

Dieting For Pleasure



Provided to you
for free
by Pryzym

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Weight Loss: How to Maintain Your Success

Losing weight can be a challenging task; and when you have achieved your weight loss goal, how do you maintain your success and keep those extra pounds off for good? Well, that's where this little eBook comes in handy. Read it, enjoy it and apply it to your life. Click on the links provided for additional tools that can help you stay healthy. Have fun with it!

Eating Habits

The first thing you can do is to make sure that you **maintain the diet lifestyle that you used previously to lose all that weight**. Obviously in order to gain considerable success in your weight loss program, you have made certain changes in your food intake and eating habits. Now is the time to permanently instill those habits into your lifestyle. If you get back to your old eating habits, you will definitely pack on the extra pounds again; and this time, due to the metabolic and chemical changes that occurred in your body during the initial dieting, it will be harder to lose the weight the second time around.

Correct Mindset

You need to condition your thinking patterns into believing that you will keep that weight off after a successful weight loss goal has been achieved. Those thoughts will assist you in developing healthy eating habits that will help you maintain a trim and healthy body. Self affirmation; visualizations and [meditation](#) can help you to get into the right frame of mind to achieve this end. By developing the right mindset, you can keep yourself from reaching out to grab the next mouthful of your favorite custard pudding at the next family gathering!



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Exercise

This is a crucial step in any weight loss program. Without proper exercise, you can never achieve long-term success in your efforts to lose weight. Select the right exercise that you can enjoy, and have loads of fun doing it. Did you really hear what I just said? **Select the right exercise that you can enjoy, and have loads of fun doing it.** There are plenty of exercises you can choose, and do talk to your physician before embarking on any rigorous physical activity. For a very good Ab and Core Body strengthening program, we recommend the [Truth About Abs](#). You will discover very helpful exercises that you can do at home for all levels, men or women.

Support Group

Sometimes what you need is that extra dose of motivation to keep you going on your weight loss program. A public proclamation isn't always necessary, but putting your integrity and your pride at stake by sharing your weight loss goals with a few of your close friends or family members can go a long way to keep you focused on your weight loss program. Remember to choose wisely!



Do Not share with people who have a negative attitude and who will most likely dampen your enthusiasm to lose weight.

Losing weight can be an exhilarating process, if you know the right way to do it and have fun in the process. Remember, *you will always gravitate towards things that bring you pleasure*; and if you want to make your success in weight loss permanent, make the process **fun** and **rewarding**.

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7 Simple Tips to Boost Your Weight Loss Program

If you are starting a weight loss program, it may be helpful for you to know that there are some simple steps you can take to make any weight loss program more effective. We will share 7 tips that have been proven successful by millions of weight loss participants in any weight loss program of their choice.

Weight Loss Tip #1

Realistic Goals

The fastest way to *lose* motivation is to set unrealistic weight loss goals for yourself before you even start your weight loss program, ask yourself some simple questions:

- ☞ What do you want to achieve from this weight loss program?
- ☞ How much weight do you want to lose in a day, a week, or a month?



***Each small goal you achieve
will propel you closer
to your final destination!***

Do NOT set unrealistic goals for yourself. If you set unrealistic goals, you will only end up in frustration and disappointment when they are not achieved, even when you are making significant progress in your weight loss goals.

Weight Loss Tip #2

Preparation is the Key

Now is the time to start a new lifestyle and get rid of your junk food, your sodas in the refrigerator, those puddings and those chocolates you stash in your drawer! Make a new list of the foods you need and start stocking up on them in large quantities. Include vegetables, fruits, healthy snacks, mineral waters and vitamins and minerals supplements you may need. Use your [Diet Generator](#) to help you make your lists.



