equals your caloric intake your weight won't change.

Calories really add up. In fact, one pound of fat equals 3,500 calories. If you eat unhealthy food, lead a sedentary lifestyle and feel constantly stressed, your body will eventually gain fat.

Figuring out how many calories to consume a day depends on your metabolism, body type and genetic make up. That's right; there isn't a single prescribed method that works for everyone. It's important to make sure you aren't starving yourself, or your body will shut down, regardless of who you are. Your body reads starvation as a state of emergency. The only way it can react is to go into survival mode and preserve as much fat as possible. One of my jobs as a trainer is to help you determine how many calories you should be eating. We take a look at all of the factors and come up with a plan that will really work for you.

When you hear about people losing weight through a fad or restricted diet, what they're really losing is water and muscle. If you aren't eating enough calories to support your metabolism then your body will feed off stored sugar (glucose) in your muscles called (glycogen) to provide energy for your body. When these dieters finally return to their normal lifestyles, the weight will return, and possibly more pounds than before. It's only a natural response for a body that felt threatened. The key point to remember is, don't diet! Diets mean you are restricting yourself from important vitamins and minerals, and setting yourself up for a lifetime of ups and downs on the scale.

## **What's your excuse...because I've heard them all**

I always get a little disappointed when I hear someone tell me they don't have time to workout. Especially when I know most of us make time for our favourite TV show, or to hit the snooze button two or more times every morning.

Our bodies were meant to be active. And yet, a huge section of the workforce spends most of the day in front of a computer. As a result, metabolisms are lower, and more and more people are turning to so-called convenience foods. Most people would tell you being active and living a healthy lifestyle is a good idea. So why is hardly anyone doing it? I hear the excuses, "I don't have the time," "I work too much," "I'm too tired," "I have family commitments." You name it, I've heard it.

Honestly, I think our priorities are mixed up. We are becoming unhealthy and overweight as a result of not taking care of number one. You need personal time. When you look after yourself I know the time you spend with your family will improve. You'll be more efficient at work. You'll gain greater enjoyment from your hobbies and personal activities. You will become more successful.

But how, when working out takes time out of your already packed schedule?

You must implement it into your schedule. I know it's not always easy. It might mean getting up a bit earlier, or choosing to skip your weekly TV show (don't worry, you can Tivo it). Take a look at your week. Find a time you know you can live with and then write it down. Commit this time on your chosen day to improving your health, increasing your energy and reducing your stress.

## **Eating your way to success!**

We aren't built to digest unnatural products. Look in your fridge and cupboards. Are you consistently eating foods with a shelf life longer than one or two weeks? Don't you find the increasing presence of preservatives in food alarming? If you aren't going to the grocery store once a week then it's time to reevaluate your shopping and eating habits.

Here are some tips when you head to the grocery store. Read package labels. Try to avoid foods listing sugar, hydrogenated oils and corn syrup (especially when those ingredients are at the top of the list). If you can't pronounce an ingredient, it might be best to leave that item on the shelf. It's an item most likely full of additives and preservatives. Sugars are often disguised

as hard to pronounce words ending in 'ose'. Look through your pantry. Scan the package labels and get rid of what I call the garbage foods.

Tons of foods are labeled as low in fat or calories. These labels are not necessarily true. Learn to understand the label breakdown for serving size. Here's an example. If your food item is a total of 300 calories, with 10 grams coming from fat, 30 grams from carbohydrates, and 22.5 grams from protein. For every gram of fat there are nine calories. For both carbohydrates and protein there are four calories. This means 90 calories come from fat, 120 calories from carbohydrates, and 90 from protein. The percentage breakdown is simply taking the individual calories per fat, carbohydrates, and protein and dividing each by the food's total calories (300). That would give us 30% from fat, 40% from carbohydrate, and 30% from protein. This is a good tool to remember when label reading to determine the amount coming from each source.

