

How to Stick With any DIET



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Getting Started

Going on a diet is probably my least favorite thing to do but I do want to get and stay healthy. I don't see any other way to reach this goal without changing my habits. If we all added up the number of diets we've been on in our lifetimes – it could be a totally obscene number. Frankly, because we've been on so many of them, it's often the reason we delay starting another one.

When you were younger, did you accomplish something all by yourself and feel pretty excited about this special success? Do your days feel too short to keep up with all you'd like to do? Have you resigned yourself to the inaccurate thought that you can't change how you look, feel, think or act?

We've heard many times that Rome wasn't built in a day. The goals you want to reach will take time to change old destructive habits to new healthful habits.

You've read businesses need a written plan to "get to the cheese"/ reach success. Changing habits is the same; it takes at least 4-6 weeks to make them permanent.

In high school, my favorite subject was a small part of Civics class. We were taught how to Solve a Problem. It is a simple process to go through. First, get a piece of paper and put these headings at the top of the page:

<u>Define the Problem</u>	<u>List Roadblocks to Overcome</u>	<u>List Solutions for Change</u>
Now - Circle the ones you can work on Right Now!		

Here are a few problems you may want to solve:

I want to lose weight - I want to feel healthy - I need to sleep better - I need to fit daily exercise into my schedule - How can I stop being so tired? - I need to save money
I want to find my soul mate. All of us want to change something about the way our lives are going. It is most often within our power to solve these problems and receive the rewards you long to enjoy!

What can you do to live longer, feel and look better?

Our bodies can become slimmer, stronger and last longer when we learn the importance of true nutrition and exercise. It has probably been a long time since you developed the habits you have today. These habits may be taking a toll on your health.

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It is possible for all of us to make changes in our daily food choices so we can provide our cells with the building blocks they need to be healthy. Become wise about everything you eat, drink, breathe and absorb. Our skin is our biggest organ and is exposed to all kinds of toxins in the air, water, skin care products and processed foods we eat.

Stress, lack of good rest and worry are three things that prevent us from living well.

If you're ready to tackle the habits you want to change, I'd like to provide simple ideas to help you reach your goals. "Simplify" has become a positive buzz word for moving from overwhelmed to in control of the things we need to do each day. One of the major steps we need to follow is to include the foods that provide energy, endurance and an active metabolism.

These foods are best eaten without cooking, i.e. raw. Of course, if you don't have to cook the food you eat, it will save you time which should lessen stress. In addition, eating the right foods will improve your digestion and overall health as well as strengthen your all important immune system.

Making a change from eating processed/cooked foods to mostly menus of fresh fruits, vegetables, whole grains, lentils, beans and nuts may seem daunting at first. Aren't you worth the effort of removing destructive habits and adopting constructive ones?

Did You Know? . . .

The foods you buy (in a box, can or at a restaurant) have added ingredients (chemicals) that make you feel hungry when you've finished eating?

Did You Know? . . .

These "man made" chemicals can cause many symptoms of learning problems, memory problems and eventually even problems with walking and talking?

Did You Know? . . .

Most Americans are overfed yet starving for nutrition and actually malnourished?

Did You Know? . . .

Your current and future physical & mental well being is something you can take charge of improving?

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Are you Ready. . . To learn how to add more life to your years?

The last diet my husband and I went on was about 6-years ago. It was very different from anything else we'd ever tried. We did the plan together and successfully changed our shapes, blood pressure, cholesterol levels and energy. It was much less expensive and easier than any of the current diet center programs popular today. Also, we didn't have to purchase and eat tasteless food with unhealthy ingredients.

The major difference of this diet was giving our bodies a rest from digesting food two days a week. I think another benefit was we did this together so we didn't have to eat differently from each other. We encouraged each other which also helped us be successful.

What about you? If you've been on many diets before but managed to "find" the weight you thought you had "lost", do you have memories of what events may have kept it from being a permanent change? Goal setting is something many of us leave to chance. Also, will power and motivation are important factors in making these changes last. This free bonus book may give you some insight into how your strengths and weaknesses help or hinder you from the victories you long to experience.

