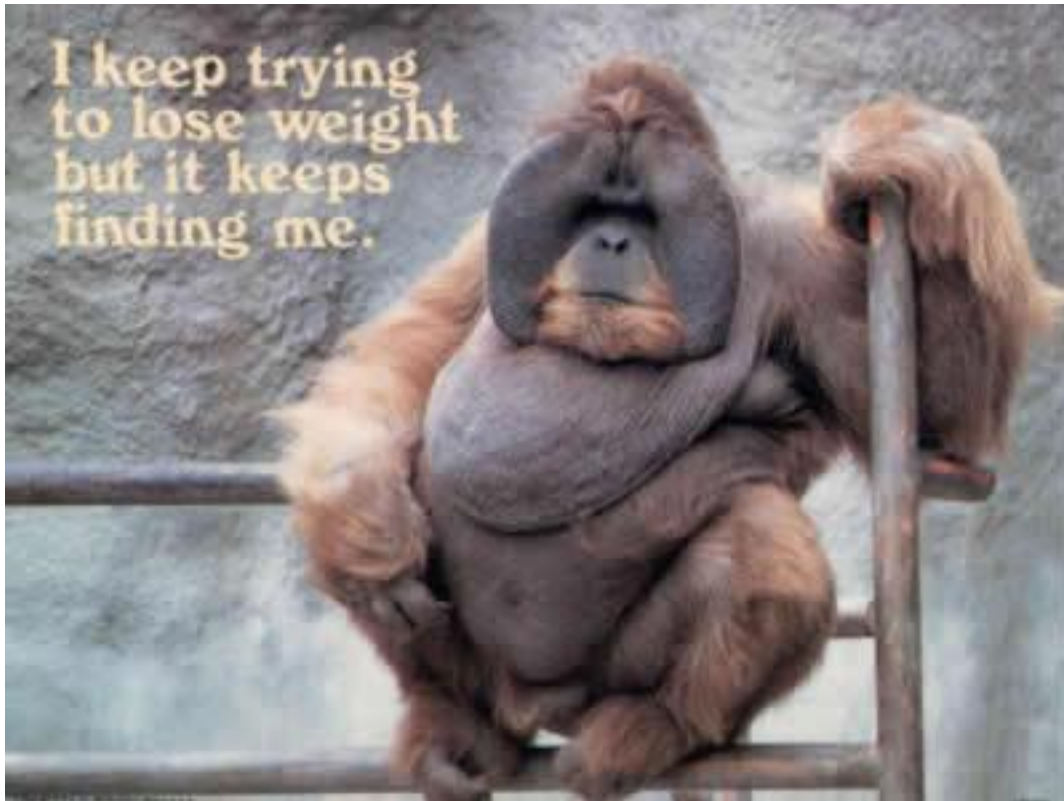


7 Most Misunderstood Things About Losing Weight (And Keeping It Off)

By Michael Pearson



This special report is for people who are confused by all the misinformation regarding weight loss.

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1

Caloric Deficit

With the multi-million dollar diet industry and the billion dollars supplement industry (latest figures showing 24 billion dollars per year) competing for every dollar in the health market, it is confusing at best to know what to do to lose weight. Is it any wonder we don't get the simple truth about losing weight?

Fad diets and newly discovered wonder drugs are plastered all over our television screens. Young, hard-bodied individuals playing at the beach are meant to make us react on emotion rather than common sense.

Bodybuilders touting one supplement or another adorn the pages of the magazines sold by the checkout stand of our grocery stores. Beautiful super models extol the virtues of the latest and greatest "diet".

Would you like me to let you in on a little secret? Pills, snake oils, salves and creams are not going to make you lose weight! The answer is so simple most people just overlook it.

You have to burn more calories than you take in. Now how complex is that? Bodybuilders, fitness models and scientists have known this for many years. It isn't very sexy, and requires some work, so people looking for a quick fix turn to the latest craze.