Unfortunately, most supermarkets don't have the best food choices. It is difficult to find foods free of additives and preservatives. I encourage you to eat as much Certified Organic food as possible. These foods contain no preservatives, growth hormones, artificial ingredients or antibiotics. The land the animals feed off is free of chemical fertilizers, pesticides and herbicides. Look for a label that certifies the product to be organic. You may need to start shopping at an organic or natural food store. Many exist, and many regular supermarkets are beginning to add natural and organic sections.

After all, the egg is only as good as the chicken.

I believe eating well is a huge factor in your success. You can exercise everyday, but if you aren't eating right, or consuming the correct number of calories to support your metabolism, you won't be able to reach your weight loss goals.

A good rule of thumb is to look at how your clothes fit. If you gain weight and your pants are getting tighter, you are putting on body fat. If you gain weight and your pants are getting looser, you are gaining muscle (which is fantastic!)



## **A change that improved my life**

Over the last six years I have taken a different approach to eating. I have committed myself to a holistic lifestyle. Close to 95% of my groceries are organic. This is huge when you think of it. Additives, chemicals and pesticides add stress to our bodies and limit our chances at weight loss success.

Our bodies are not satisfied with garbage foods. Think about how you feel after you eat certain foods. Do you feel full, uncomfortable or sick? These are all signs that a food item is not satisfying or good for you. It might be cheaper, but from a health and weight perspective, it's definitely not worth it .

Think how much money you drop at an average restaurant for mediocre food. Don't get me wrong, it's nice to go out for dinner once in a while, but most restaurants rarely offer healthy selections.

I've been training for 15 years, combined with my changes in eating, I'm proud to say I'm in the best shape of my life! You can do it too! I will help you get there if you commit yourself to some changes and listen to my suggestions.

## **Starting small gets big results**

When you want to make a big life change, it's a good idea not to do everything at once. It depends on the person, but success is more likely when you start out with baby steps. Organic foods are a good place to start. Try to add one or two organic items a day while eliminating a garbage food, then evaluate how you feel at the end of the week.

There is a psychology behind being healthy. Our bodies appreciate clean, healthy food. It becomes addictive to sustain those food choices (a good addiction). When we happen to slip up or feel like going on a quick binge, the fast food we once loved doesn't taste as good.

Here are some basic tips to get you started. Try to go to bed by 10:30 pm every night, drink plenty of water, eat as much organic food as possible, and incorporate five to six small meals each day.

Pre-plan meals and snacks the day or night before so you will be less likely to eat in the food court, or grab a pizza or brownie from the catering cart. Most offices have a fridge handy so throw your lunch in there, or have some ready-to-eat snacks at your desk to keep that metabolism high. When we don't pre-plan our meals it's much easier to resort to caffeine, vending machine snacks and anything else we can find.

Your mother told you breakfast was the most important meal of the day, and she was right. Skipping breakfast often leads to eating a huge lunch, leaving you stuffed all afternoon and starving by dinner, meaning you over eat at dinner. This vicious cycle begins the next day when you skip breakfast again. In 48 hours this is almost 16 to 20 hours without eating - almost an entire day without food. This cycle slowly begins to shut down your metabolism. Breakfast is imperative to kick starting your metabolism, and is essential when you're trying to lose weight.

Remember, when we eat smaller, frequent meals we are less prone to eat more in one sitting. Slow down when you eat, your body takes almost 20 minutes to recognize it's full. Watch portion size. Half your plate should be vegetables or greens, while meat portions should be about the size of your fist. Load up on salad and vegetables first so you don't over-do it on the main entrée.

A nutrition log is really helpful in identifying bad habits. Look out for fast foods, soda, processed foods, cookies and candy. I encourage my clients to get rid of anything that makes them feel ill. That's your body's way of telling you it doesn't accept something. Take note of foods that keep you full for about 3 hours. If you are hungry within an hour of eating you probably aren't getting enough complex carbohydrates (foods like vegetables, cereals and legumes which take longer to digest).