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Weight Loss Tip #3

Reward system

Give yourself a pat on the back and create a reward system for your weight loss program. For instance, you may want to get yourself some new [shoes](#), a new [CD](#), or even a new [handbag](#) if you reach a certain point in your weight loss efforts. Go shopping! Have some fun! You deserve it!! **Always reward yourself when you achieve your goal and are ready to move on!**

Weight Loss Tip #4

Healthy Breakfast

This is the most important meal that you should never miss. Skipping breakfast means that you are programming your brain to think that you are hungry, starved, and deprived. This will only cause you to feel lethargic; and when the pressure is too much, you may decide to embark on an eating binge. This is sheer suicide to your weight loss program!

And you don't have to even think about what to eat for breakfast. Just use your [Diet Generator](#) to create a wide variety of delicious, healthy breakfasts.

Weight Loss Tip #5

Exercise

For long lasting effects and to boost the rate of your weight loss, exercise is one important activity you must include into your routine. No weight loss program can be successful without a good exercise program. If you're not one for going out to the gym, choose [an effective exercise program](#) that you can do at home or at work (yes while sitting at your desk). Make a schedule every day and set aside your time for exercise. Make it fun and make it challenging.



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Weight Loss Tip #6

Sleep

Always get enough sleep every day. A normal adult needs approximately 7-8 hours of sleep a day. This helps to keep your bodily system working in perfect order, which is crucial to the success of your weight loss program. Trouble sleeping? Use this [NightWave Sleep Assistant](#) which is the easy way to fall asleep naturally. No drugs. No wires. No masks. No sounds. And it's portable!

Weight Loss Tip #7

Relaxation

This is important in any weight loss program, and you should make relaxation a crucial part of your schedule. Meditation, relaxation and affirmations can help boost your confidence and make the process more enjoyable. Try some of the new [meditation CDs](#) available to help you relax.

BY FOLLOWING THESE SEVEN SIMPLE TIPS, YOU CAN START SEEING RESULTS IN YOUR EFFORTS TO LOSE WEIGHT. **BE CONSISTENT** AND MAKE THEM PART OF YOUR LIFESTYLE, AND SUCCESS IN YOUR WEIGHT LOSS PROGRAM IS ASSURED.



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Weight Loss During the Holiday Season

Those delicious puddings and those crunchy, sweet, absolutely delicious chocolate cookies may be beckoning you to reach out and grab a handful; but if you are on a weight loss program, this is exactly the thing you do **not** want to do!

One little cookie won't do much damage, right? Well, did you realize that one little cookie a day for a month can add an extra **pound** to your weight?

The temptation of those mouth-watering treats and sumptuous dinners can be a little overwhelming during the holidays, so here's how you can keep yourself successfully glued to your weight loss goals during these times.



Never Skip Meals

Skipping meals is the best formula to get you grouchy, feeling tired and hungry all the time. If you think skipping a few meals can make up for your intentions to splurge on those tasty holiday meals, you are dead wrong! What will be more likely to happen is it will turn you into a voracious eating monster during the festive season, and you will end up feeling bloated and with a lot more calories.

Eat Before the Party

It is a good idea to **snack before the party**, and select a high fiber meal. A diet high in fiber can make you feel satiated, and so there is less chance of binging on those delicacies during the holiday season. **This really works!** Just eat a good snack before you go out. It's really that simple. We're so used to not eating because we want to gorge when we get there, but with our new weight loss goal, we eat wiser. This little trick of snacking before the feast will prove to be very effective, and you will be very thankful that you will not feel like gorging during the party. Your new trim figure will thank you, too.

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Stay as far Away as Possible from the Buffet Table

Resisting those tasty-looking dishes can be a real challenge, and you don't want to stimulate your senses in a negative way that may cause your willpower to be threatened unnecessarily! Choose a healthy helping of those foods you need – the salads the fruits and a snack or two – and move away from the table as fast as you can! Get involved in a good engaging conversation, and soon you will get your mind off food to be able to survive through those threatening times and sail through the party with flying colors!