The term used to describe this state is "caloric deficit". When you balance calories with exercise and eat frequent, small meals, you will burn fat and not you're hard earned muscle. You must eat at least a gram of protein per pound of bodyweight to insure your body uses fat stores as its energy source.

Although the equation is simple, each of us is different and must find what works best for us. There is a myriad of things to consider when losing weight. Forget "diet" and make your plan a lifestyle.

2

You Need A Roadmap

As in any serious endeavor you must have a roadmap. You must have a start point and a goal. The clearer you make this picture the more certain you can be of success.

Determining your BMR (basal metabolic rate) is the first step. It is also sometimes referred to as Total Daily Energy Expenditure (TDEE). It is simply the numbers of calories (amount of energy) you burn at rest to maintain your normal body functions. These include digestion, circulation, breathing and thinking to name just a few.

One way to determine BMR:

Fat Loss = 12-13 calories per lb. of bodyweight

Maintenance = 15-16 calories per lb. of bodyweight

Weight Gain = 18-19 calories per lb. of bodyweight

This formula does not take into account the amount of exercise one does, or the total amount of body mass and fat composition. This will require some adjustment on your part as you factor in other variables. You can also go to www.mayoclinic.com/health/calorie-calculator/NU00598 or [/bmi-calculator/NU00597](http://www.mayoclinic.com/health/bmi-calculator/NU00597) to have someone else figure it out for you.

Once you have determined your caloric requirements you will have a good idea of how many calories it takes your body to maintain its current weight. You will need to systematically lower your caloric intake by a little. A pound of fat is 3,500 calories so a good starting point is lowering your caloric intake 500 calories per day. After a week you will have lost the equivalence of one pound ($500 \times 7 = 3,500$). You will drop weight for a while and then reach a sticking point.

At this point raise your calories to your maintenance level for a few days or a week. Your body regulates your energy expenditure so when you eat more it will burn more. The same is true when you drastically cut calories. It will slow down your metabolism because it believes you are

going into starvation. This self-preservation adaptability has been with us since the caveman days.

On average, men should take in around 2200 calories for fat loss. If you are eating 5 or 6 meals a day (preferably 6) just divide that number into the total number of calories and you will find your target calories per meal. Strive to eat some lean protein with each meal, along with starchy carbohydrates and fibrous carbohydrates.

Women should shoot for a caloric intake of around 1500. Divide your number of meals into total caloric intake for your calories per meal.

Also, you want to lose weight slowly. It is possible to lose two pounds a week but the chances are good it is not all fat. You want to conserve your lean muscle because muscle requires more energy to maintain itself. The more lean muscle you have the more energy it takes to sustain itself, thereby raising your metabolism.

A good target rate of weight loss is one to one and a half pounds a week. Although this seems like a long, slow process to lose your desired weight it insures you are not losing lean muscle as well as fat. Remember, muscle is the furnace that burns energy at a much higher rate than fat. The more lean muscle you have the hotter your furnace is burning and the easier it to stay lean long term.

3

Can I Lose Weight without Exercise

It is possible to lose weight without exercising. What percentage of that weight will be water, fat or muscle is difficult to discern. Suffice it to say, you will be burning some lean muscle when that is the last thing you want to do.

Losing weight can be a slow and arduous task. It requires watching closely what you eat and the frequency of your meals. With each person being different, the only common thread is reaching a caloric deficit and maintaining it until you hit a plateau. Then you manipulate it for a bit and then return back to the caloric deficit.

However, when you add some form of exercise to the equation the results go into overdrive. It may be just a little upsurge or a lot but you will undoubtedly see and feel a difference.

If the truth be known, it is just like those folks who train with a garbage bag on their body thinking there is an equation between sweating and fat loss. Or they wear some silly rubber band around their midsection believing it will change their pear shaped body into an hourglass figure.

Exercise is the common denominator and the mainstay in losing fat and keeping it off. And isn't that what we are all after? Why complicate something that is so straight forward?