Be consistent if you want to lose weight. Consistency is important in everything we do. It doesn't matter if it's through working out, eating, reducing stress, getting adequate sleep or keeping hydrated. You need consistent, small meals to keep your metabolism high and convinced food is on the way. As a result, your metabolism keeps working in high gear and you'll burn more fat, even at rest. Don't be scared to eat, just be aware of what you're putting into your mouth.

## **Avoid the blood sugar roller coaster**

Learning about the Glycemic Index (GI) will assist you in making educated food choices. The GI ranks carbohydrates according to their effect on our blood glucose levels. Choosing low GI carbs - the ones that produce only small fluctuations in our blood glucose and insulin levels - is the secret to long-term health, reducing your risk of heart disease and diabetes, and is the key to sustainable weight loss ([www.glycemicindex.com](http://www.glycemicindex.com)).

Low GI foods (measuring less than 55) are easier on the body because they produce a gradual rise in blood sugar. These include pasta, vegetables, apples and yogurt. High GI foods (measuring 70 and above) digest quickly in the body and can be stored as fat from not being utilized. I only recommend high GI foods post workout when glycogen (sugar, which is stored in the liver and muscles for use when energy is required) is depleted. High GI foods include rice, watermelon, white bread and Cheerios. See the chart at the end of this document for a comprehensive breakdown of foods on the Glycemic Index.

After your workout there is a 45 minute window that offers an important nutrition opportunity for your muscles. The sooner you have a post workout drink or snack with 3:1 or 4:1 carbs to protein ratio, the more glycogen that will be stored immediately rather than two to three hours later. I recommend chocolate milk mixed with some frozen fruit, a smoothie mixed with 100% natural whey protein, or even a banana. Anything that's going to give you a quick, yet healthy sugar spike. If you use this window to help replenish your muscle's glycogen stores, it will learn to use all its glycogen reserves, and you will prioritize fat burning.

Please remember this is just a guideline. The reality is you don't need the GI to make wise food choices. Do your best to get the majority of your calories from whole foods like meat, fish, fruit, vegetables, dairy and whole or sprouted grains. This automatically eliminates garbage foods and ensures you are eating a diet full of vitamins, minerals and nutrients.

For a bigger picture on how carbohydrates effect your blood sugar (and if you're really into this) you can consider the Glycemic Load (GL). This index ranks foods based on portion size and their Glycemic Index. The basic idea behind GL is that high GI foods consumed in small quantities would give the same effect on blood sugar as a large quantity of low GI foods.

It's a pretty simple calculation to figure out a food's GL. Here's what you do: Divide the food's GI by 100, multiply the result by the food's grams of digestible carbohydrates (total carbs minus fibre). For example, if a specific food has a GI of 47, and 48 grams of digestible carbs, you'll find its GL is 23. A GL of 20+ is high, 11 to 19 is medium, and 10 or under is low.

If you are concerned about the effect a specific food might have on your blood sugar, you don't need to figure out its GL. All you need is its number of digestible carbs. The higher the number, the higher your blood sugar will rise. All you have to do is take the total numbers of carbohydrates listed on a product's label and subtract the number of grams of fiber. If the amount is over 40 grams it will most likely send your blood sugar soaring! Keep in mind that a food on its own with a high GI can increase your blood sugar, but when combined with foods containing healthy fats, protein, and lots of fiber, sugar absorption is slowed.

## **The optimal workout**

People in the fitness industry are well aware of the population's increasing obesity. It might be the reason we continue to see an onslaught of infomercials promising model-perfect bodies in only 15 minutes-a-day. I like to joke with my clients that we've been doing things wrong, all we needed was the abdominizer.

What's not funny are the incredible number of people who get sucked in by these fitness crooks, professional actors and TV doctors. Some of these products might burn calories through muscle contractions and heart elevation, but not enough to achieve the promised results. In my opinion, those fitness products should be thrown out and the people selling them should feel ashamed for taking people's money.