Drink Lots of Water

Water is a great lubricant and helps you keep dehydration away during the weight loss program. Drink plenty of water during the party to avoid feelings of hunger. Water does a good job of filling your tummy instead of binging on the food. Water will also help to fire up your metabolic rate and helps flush fats away. Add a little lemon to your water to help freshen your breath after eating your meal.

Plenty of Exercise

Getting a lot of exercise is crucial to keeping your metabolism. We can't stress this enough! Exercise gets the adrenalin going so that you won't need to resort



to food to get you feeling good. Choose an exercise that is fun and makes you feel good about yourself. The holiday season is simply not an excuse *not* to exercise! Go for brisk walks or go biking with a neighbor. If the weather is bad, make a little room on the floor and do some Yoga or Ab exercises. While watching TV or reading a book, keep a small set of weights with you to work your arms while you sit. Place an exercise ball between your calves and gently lift up and down while you are sitting watching TV.

FYI, these simple tips and more can be found within the [Truth About Abs](#).



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Beware of the Invisible Saboteurs!

When you start a weight loss program, you would definitely want to have as many people close to you to be supportive of your weight loss goals. Unfortunately, this idealistic mindset is almost impossible to achieve in this imperfect world. There are saboteurs in each and every little endeavor you choose to take in life, and that includes your weight loss program, too.

This should not dishearten you to abandon your weight loss goals, but what you need is to strengthen your willpower and resist those subtle and malicious suggestions or responses they make whenever you reach a specific milestone on your path towards a slimmer body and a healthier lifestyle.

Why does this happen?

Well, the reason why these people adopt such a response to your success is that they are afraid of losing something. If it is a spouse, he or she may feel threatened by your new look and that you will appear more attractive to others. If he or she is a sibling, they may have feelings of jealousy. This is also apparent if your best friend is sabotaging your weight loss program. They may fear losing you to a new and improved circle of friends once you get all the weight off.

Saboteurs: Modus Operandi

Saboteurs come at you in various ways. It would be wise to recognize their tactics and avoid allowing these negative tactics to affect you.

Offer you Fattening Foods

A sly trick that can make you fall to their plans and be a victim of these weight loss saboteurs is offering you fattening foods. Over time, they may shove your favorite food in your face and offer something that used to be your personal cravings. Politely thank them and refuse to have any of their “goodies.” They will very soon get the message that you are in complete control of what you want. They will begin to appreciate your dedication and even make an attempt to improve their own life.

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Negative Comments

Some small remarks such as “You can never stick to your weight loss goals” or “You look good being fat” are simply some of the tactics employed by these tricky characters. Just choose not to listen since idle words have no effect upon you.

Catch you Doing Something Forbidden

They have a habit of keeping an eye on you. Instead of encouraging your weight-loss accomplishments, these saboteurs watch and wait for moments to jump onto something you did that is contrary to your weight loss program. NEVER allow this form of sabotage to affect you. ALWAYS focus on your goals.

Constant Criticism

They have a habit of criticizing everything you do and try to tell you how to manage your weight loss program. I have a favorite saying, “*Take what you need, and Leave the rest!*” If their criticism can actually boost your weight loss goals, grab it and incorporate that into your life; otherwise, leave it!

So how do you face these characters in your life? These are the people dearest to you, and you can't simply shove them aside. What you can do is to kindly ignore their remarks, and move on with your weight loss program. You can make some attempts to reassure them that things will not change and will be what it used to be in the past. **What is changing is only your weight and your lifestyle, and you are doing it for your own well being and your health.** Your happiness should be more important to them than their fear of the unknown.





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Bottom Line

You are losing weight FOR YOU.

YOU are making a choice to look and feel good.

Remember to make your weight loss journey fun and pleasurable! Always think of new ways to add pleasure to your life. You are NOT “missing out” on anything; instead you are greatly enhancing the quality of your life!

Make it count and show off your new life with all the gusto you’ve got!



I hope you found this eBook valuable. Feel free to share it with others. I wish you much success and pleasure with your new body and new health.

Espavo!

~Pryzym