There is no such thing as spot reduction no matter how many ads you see promising to lose your obliques (love handles) or your lower tummy fat. Your body will lose fat all over and those places with more fat will take longer and the results will be slower to visually see.

If you are serious about losing fat AND keeping it off you must develop some kind of exercise routine that fits you. It does not need to be the latest and greatest, just something you can manage to do on a regular

basis. Consistency is the key here: it has to be enjoyable, fulfilling and fit into your particular time structure.

If you really want to lose weight and keep it off you will just have to get used to the idea you need to exercise on a regular basis. In the future there may be a “magic” pill, but at the time of this writing only consistent exercise has been shown to manage weight control.

Insuring you eat 6 small meals daily, comprised of lean protein and a complex carbohydrate, will turn your body into a fat burning furnace. Substituting a protein shake or meal replacement pack (Met-RX, etc.), will keep your body from burning your lean muscle, so it is a more desirable alternative than skipping a meal.

4

I Have To Eat Less and Less Often

When you think of diet, you automatically think “eat less and less often”. This could not be further from the actual truth. Doing this only triggers your body’s natural survival instinct to slow down the metabolic rate as it believes you are going into starvation mode.

Picture our ancestors searching for food. They were carnivores and ate predominately meat to survive. Following a rough winter there were not enough food sources available. The caveman’s body would adapt by slowing down the metabolism to burn fewer calories just to exist. And to this day that same mechanism will turn on and ruin your diet plans unless you implement processes to confuse it.

Your body is a furnace that creates heat. This process is termed thermogenesis. Think of your car using gas and oil for energy. Your body converts foods and liquids to energy which it in turn uses or stores as fat. Consuming too much or the wrong types of food will result in the body storing the unused energy as fat. That fat you carry around your midsection is just energy waiting to be burned.

Your body is an expert at burning fat as well as storing it. Contrary to popular belief, you burn fat not while exercising but as a byproduct of it. Exercise revs’ up your metabolism (hopefully for quite a while) and you burn fat as a result. The better your metabolism, the better you will burn fat.

Some people like to blame poor genetics or a “slow metabolism” for being overweight. This difference between individuals is usually quite small. The more fat-free body mass you have, the more energy needs your body requires. That translates into a faster metabolism or the body burning more for fuel for energy. Remember TDEE, (total daily energy expenditure) is the bottom line for how many calories to remain static in your weight.

Certain foods are termed “negative calorie foods” because they require more energy to digest than calories they actually have in them. Therefore, by the time they are digested, you are actually burning stored energy (fat). This is the ideal situation to be in: eat to burn more calories!

Here is a partial list of foods that fall into this category:

**Apples
Celery
Strawberries
Tangerines
Cucumber
Radishes
Spinach
Garlic
Chili Peppers
Ginger
Onions**

This list is not meant to be complete, it is just to give you an idea of your best eating choices when picking your foods. Eating raw foods is a great way to get vitamins and minerals you need plus burn stored energy (fat) while you are at it.

5

Any Exercise Is Better Than None

Now that we have an understanding of how your body burns fat for energy, it is time to discuss exercise. To many of you that is a dreaded word, shrouded in pain and sweat. This does not have to be the case, unless you are looking for faster results.

As we discussed, one to one and a half pounds a week is a sensible number to strive towards. This insures you are not burning lean muscle tissue (the furnace that burns calories while resting). Eating small meals, made up of protein and vegetables, every few hours will in itself ramp up your furnace and calorie burning. Anything you do above and beyond that will only amplify your results.

For the extremely overweight person they may find it difficult to exercise or go on a walk for that matter. I suggest purchasing a recumbent bike and to start off slowly. These bikes are ideal for persons with lower back problems, knee problems or are just too overweight to use conventional equipment. You can find reviews of these bikes at <http://reviews4recumbentbikes.com>.

Those who are physically capable of doing some sort of exercise should incorporate exercises that fit with their physical conditioning. You start off with something that elevates your heart rate and gets you breathing a little heavy. Strive to add a little to this each time you exercise and soon you will be surprising yourself!