There is no such thing as "spot reduction." You can't target an area on your body, expect to lose fat and have muscles show up in a few weeks.

My passion is helping people get on track with their fitness goals. This is what drove me to write "Is Weight Loss is Dead". I want people to realize what they can accomplish if guided properly. Get organized, manage your time, and live a healthy, stress-free life!

We have to bet back to basics when it comes to fitness. This means functional, full-body exercises. Functional exercise is a type of training done to improve the body's overall operation, whether it's sport specific, postural improvement, rehabilitation or basic day-to-day strength.

With functional training you'll see a variety of exercise balls, wobble boards and resistance tubing. This encourages people to use more muscles than a standard machine. Bodybuilders love it for isolating their muscles.

Here's a scenario for you. Think of a basic biceps curl using a dumbbell, now compare that to performing a body weight squat while performing a dumbbell curl to a shoulder press. The latter is functional, but gives a greater caloric expenditure than a basic curl. Exercises like this result in more compact workouts, increased calorie burn and better results. This should be most appealing to those of you constantly aware of time. There are no excuses for not working out. There is always time! It's just knowing what to do with it.

Strength training is also essential when it comes to losing weight. It helps define your muscles and assists in burning fat. The more lean muscle our body carries the more fat we can burn. Working out damages your muscles in a good way. Calories are required to replenish your blood sugar and repair your muscles.

Some women think they will get bulky muscles through strength training. This myth is simply untrue. Women produce one-tenth of the testosterone produced by men, which means their muscles just aren't meant to get big and bulky.

Bulking up is fine if you are training as a body builder; however, that's not the choice for most people. They simply want to put on some lean muscle mass, decrease body fat and improve their overall fitness. For these people machines aren't the best choice. I will use machines with clients who have minimal strength training experience. I like to get them into a regular routine and move them towards more body weight and functional type movements.

I realize there are many styles and recommendations for working out. The bottom line is your workout should be both challenging and comfortable to perform. I've seen trainers ask their clients to try out exercises that look downright intimidating!

To keep your body guessing, make sure you also incorporate some low to moderate cardiovascular exercise and high intensity interval training. Both enable your body to burn more fat. Intervals can be described as short sprints followed by a recovery and repeated. For example, perform a one minute sprint on the treadmill as hard as you can, followed by a one minute recovery. Repeat several times. This method is also great for those with limited time.

Just like your food choices, you need to maintain consistency with your exercise plan. You can be on a great program, but if you aren't consistent your body won't have a lot of reason to change.

I commonly hear people say they don't like to work out, they don't see results, or they're hitting a wall. If you are mentally bored, you are physically bored. Do things you enjoy. When it comes to exercise I can show you tons of exercises to make things more interesting and challenging! We want to create enough of a stimulus to force your body to change. The more effort you put into your workouts, the more calories you will burn!

If you think you can't afford to go to the gym, or if you have limited access to equipment, then think about what you do have - your body! Using your own body weight can make for a great workout. Our bodies are meant to push, pull, squat, lunge, press and carry. There are plenty of exercises I can show you that can be done with the body alone. This is great for my clients that don't have time to get to the gym, or need to be at home. Having functional equipment helps, but it's good to know you can still train without it.

## **Getting healthy in real-life**

I know most people sit at a desk all day, which can make it hard to find the motivation to make a change. But it's time to get moving. In fact, it's imperative. There are lots of small things you can start doing right now that will help you get going.

Take the stairs instead of the elevator. Park your car further away from your building's entrance. Go for a mini-walk to clear your mind. Walking outside is one of the best things you can do for your soul.

Drink lots of water to keep your body hydrated. This will promote the removal of toxins and help reduce your stress. You'll also find you have to leave your desk frequently to get more water, and to go the bathroom. Again, more movement! To find out how many liters of water your body needs each day divide your body weight by two, and then multiply by 0.033.

