

# Top 10 tips to lose weight sustainably.



# Why am I against diets?

First and foremost, as weight loss programs, diets don't work! Depending on the source, about 80-95% of people who lose weight by dieting will regain it in 1 to 5 years.

Diets can help you achieve temporary weight loss but don't address the habits and motivation needed to keep it off. To achieve lasting success, it needs to be more than just "a diet"; it should be a lifestyle change that works with your body's metabolism rather than against it.

Your body doesn't want you to starve, so it responds to overly-restrictive diets by slowing your metabolism, making it incredibly hard to avoid the yo-yo effect, even if you don't slip entirely into the old eating habits.



Fad diets can even be harmful, as they may lack essential nutrients. They often deprive you of the pleasure of eating, making food an enemy, while indeed, it is our best ally! A dieting mindset and frequent and compulsive weighing, which often goes along, can lead to disordered eating.

## So, what's the alternative?

The key is not restrictive diets but instead making sustainable changes in habits - adopting healthy eating habits that you'll maintain over time to make a positive difference in how you look and feel. It's worth it for the long-term rewards.

**Here are my top 10 tips for losing weight with that long-term mindset.**



01/

## Set your intentions.

"Start with setting concrete objectives" – many have heard that advice. SMART goals are extremely popular in the business context, so what I'm going to say here may sound like blasphemy to you:

**I don't believe they very helpful when it comes to health. Setting intentions is a much more practical way to approach it.**

So, what is the difference between goals and intentions?

- Goals describe the future state, intentions are in the present moment.
- Goals are like a destination, specific accomplishments, while intentions refer to the steps you take each day to enhance your life
- Goals are external achievements, outcomes, and intentions are internal, they are about how we feel rather than what we have or do.

An example of a typical goal would be: "I'm going to cut carbs and exercise every day to lose 5 kgs before summer this year". As an intention, this may sound more like "I'm going to take better care of my body, so I feel well-nourished and strong." Do you see the difference?



The second statement is less likely to cause stress and anxiety, the two enemies of motivation. It is not anchored in the future but in now, so every day and decision matter equally. It leaves a lot more space for flexibility, allowing adaptation of the plan without the feeling of failure. And, it connects you with what is truly important about the goal: how you want to feel about that.

02/

## Drink water.

You have heard that many times: water is the foundation of health. **But there's also a direct link between proper hydration and healthy weight.**

- Firstly, dehydration is often confused with hunger, so missing your water can result in cravings.
- Secondly, water is necessary to run the digestion process smoothly - even mild dehydration, especially chronic, can alter your body's metabolism, lead to constipation, and contribute to IBS-like symptoms.
- Lastly, studies show people who drink two glasses of water before meals feel fuller and eat less - drinking water before meals promotes weight loss.



## How much water should you drink?

It's good to start with a universal recommendation to drink eight glasses a day and limit soda, caffeine, and alcohol. Keep in mind, that exact needs vary, depending on age, climate, activity level, and diet. For example, if you eat lots of fruit and vegetables, which are mostly water, you may need a bit less water. **So, observe your body to find your balance.**

- Remember, when you are thirsty, your fluid level is already too low, and you are already dehydrated.
- Observe your urine... The colour should be consistently clear or pale yellow. Is it bright or dark yellow? Then, you should increase the amount of water consumed!

03/

## Eat breakfast.

**Eating a hearty breakfast will jumpstart your metabolism and reduce cravings.**

When you skip it, your body essentially goes into “starvation mode” and adjusts the energy expenditure to store fat. It also confuses your hunger hormones, so you're more likely to overeat or reach for high-calorie sugary, or high-fat snacks later in the day.



You don't feel hungry in the morning? Examine your evening meal habits – too heavy or too late dinner is frequently the reason that there's no room for breakfast in the morning. The night is the time for the body to rest, repair, and clean. Try having a light dinner latest 2 hours before sleep and treat yourself to a nutritious breakfast in the morning. Give it a few days, and the chances are high that you will feel more energized, focused, and less inclined to irresistible cravings.

## **Now, what makes a nutritious breakfast?**

Try to avoid simple sugars, especially those eaten on their own - they will cause a spike in the blood sugar, and you will feel starving again quickly after.

Instead, aim for a combination of different food groups - fibre, protein, and healthy fat work the best for most of us. So, swap your sugar-coated cereals for oatmeal with nut butter, and if you like to start a day off with fruit – add some seeds and full-fat, high-protein yogurt to the mix.



And experiment! Swap cold for warm, carbs for proteins, or solid for liquid (who says you can't have soup for breakfast?!). Observe how you feel about the changes, and you may discover your new way to start the day on the right foot.

04/

## Get smart on carbs.

Over the few last years, carbohydrates have gained a negative reputation, and today many popular diets suggest significantly reducing or eliminating them altogether.

