



*Thank you for visiting our website. Please find our weight loss report to help motivate you and get your mind set on the right track.*

## Weight Loss Report

- **Be mindful about what you eat.** Is it going to make you look or feel the way you want? Will it bring you closer to your goal? Or, will it make you feel miserable, run down and take you further from what you want? The saying "You are what you eat" is true. Before eating a food, ask yourself "Do I want to be that?"

Think about energy in (food) verses energy out (exercise). If you do not want to move more, then limit your intake of high calorie foods.

- **Eat smaller portion sizes.** Most restaurants give you way too much food to be eaten at one sitting. If we were served a reasonable amount of food at a restaurant, we would be appalled and never go back, muttering "rip-off" the whole time. At home most of us still load our plate with the mindset of when we were younger and more active. This is one of the most difficult adjustments for a lot of people.

- **Reduce or give up trigger foods.** If certain foods act as a trigger for binge eating you and you cannot eat them sensibly, consider giving them up or reducing them to only once a week. This means you need to clear all the junk out of your refrigerator and pantry. The saying "out of sight out of mind" is especially true when trying to reduce temptation.

Do not buy junk food. If it is there, it is too easy to eat it. Also, if you have a craving for junk and it is not there, then no harm done.

- **Eat slowly.** This will give your body the opportunity to sense the food coming in and register fullness. It takes about 15 minutes for the brain to receive the "I'm full" signal from the stomach.

- **Dessert is a habit,** not a physiological need for survival. Habits can be broken. You can break that bad habit. Just because you feel the desire to eat, does not mean you are in need of food. It is important that we understand the difference between hunger and appetite.

Hunger is the true physiological need for nutrition. Appetite is a desire to eat and has nothing to do with need. Most people consume food based upon appetite - environmental and learned eating behaviours. Heard this one before? After eating a large meal you utter the words, "I need something sweet". This is a conditioned response, possibly going back to the days of clean your plate and you can have dessert.

- **Food substitutions.** Try a healthier version of your favourite 'junk food'.

If you must order pizza, get thin crust (no cheese in the middle or other stuff like that), ask for "easy on the cheese", steer clear of the pepperoni and sausage (try chicken, bacon, or ham), but feel free to pile on the veggies. Or, instead of ordering pizza, make one using the pre-made crusts available at stores. Use the thin crust, low-fat or non-fat cheeses, ham or turkey, onion, capsicum, olives, capers and other healthy toppings.

- **Plan your meals and know when you are going to eat.** If you know that you will be eating every 3 hours, stick to that plan. Do not eat before or after, even if someone is trying to get you to or if food is available. Sweets, cookies, cakes, pies, doughnuts and ice cream are foolish food choices and there is really no justification for eating them on a regular basis. Even so-called 'low-fat' or 'no-fat' versions are still foolish food choices as these items are usually loaded with extra sugar.

- **Wisdom in Water.** Drink one cup of filtered room temperature water 15 minutes before eating. This will fill you up slightly and help you take in less food. This also prepares your stomach for digestion. Do not drink with your meal as this bloats you and interferes with digestion.

This is by no means an all-inclusive list, but I think you get the point. In today's society, it takes diligence and restraint. High calorie, palatable food is everywhere. The big problem is that few people are not moving much during their day. This lowers the caloric requirements for maintenance. If fat loss is the goal, then calories must be below maintenance. This leaves little room for error.

Ultimately it comes down to lifestyle. If you want to eat whatever you want then you have two choices:

1. Be more active to burn off the extra calories
- or 2. Gain weight, which can lead to poor health.

To receive a tailor made food plan, exercise tips and mind set strategies to assist you in reducing body fat feel welcome to give us a call on 0413 525 566 or shoot us an email at [info@totalbodyfocuspt.com](mailto:info@totalbodyfocuspt.com).

Our two decades of experience in the health fitness industry will help you get closer to your ideal weight.

To vibrant health.

## **Gideon Kalatzis**

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