Your body reflects how well you take care of it. Eat frequent, clean meals, reduce your stress and get moving. I guarantee you'll see the results quickly.

About 80% of my clients see me for just 30 minutes at a time. Often they ask me if I'm sure that was enough time. You bet it is! It's all about what you do in those 30 minutes. The more efficient your workouts are, the more you can get out of them. I think the industry has programmed people to think they need to work out an hour or more everyday. Obviously you add more to your program with more time, but even 15 to 20 minutes a day is enough to get a great workout.

Your body loves to feel healthy and fit so incorporating ANY amount of exercise will make you feel good. Even when the temptation to sleep-in seems overwhelming, try to remember that working out even at lower intensity will work wonders in improving your mood, reducing your stress, and yes, burning calories!

## **Stress reduction**

I keep talking about reducing stress, and it's important to know why. Stress is the number one cause of disease. It doesn't matter if it's related to money, romance, work or food. It's all the same to your body. Our bodies produce a natural stress-fighting hormone called cortisol. But, if too much is being produced our glands start to fatigue.

What does this have to do with you losing weight? A fatigued adrenal gland negatively affects the metabolism by slowing it down. More stress means you are limiting your body's ability to burn fat. More importantly, you are putting yourself at risk for serious health problems.

In a perfect world we would have jobs we love, work reasonable hours, share perfect relationships and eat anything we want without a worry. Obviously, this is not always the case. I realize it can be tough, but I encourage you to take care of yourself. Do something you enjoy doing, ensure you have positive people in your life, keep hydrated, get adequate sleep each night, and eat as much certified organic foods as possible. Slowly you will begin to lower your stress level. You can do it if you are willing to make the commitment. Do it for you.

## **10 Tips to try today**

If you haven't figured it out by now, I believe weight loss is dependent on how much you are willing to commit to changing the way you eat and the way you live. Like I said before, your chances at success greatly increase if you don't try and change everything at once.

Here are 10 changes you can begin to implement into your life today.

1. **Make time for you.** Do something every day that is just for you and gets your body moving.
2. **Drink plenty of water through out the day.** This will keep you hydrated, help remove toxins, curb your hunger, and reduce your stress. Remember, to find out how many litres you should be drinking each day divide your body weight by 2, then multiply by 0.033.
3. **Get proper rest.** Go to bed and wake-up at relatively the same times everyday. This keeps your body's clock in rhythm and gives your mind and body the recovery time needed to function optimally. Avoid caffeine after 2 PM, and watching late-night TV. Dim your lights as you unwind and prepare for bed.
4. **Integrate healthy snacks throughout your day.** , This will curb your hunger and encourage a high metabolism. Don't forget, breakfast IS the most important meal of the day.
5. **Keep a nutrition log.** Write down what you eat each day. Note the time, your location, food type and how you felt before and after eating. This will make you more aware of how your body responds to certain foods, and may even bring to light some bad habits. Additionally, if you want to go the extra mile, start calorie counting, you'll get a better idea of what you're putting into your body. Refer to my guidelines on label reading on page four.
6. **Set goals.** Short, medium and long term fitness goals will help keep you on track. Set-up rewards or punishments to keep you working towards your goals. If you have something important on the line it could be the little extra encouragement you need to keep going.
7. **If it is white, do not eat it.** The four white devils are white flour, white sugar, white salt, and pasteurized and homogenized milk products.
8. **If you can't pronounce a word on a label, don't eat it.** Your liver won't like it.
9. **Choose foods in this order:** Certified Organic produce and free range meats, organic produce and meat, locally farmed produce and free range meat, commercial produce and hormone free meat, commercial meat.
10. **Be patient.** Things do not change overnight. Be consistent with your workouts and food choices.

For more tips go to <http://www.JeffLindstromFitness.com/blog>