Sometimes, reading about how to make changes in our lives can trigger the renewed passion for overcoming past shortcomings. I hope this information will help you reach your dieting goals and make these changes permanent.

Why do we delay making changes in our habits?

As children we learned habits that are probably still with us. Children procrastinate because they have very few responsibilities. If you didn't have to do much except play, you'd probably still put off things you don't want to do. These could have been simple things like making your bed before school, checking your homework to be certain you've completed it, taking a shower without being prodded to do so, etc.

Also, we learned at an early age that we could make excuses for not doing our chores, completing our school work or staying clean and neat. Unfortunately, this lack of habits, rituals and planning have most likely carried over into our adulthoods. Procrastinating is a habit we can overcome. These suggestions will help with all areas of your life, even dieting and daily exercise.

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The truth about exercise is “Less is Better than More”.

My brother worked out 5 days a week with a personal trainer’s help for over a year and never lost a pound. Over exercising causes inflammation. Our brilliantly designed bodies recognize inflammation as a negative and they “send in the troops” to focus on removing this inflammation. These are the same cells that could have helped you burn stored fat. Consequently, this fat remains where it was transferred when our livers were overwhelmed with too much food from past overeating. This is how fat cells develop and stick around.

Cell and organ inflammation is the beginning of health symptoms that lead to illness.

When you’re ready to exercise, use a clock with a second hand or the clock on your smart phone. Calculate in your mind when 12-minutes of exercise should be completed. This time frame should leave you energized not fatigued or worn out. People who over exercise often feel they have burned enough calories to get something to eat. This defeats the purpose of dieting.

Create an exercise routine that doesn’t require you to join a gym. It’s very possible to benefit from at home exercising where you won’t have to change clothes, be embarrassed because you feel too “bulky” or take a public shower before going home or to work. A planned workout takes your mind off of food, too. If at all possible, make time for your exercise when you first get up in the morning.

We have a mini-trampoline in our bedroom. My most enjoyable habit is to bounce on it for 12 minutes as soon as I wake up.

IMPORTANT NOTE: The 1st week of bouncing is to help your organs adjust to this new activity. Bounce without lifting your feet off the pad for only 2 minutes on the first 4 days. The next 3 days you can add 2 more minutes. The reason to build up to a daily 12 minutes is to first add muscle around your major organs. Most of us have been living sedentary lives so our internal organs don’t have adequate muscular protection. It doesn’t take long to build muscle with this type of satisfying exercise.

After your first week of bouncing no more than a total of 4 minutes each day, build up to this 12 minute schedule for daily bouncing:

Begin with a simple bounce with your feet flat on the pad for the first 2 minutes, then increase the activity level by marching in place 2 minutes, then bounce with both feet lifting off the pad for 2 minutes.

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This is similar to jumping rope. (Don't overdo this 2 minutes as it is not as easy as it sounds.) Repeat the 2 minutes of marching and lifting activities 1 more time each. The last 2 minutes should be slow with flat feet bouncing, for a cool down period.

I move my arms in circles, up and down and twist during periods of this 12-minute schedule. The rebounder we use is on our Resources page. They include an excellent video of additional moves you can use. Using a rebounder does not cause any knee pain and doubles the value of taking a 12 minute walk. I think you'll love it!

Rebounding has many great health benefits including activating our lymphatic system which is designed to remove toxins from every cell in our bodies. Remember to drink plenty of purified water all day long especially before and after exercising

What will it take to make these changes?

Whatever you want to accomplish, there are ways for you to do so. We are all different and can benefit from different methods to create positive habits. Here are several you can consider if you want to become an independent, self-confident, responsible adult. Change takes time but if you plan well, the results can make a great difference in your adult life.