Resistance training serves two purposes: it adds lean muscle to your frame resulting in more calories burned. Then there is your feeling of accomplishment, a sense of self-assuredness as you hold your head high and know you're ready for whatever life brings you.

Don't underestimate the power of confidence. The mind is powerful and will be your greatest ally in your quest for losing weight and keeping it off for good.

6

Chart and Record Your Results

In my 40 plus years of training in many different gyms, I can pinpoint a common denominator for many peoples lack of progress. You can recognize them as they consistently come to the gym, but as the months go by you can't notice any change in their physiques. Many even just get bulkier (read fatter) and heavier.

A lot of novices believe they must devour tons of food to gain muscle. In a sense this seems logical, but it could not be further from the truth for building lean muscle. Reread chapter 4 to understand the formula for adding lean muscle and not fat.

Keeping a journal of your workout exercises, sets and reps will make all the difference in the world to your training. It gives you a goal to shoot for (and hopefully exceed) every time you are in the gym. If you are working out properly, with high intensity and working to momentary muscle failure, you do not want to stay in the gym any longer than necessary. With a plan there will be no bouncing around, doing what you think you should do and not putting in the required effort to make a substantial difference.

Your muscles grow larger as a defense mechanism in response to stimulus they have not experienced previously. This is called the "overload principal" and is the benchmark for resistance training. When you place a demand on your muscles above what it has done before, tiny micro-tears occur in the muscle.

Given ample rest and the proper nutrition the muscle heal and become a tiny bit larger. This is how it prepares itself for a workload the same as it had before. Compound these gains over a couple of months and you will see a marked difference in strength, muscle size and shape.

With your weights and reps noted in your workout log you can see exactly what you must do in order to grow. Add weight once you get to a desired number of reps, or make yourself do another rep keeping the weight the same. Your goal is to make each successive workout be better

than the last. Some days you may make great strides (particularly if you are feeling strong) and some days it may just be a rep. The important thing is you are aware of what you need to do each time you hoist a weight.

The log book is good to look at the night before (or the morning of your workout) so you can begin getting a mental picture of what you need to accomplish to make the workout productive. You will be surprised at your intensity and strength when you pick up a weight you have already lifted in your mind. This is referred to as “synthetic visualization” and it is used by all elite athletes.

Giving Up Before Reaching Your Goal

Eating 5 or 6 meals a day is not an easy task. As hectic as our schedules are trying to plan a days meal can make you pull your hair out. Most of us do not know where we will be each time it is time to ingest a protein and complex carbohydrate meal. Meal replacement packets or protein shakes will help but they are not to be used extensively.

Couple this with finding the time to get in a high intensity workout and the challenge can seem daunting. There are days when you will look for any excuse to miss the gym because you just damn well don't want to go. Having a workout partner can help, but conquering your mind is the only way to truly insure you will do what needs to be done.

Depending on the amount of body fat an individual has, it may be several months before they start to see a transformation in the mirror. This is quite disheartening and only adds depression to the mix. A depressed person eats more and mostly junk food. It serves as a gratification signal in a person's brain.

Needless to say, you have to be totally committed to weight loss and muscle gain to overcome all the obstacles in your path. Losing muscle and gaining muscle at the same time is a science. It works for everyone but not in the same exact way. You must monitor, record and adjust things as you go.

This plan will work, you just have to give it time. Do not take the easy way out and say, " my metabolism is too slow", or "I don't have the time", or even "I can't eat that much that often". Make a pact with yourself that you are going to get in the best shape of your life by following a proven plan. Remember if you ever think of giving up, the very next time you look in the mirror may be the one you see the first signs of all your hard work!

Michael Pearson has been training with weights and studying nutrition since the late 1960's. At 63 he remains in great shape and has the energy of a much younger man.

For more free articles, advice, inspiration and products visit his site at <http://fit50andbeyond.com>

Here's to a leaner, healthier YOU!