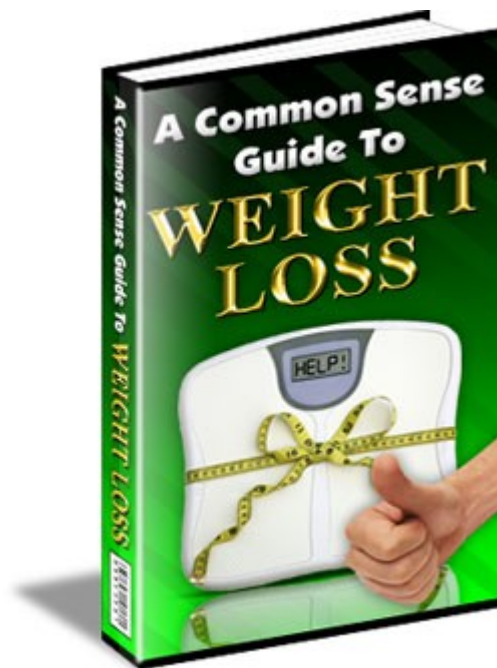


A Common Sense Guide To Weight Loss



Thank You for Your Interest in...
Common Sense Guide To Weight Loss!
Please sign up below to have
Free Common Sense Weight Loss Tips
Instantly delivered to your inbox!

Name:

Email:

We respect your privacy! Your personal information will never be shared or sold.

PEOPLE WHO BOUGHT “COMMON SENSE WEIGHT LOSS”
ALSO BOUGHT [“EXERCISE FITNESS AND YOU”](#)



TABLE OF CONTENTS

Introduction.....	5
Why is it so hard to lose weight?.....	7
Common Dieting Pitfalls and How to Avoid Them.....	10
Metabolism and weight loss.....	12
Metabolic disorders	14
Diabetes.....	15
Type 1 Diabetes.....	17
Type 2 Diabetes.....	18
Are you at Risk of Developing Diabetes?.....	20
What are the Risk Factors for Developing Diabetes?.....	22
Symptoms of Insulin Resistance.....	25
Waist to Hip Ratio.....	26
Why is it so Important to Reach a Healthy Weight?.....	28
Setting Realistic Weight Loss Goals.....	33
What is Your Ideal Weight?.....	35
Emotional Hurdles to Weight Loss.....	37
Emotional Eating.....	37
Tricks to Control Emotional Eating.....	39
Using Food as a Reward.....	43
Do you Know how to Eat Healthy?.....	45
Drink Water to Lose Weight.....	47
The Skinny on Popular Diets – Do They Work?.....	48
Low Carb Diets.....	48
Low Fat Diets.....	50
Good Carb Diets.....	52
40/30/30 Diets.....	53
Why Fad Diets Can Make You Fat.....	54
How to Recognize a Fad Diet.....	56

Common Weight Loss Myths.....	57
How to Pick the Right Diet for You.....	61
Joining a Weight Loss Group – Does it Really Help?.....	62
The Common Sense Diet	64
Eat a Smaller Amount of Calories Lose Weight.	65
Keeping a Food Diary.....	69
Counting Calories and Weight Loss.....	71
Why Portion Control Matters When Counting Calories.....	72
How Many Calories Should you Eat Each Day?.....	74
Overhaul Your Kitchen – Get the Junk Out!.....	76
Low Calorie Foods to Keep on Hand.....	79
Are There any Healthy Fast Foods?.....	86
A Few Words about Exercise.....	88
Making Time to Exercise.....	90
What If you Hate to Exercise?.....	92
Exercise for the Whole Family.....	94
Tips and Tricks to Stay Motivated when Dieting.....	96
Conclusion.....	100

INTRODUCTION

Most people in the US need to lose weight. According to the Centers for Disease Control and Prevention, in 2006 at least 20% of the population of the US could be considered obese based on their Body Mass Index. In some states, especially in the Midwest, that number was closer to 30%.

The US is getting fatter, but the experts can't seem to find out why. There's a lot of blame put on the American diet, and the vast amounts of fast food that Americans eat but is that really the reason that so many Americans are overweight or obese? It's hard to pinpoint just one cause.

It's ironic that a culture so obsessed with thinness and beauty has such a high percentage of overweight and obese people. Some experts claim that the national obsessions with thinness and fitness is causing people to use drugs, herbal supplements, and artificial foods in an effort to get slim when in reality those are the things that are making people fat.

The sedentary lifestyle of most Americans plays a role in the national obesity epidemic too. Experts say that everyone should get at least 30 minutes of brisk exercise per day but most Americans don't get 30 minutes of brisk exercise every other day.

Regardless of the causes of this crisis the bottom line is that millions of people are trying to lose weight. Every day someone wakes up to start a new diet, or makes a commitment to get healthy, and every day someone falls off their diet, or gains back all the weight they have lost.

Millions of people have been battling their weight and their unhealthy relationships with food since childhood.

Why is it so hard to lose weight?