1. When you've decided on the diet plan you want to follow, make a list of the foods you should eat and a list of those to avoid. Most of us have about 20 favorite foods we turn to most of the time. Check this list to see if you need to change from processed foods to fresh ones. Don't think too much about what you have to do, just begin it even if you think you're not ready. Even small successes will encourage you to continue on to bigger ones.
2. Write a plan for what you want to accomplish in a day, week or month. Keep a realistic schedule of how much weight you want to lose each week. Planning a week of what you'll be eating each day will save you time and help you avoid adding snacks that aren't on your planned eating list.
3. In order to keep up with other responsibilities, set weekly deadlines for home or work tasks you want to complete. Be sure to check them off when you complete them. You may not always reach these deadlines but having this list will get you closer to your goals.
4. It's usually best to weigh yourself after your morning elimination. Perhaps a weight calendar on the refrigerator will give you great satisfaction in seeing your

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- goals coming true. When talking with friends, make an effort to use the words “I’m changing my lifestyle” instead of using the words “I’m on a diet” as this conjures up a feeling of deprivation. Changing your lifestyle will remind you these are changes you are making for the long term.
5. Time consuming habits such as watching TV, talking with others and texting or using the internet may take your mind off of food. These may have been times when you would snack so be watchful of a craving to find something to eat. Doing simple home tasks instead of putting them off will keep you feeling in control of your household chores and lessen your feelings of being food deprived.
 6. The reality of our body’s daily nutritional needs is far from what we have been eating over the past several decades. Restaurants have increased their serving sizes to ridiculous amounts. Realistically, these plates full of food would best be shared with another person or ask for a “to go” box and split the portion before you begin eating so you can keep from cleaning your plate. Remember to put the box in a place where you won’t forget it.
 7. A trick to overcome overwhelm is to trade a chore you really dislike with a friend who enjoys it. When I was first married, I hated ironing my husband’s laundered shirts. I was in school in the mornings and had an afternoon job so when I got home at night, I didn’t want to complete this task. What I did love was sewing so I traded making dresses for a friend who enjoyed ironing. We both got something accomplished and it was fun for each of us to chat as we completed our favorite “jobs”.
 8. Train yourself to get to bed early so you can get up early. This extra morning time will help you get ahead of the day and show others how organized and productive you are. If you aren’t getting 7 ½ - 8 hours of sleep, you’ll sabotage your diet. Our bodies need time to repair and refresh as well as time to process the food we’ve eaten that day. In times past, the smallest meal was eaten in the evening – preferably by 6:00. Most of us are winding down from a busy day and won’t have time to burn the calories of a large meal.
 9. Reward yourself when you’ve accomplished your goals. If you are dieting and have been able to change some habits, treat yourself to something you’ve stopped eating. This usually won’t hurt your momentum and will keep you from

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feeling your diet is depriving you of too many favorite things. If you've finished a home or work chore – treat yourself to a favorite activity.

10. If you've been procrastinating going on a diet, write down what seems to be getting in your way. Read books, search for answers on the internet or talk with others that have been successful. As you learn the foods that are most destructive to your health – keep a record of the sites that have helped you the most.

I met a lady at the grocery who said she had lost 30 pounds. I asked her how she did it. Her simple solution was giving up sugar. Over the years I have struggled with sugar cravings and have not fully conquered this but I have found ways to lessen this “addiction”. When I learned about the destructive ingredients in candy bars, I put a “skull and crossbones” picture in my head and whenever I see a candy bar I remember they are deadly for me. The chemicals in food, drinks other than purified water and especially in candy bars/desserts are the cause of many health issues and of course, weight gain. My sugar fix is now dark chocolate – at least 64%.

How can you reach your goals and keep your new habits?

Understanding the primary causes of procrastination and the most effective techniques for dealing with it will give you emotional freedom and a secure, positive self image. You'll be on your way to creating your optimum life.

We all have strengths and weaknesses and some of these weaknesses could be the root of our procrastination and lack of willpower. Sometimes we lack willpower or some of us don't have the determination to follow through no matter how much we want something. Baby steps of habit changing and keeping these changes at least 4-6 weeks will often create a habit you will keep.

