

12 Diet Tips for Weight Loss Success

Diet! That dreaded word, but it doesn't have to be that way. Diet success and weight loss is easy with the right information. There is more to diet and weight loss success than simply cutting carbs or skipping dessert. These diet tips from *Lose the Lies Lose the Weight: The Ultimate Guide to Permanent Weight Loss*, <http://www.losethelieslosetheweight.com> will allow you to enjoy weight loss success.

1. Eliminate the dieting mentality

The dieting mentality doesn't work. Diets are temporary. Therefore, the results of diets are temporary. You can't just lose weight and return to your old eating habits. Fitness is a lifelong commitment! In *Lose the Lies Lose the Weight*, you will learn how to eliminate the dieting mentality and enjoy lifelong fitness.

2. Think long-term

Every time you skip workouts and eat junk food, you are thinking short-term. Weight loss success requires long-term thinking. Every time you choose to exercise or eat healthy, you are thinking long-term. Think how much more satisfying a healthy, fit body is than the extremely short-lived pleasure of junk food.

3. Stick with it

Resolve that you will reach your fitness goal. Refuse to accept weight loss failure. Eliminate all self-doubt. If you overeat, immediately refocus on your goal of weight loss success. You only fail when you give up.

4. Control your weekend splurges

If you consume an extra 1,000 calories every weekend, you'll gain almost 15 pounds per year. Do this for 10 years, guess what? An extra 150 pounds, voila. Limit yourself to one splurge per weekend. Plan for it. If you want your favorite pizza, have it—but only one slice—not the whole pizza.

5. Watch your eating, even with exercise

Exercise doesn't mean unlimited eating. A 140-pound woman would have to speedwalk 120 minutes to burn off the calories in a 16-ounce white chocolate mocha frappuccino plus average size pastry. Even with regular exercise, you must watch your eating or you will never lose those unwanted pounds.

6. Ignore weight loss saboteurs

Getting fit is hard enough without weight loss saboteurs. Avoid anyone who encourages you to overeat or miss workouts. The company you keep will make a drastic impact on your fitness success. In *Lose the Lies Lose the Weight*, you will learn extremely effective strategies to halt the sabotage.

7. Keep a food journal

To lose weight, you must take in fewer calories daily than you burn. Buy a food journal and calorie counter book. Read labels. Record your daily food and drink caloric intake. The average woman will lose 1-2 pounds weekly by eating 1,200-1,500 calories daily. The average man will lose 2-3 pounds per week by eating 1,800-2,100 calories daily.

8. Don't believe in magic, pills that is

Weight loss product manufacturers know you want to lose weight quickly and easily, while enjoying all your favorite foods. Don't believe that "spectacular product" you see in an infomercial is your weight loss solution. Those unbelievably fit men and women in the infomercials were in phenomenal shape long before they auditioned for the role. There is no weight loss quick fix. It takes hard work and commitment.

9. The scale is your friend

The scale is your friend because it provides you with the information you need to change. The scale always tells the truth unlike friends and family members who say you don't need to lose weight. Don't fear the scale – avoiding it means steady weight gain. Weigh yourself in the morning, before breakfast, to get a reality check about your weight loss progress. You won't suddenly gain 10 pounds if you weight yourself once a day.

10. Learn to enjoy exercise

Physical activity is critical for burning calories and increasing your body's metabolic rate, even while resting. View exercise positively as the one way to improve your life, health, appearance, and energy level. Constantly focus on the rewards, not the effort. Exercise relieves stress, while improving your strength, energy level, appearance, and attitude.

11. Minor changes add up to major results

Minor changes in your cooking promote steady weight loss. Replace high calorie counterparts with lower calorie healthier choices. Switch from 2% milk to skim. Instead of cooking with oil, using cooking spray. Use egg substitutes. Lay off on the dressing. Every minor dietary change adds up to steady weight loss.

12. Brown bag it

Weight loss success at work requires planning. Prepare your lunch the night before. Prepare fruits, vegetables, and other low-calorie food so it's ready when you're rushing off to work. Having healthy food readily available means you won't be as tempted to grab that unhealthy, convenience food. Brown bagging it will result in faster weight loss as you'll know exactly what you're eating. You must plan for weight loss success.

About the Author

Laurie Bell, BS is a two-time bodybuilding champion, health club owner, 42 year old mother, fitness lifestyle expert, and the author of Lose the Lies, Lose the Weight, a comprehensive resource covering weight loss motivation, fitness, nutrition, and body shaping workouts. For everything you need to lose weight, tone, firm, and sculpt your body, read Lose the Lies Lose the Weight by Laurie Bell. No hype. No fad diets. No excuses.

To order Lose the Lies Lose the Weight, visit <http://www.losethelieslosetheweight.com> or phone Back to the Basics Publishing at (800) 750-8820 and order by VISA or MasterCard.

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