Some people have medical conditions that make it difficult for them to burn calories and lose weight. Others are on medication where weight gain is a side effect so that they have to work twice as hard to lose weight. And some people just can't get off the fad diet rollercoaster even though fad diets have been proven to be ineffective over a long period of time.

WHY IS IT SO HARD TO LOSE WEIGHT?

If you have ever struggled to lose weight you know how difficult it can be when you think you're doing really well and eating healthy and still the pounds just don't come off. Why is it so hard for people to lose weight?

There are a number of different factors that can make it much more difficult for some people to lose weight than others. If it's harder for you to lose weight than it is for other people to lose weight, one of these factors might be contributing to your weight loss problem.

Medical conditions – Many people have undiagnosed medical conditions like diabetes, insulin resistance, thyroid problems, or metabolic disorders that can make it difficult for them to lose weight.

If you have tried dieting and exercise but still can't seem to lose weight you should make an appointment with your doctor for some tests to rule out a medical problem that keeps you from losing weight.

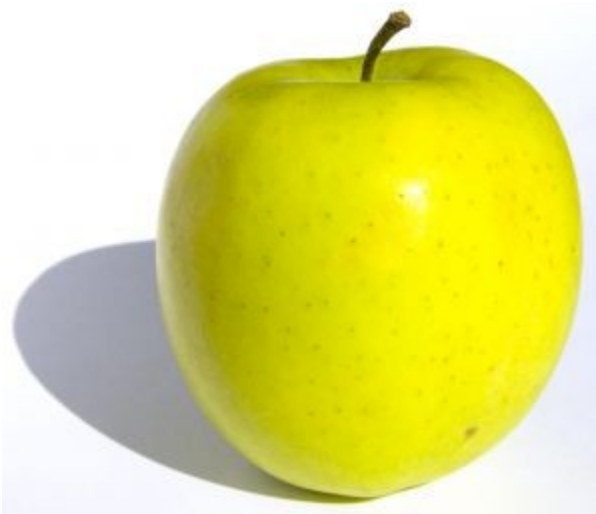
Also, if you are taking medication for another health problem you should check out the side effects of any medications that you take. Sometimes, the medication that you take for one condition might make it hard for you to lose weight.

Portion Control – Lots of people can't lose weight even when they think they are eating healthy because they simply don't realize how much food they eat.

If you're only eating healthy food but you're eating triple the amount that you should be eating you won't lose weight.

Portion control is crucial to weight loss success. Keeping a food diary is a great way to keep track of how much food you actually eat every day.

Breaking bad habits isn't easy – If you have battled your weight for many years you have probably picked up some very bad eating habits.



Giving in to cravings, denying yourself meals, picking the wrong types of foods to eat or eating when you're happy or sad or bored or lonely are all bad habits that people pick up through the years. It's tough to break bad habits.

You have to be committed to changing your behavior for good; not just for a few weeks or a few months if you want to lose weight and keep it off.

Not exercising – If you think that you don't need to exercise to lose weight if you watch your calorie intake, think again. Controlling your calorie intake will help you maintain your weight but if you want to lose weight the only way to burn calories is through exercise. Adding a few aerobic workouts that last more than 30 minutes per week can make a big difference in how much weight you lose.



COMMON DIETING PITFALLS AND HOW TO AVOID THEM

Dieting is no fun. Most people will fall off their diets within a week. Those that don't fall in that first week usually fall within three weeks. That's because most people set themselves up to fail when they start a new diet by falling into one or more of the most common pitfalls. Recognizing these common dieting pitfalls and how to avoid them can mean the difference between staying on track with your diet or falling back into your old, unhealthy eating patterns.

Making radical changes to your eating habits – This happens all the time on diets, especially fad diets. If you go on a diet where you can only eat fruit, or only eat protein, or you must cut out all of one of kind of food it will be very difficult for you to stay on the diet. When you make changes to the way you eat you should make them gradually. If you make an extreme change to the way you eat and you do it fast then you will be deprived and you will start to crave foods, making it more likely that you will go off your diet.

Setting unrealistic goals – When you first start dieting you might lose anywhere from five to ten pounds in the first couple of weeks. When that happens, of course, you feel like the diet is great and you want that kind of weight loss to continue but most of the time that is all water weight. Real weight loss does not happen that fast.

You Only have the right to read and enjoy this ebook for personal use only

DISCLAIMER AND/OR LEGAL NOTICES:
Espired Marketing LLC

Disclaimer: Automaticnicheprofites.com developed these e-books to provide access to valuable information. Although we make every effort to offer only accurate information, we cannot guarantee that the information we make available is always correct or current. Espired Marketing LLC does not warrant or make any representations as to the quality, content, accuracy, or completeness of the information, text, graphics, links and other items contained in these e-books. Consequently, no one should rely upon any information contained herein, nor make any decisions or take any action based on such information. Espired Marketing LLC or any subsidiaries are not responsible for any action taken in reliance on the information contained herein and for any damages incurred, whether directly or indirectly, as a result of errors, omissions or discrepancies contained herein.