If we are mostly living for today, we'll avoid setting goals that can be crucial in achieving the life we want to live. Time goes by quickly and waiting to make these changes may end up being too late. Perhaps you're not even certain what your special priorities should be or what things are unique to your own life that would make you happy.

Organizational skills are not automatically easy for most of us. You've probably heard this saying: “The greatest failure is not having tried.” Don't let this happen in your life. We all have the strengths and skills we need to achieve goals that are right for us. Comparing ourselves with others is a habit that can be paralyzing. When we think others are better than us, we harm our self-confidence and self-esteem.

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Luckily, setting priorities and managing time are skills that can be learned when we don't judge ourselves as incompetent. Once you recognize the skills you do have and add to them with new ones, your self-confidence will prosper. An important part of overcoming procrastination is getting to the point where you want to do the things you need to do because you now like them.

Whether you prefer planning or spontaneity, there is a planning style perfect for you. Being flexible and having the ability to make changes in your plan will improve your results. It's easy to put things off for all kinds of reasons. Do you really want to take on this project? Do you feel anxious about your abilities? Are you afraid of failing?

Sometimes, we postpone beginning a diet because we believe we don't have time, but the truth is we probably don't know how to manage our time or how to prioritize. Not having control of our actions and reactions keeps us from following the path of success. Making a concrete plan for losing weight, changing your health and strengthening your body will help you reach these worthy goals.

In life, we come up against obstacles. When we overcome these obstacles, our self-esteem grows. Conquering your over-eating habits, learning what foods are most beneficial to good health and losing weight and adding exercise to your daily tasks can all be accomplished if we make solid plans for reaching our goals. Each one of us is unique, capable and resilient.

Although it's inevitable that outside sources impact our internal self-concept, the more fulfilling approach to our lives is to develop our internal self-esteem and diminish the effects of external feedback. As children, we could have been exposed to criticism, mocking or even rejection. Our job now is to overcome these past hurts and build a solid foundation of internal self-esteem. The key to doing this is to be aware of what's going on in your thoughts, emotions and feelings.

Creating personal standards for yourself at work, home and in relationships will strengthen your internal self-esteem and lessen your need for approval from others. If getting healthy, losing weight and looking better matter to you, work hard to focus on making this happen for your sake and not for gaining acceptance from others.

What will these changes do for you?

You've just learned some things you can do to change your life for the better. Science has shown the vast majority of our thoughts are negative and many of those thoughts are about ourselves. When we feel vulnerable these thoughts are even more frequent.

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Making new habits and leaving old ones behind can cause us temporary stress but once the new, better habits are second nature to us, our negative self talk is left behind!

If you start saying things like, “It’s okay to make mistakes.” “I’m not stupid, this is just something new for me.” “This is not too hard, I just have to take it one step at a time.” “Everything does not depend on this. If this doesn’t work out – I’ll find another way.” Won’t you feel a lot better learning to do this than giving in to negative thinking?

The next step is to reinforce your self-esteem with some positive thoughts about yourself. Make a list of things you’re good at and your positive qualities? Repeat some of these things to yourself whenever you’ve had some negative self talk. These positive thoughts and actions reinforce your positive feelings about yourself. Remember the saying, “God doesn’t make junk?” This is an absolute truth to add to your memory bank!

Our negative self talk tries to protect us from taking risks with things we fear. It also puts up barriers to challenges and changes that would enhance our lives. Research has shown that four out of five of our fears never materialize. The fears that do materialize, we can handle, especially after we build our strengths.

Here are some strategies for managing your fears:

- Take some small risks at first. Notice the feeling of well-being when you succeed.
- Talk to people you trust about your fears – ask them how valid your fears are.
- Allow yourself to feel the fear. Then talk to it, watch it recede or disappear and enjoy the feeling of satisfaction at bringing that about.
- Gradually increase the size of risks you take – keeping them reasonable, not irrational.
- Handling fear isn’t easy for anyone but facing it leads to a more fulfilling, productive life.

Motivation and Will Power

We have to have some degree of motivation and will power to overcome obstacles. You very likely have some degree of both of these traits or you wouldn’t be reading this. If you lack the motivation or willpower to tackle certain projects, this is probably the wrong time to attempt them.