But the truth is, from a nutritional standpoint, not all carbs are created equal. Refined carbohydrates like white bread, sweet pastry, pasta, cereal, and products with added sugar, indeed quickly lead to weight gain, especially in the midsection. And that belly fat makes blood sugar skyrocket, increasing our risk of chronic inflammation and type 2 diabetes.

But the right carbohydrates in our diet give us usable energy, facilitate healthy digestion, and help support a healthy weight. So focus on those and crowd out refined carbohydrates with vegetables, whole grains, nuts, seeds, legumes, and a moderate quantity of fruit.





All these whole foods are high in fibre which slows digestion and promotes stable blood sugar levels. They're also packed with antioxidants which help reduce inflammation in the body.

**05/**

## **Emphasize proteins.**

When it comes to weight loss, protein is the king of nutrients.

A higher protein intake influences several weight-regulating hormones; for example, it decreases the levels of the hunger hormone ghrelin. This way, proteins help to reduce the appetite. It also works on the other end, helping to burn the calories consumed faster. This is happening as a relatively high share of the calories is used to digest and metabolize the protein eaten and by boosting overall metabolism, even while we sleep.

**So, make sure you are getting enough proteins if you want to lose weight!**

Many foods contain protein, but the richest sources are animal products like meat, dairy, eggs, and fish, and plant sources like beans, nuts, and seeds.



When choosing animal protein sources, be conscious of how the animal was raised and what it ate. For example, grass-fed beef and free-range chicken are healthier and more ethically-sound choices than feedlot meats. Organic yogurt and cage-free eggs are great for vegetarians, while tofu, tempeh, and peanut butter are good vegan protein sources.



Keep in mind there are risks of too high protein consumption - too much can, for example, damage kidneys. So steer away from extreme diets and reach out to professionals if you are unsure how to balance the nutrients properly.



06/

## Mix in healthy fats.

A common misconception is that for effective weight loss, fats should be completely eliminated. In reality, we couldn't live without fat.

The body utilizes fat for energy, hair, skin, nail health, vitamin absorption, and every bodily function. In addition, fats are essential for brain function and hormonal health.

**And eating a balanced meal or snack that includes some fat can help keep more stable glucose levels.**

Fat, along with protein and fibre, slows down the absorption of carbs and smooths out the glucose spikes they can cause. So don't cut out fat completely, but choose nuts, seeds, fish, avocado, and extra virgin olive oil (sources of unsaturated fats). Be mindful of the quantity and quality of saturated fats (red meat, dairy and tropical oils).

The real "villains" are the trans fats (margarine, processed baked goods, mass-market peanut butter). Those should be cut out whenever possible.



07/

## Find movement that brings joy.

A balanced diet is essential for a happy, healthy life, but no amount of kale will make up for a lack of movement.

Regular, non-excessive exercise contributes to decreased body weight, smaller waist, healthy blood pressure, and lower risk of developing musculoskeletal problems. The movement also produces the feel-good hormone serotonin, which uplifts your mood and entire body.

**Remember that bio-individuality applies to exercise and no one form of exercise will work for everyone.**

Some people do better with more gentle, centering exercise, while others will thrive on more dynamic sports.

Experiment with walking, running, biking, swimming, yoga, Pilates, dancing, or simple strength exercises (like planks, squats, or resistance band exercises). When you find what works for you, you'll be more positive to do it consistently and reap the benefits.

**So, discover what you love and stick with it.**



08/

## Get proper sleep.

Research suggests that those who sleep five hours or less weigh on average more than those getting at least seven hours of rest per night.

Over time, weight gain can increase more rapidly in those who get five hours of sleep when compared to those getting seven hours. Lack of sleep disrupts circadian rhythms, leading to fatigue, low metabolism, and overactive appetite. Leptin and ghrelin levels – hormones that tell your body “I’m full, stop eating” – get disrupted with too little sleep.

**So, sleep more, eat and weigh less! Strive for 7-8 hours of sleep each night.**



09/

## Cook at home.

Preparing homemade food is the act of care and love, as well as self-care and self-love.

**Cooking meals at home allows you to control portion sizes and quality of ingredients, cuts your intake of sodium, fat, and calories.**

You don't feel confident in the kitchen? Please don't treat it too seriously! There are plenty of resources to get ideas for easy, healthy meals. Experiment, have fun, and involve family or friends. Enjoy the process, and don't overstress about the result.

10/

## Get support you need.

The weight loss process is not easy, especially at the beginning when we just start to change our habits. **Sticking to a plan is much easier when you have a strong support network.**

Support comes in many forms. Depending on your need you can reach out to professionals (physician, nutritionist, health coach), online forums, applications, finally – friends and family. But make sure you share your intentions, and ask for help so that you receive all the support and motivation you need to build and maintain a healthy lifestyle.





Do you want to change  
your eating habits and  
feel better?

**Contact me &  
book free  
discovery call.**

[1HEALTHCOACHING.COM](https://1HEALTHCOACHING.COM)