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Try these exercises to increase your willpower:

- Pursue something you've never tried before – eating at a new restaurant or driving a new way to work.
- If you want to say something you know you shouldn't – don't say it.
- Do something you really don't want to do but you have to do it.
- Make a genuine effort to say something nice to someone.
- If you feel shy about saying something appropriate, say it anyway. It's good practice to do so.

These exercises build your willpower which also builds your self-confidence.

Stress Management

Another enemy of successful dieting and productivity is stress. Stress is our body's way of letting us know we are dealing with something beyond our current coping ability. On a physical or emotional level, our instinct is to flee. This is the point where many of us give up on our projects including getting healthy by losing weight. Many have a tendency to ignore stress until it causes major problems physically, emotionally and even in all areas of our lives.

In order to recognize stress in your life, ask yourself these questions:

What's causing my stress?

When does this happen?

Where does it happen?

What symptoms do I show?

Why do I react this way?

What can I do to reduce the stress in the situation?

Don't run away from your feelings but accept them as signs showing you the need to take action. Take a look at your lifestyle. What changes do you need to make? Make time for some exercise and relaxation. Eat a healthy diet, don't smoke and drink only occasionally. Think positively and handle your negative inner thoughts.

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All of the strengths you build into your lifestyle will improve your self-esteem.

Prioritizing, Organizing and Planning

The feeling of overwhelm is a major cause of dieting failure. It's so uncomfortable it can cause us to put off doing projects or flee from them faster than just about anything else will. The good news is these tools can easily diminish this feeling and are not hard to learn.

Here are the steps to overcome overwhelm and prevent dieting failures:

- ✓ Know what your overall goals are.
- ✓ Have a thorough knowledge of your project or task.
- ✓ Know all the resources needed to complete the task.
- ✓ Give yourself some flexibility with your deadlines.
- ✓ Understand that unexpected obstacles will probably show up so build in some time to resolve these.
- ✓ Take time to make the best plan you can come up with. Time you spend here will save you time later and cause you not to feel overwhelmed.
- ✓ Monitor your progress to reduce unexpected, unwanted surprises to keep you on track.
- ✓ Prioritize your tasks on a daily basis because the priority can change quickly.

Putting it All Together

This booklet was designed to help you manage your many responsibilities in a timely and stress reducing manner. As busy as everyone is these days, the overwhelm factor can flow into everything we do. These final notes will put these ideas into a simple format you can use whenever doing too much becomes a problem.

- ❖ Remember to take care of yourself as you're working toward your goals. Get regular exercise, eat healthy and practice some stress relieving activities. Don't forget to give yourself some treats along the way. You deserve them, especially if things are going well. Change isn't easy! Starting and keeping new habits will take time and attention.

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- ❖ When your project is almost completed, take time to evaluate your achievements – make certain to look in the mirror and remember what you've gone through to get where you are now. Don't forget how well you're doing in completing this goal and how you've changed for the positive internally as well
- ❖ When your project or task is completed, it's time to celebrate!! Allow yourself this luxury. Do it now! Go big and do something that makes you smile! Even if you haven't achieved everything you set out to do, you've made progress. You have the ability to overcome most anything you want and you have the rest of your life to improve on your progress.

Well done . . . Celebrate you!

Resources and Additional Information

[Isagenix](#) - This superior protein powder is made from whey derived from grass fed cows that have not been shot with hormones, antibiotics or GMOs. The grass they eat has not been sprayed with toxic weed killers. *This is the program we followed 6 years ago.*

[i-Herb](#) - The best nutritional supplement site on the web. Great prices, product reviews and the best vendors.

[Paleo Diet Program](#) - Great Paleo Diet Recipes and 370 healthy Recipes and bonus guides.

[The Diet Solution Program](#) - Free weight loss and fat burning information plus fat burning desert recipes.

[Fat Loss Factor](#) – Unusual tip to get a flatter belly, especially for women.