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THE KNOWLEDGE

HOW TO LOSE WEIGHT WITHOUT DIETING

This week's focus: How we can make this year, the year that you achieve your health and fitness goals and crack the healthy lifestyle, through gradual changes rather than dieting
Why is it important?: Dieting gets us into a vicious cycle of losing and gaining weight but never hitting our goal and staying there. We need to break this cycle to hit and maintain a healthy weight.
What will we tell you?: How making small gradual changes can have long-lasting effects in maintaining a healthy weight.

1	**DIET CYCLE** -When we go on a diet we swing from one extreme to the other – eating all the unhealthy food and drink – take-aways, alcohol, treats - to eating leaves, white fish or grilled chicken, drinking only water, exercising every day, we go low carb and low fat everything. This leads to burn out and boredom, and ultimately falling off the wagon.
2	**WHAT DO WE REALLY WANT TO ACHIEVE?** In this cycle, we flip between being 'on it' and 'off it', and never learn how to eat to the point that we manage our weight sensibly and have a healthy relationship with food and exercise - which is ultimately what we all want.
3	**BUT I KNOW THAT I CAN LOSE A LOT OF WEIGHT QUICKLY!** Going low carb can give us a substantial initial weight loss, but it's superficial, because all it is actually doing is depleting our bodies stores of energy. That stored energy weighs – it's a chemical called glycogen. Once we eat carbs again, we will re-gain up to 7lbs, because our muscles restock with that lost energy. We need to keep our glycogen stores full to ensure we always have the energy to perform.
4	**FIND THE HAPPY MEDIUM!** Taking small steps to a happy medium is the key to long term success. The weight loss will be slower, but it is more likely to be permanent. Make one improvement for a couple of weeks and work on making that a habit – it might be drinking more water, eating less take aways, going for a walk each lunchtime, recording what you eat and drink, checking your portion sizes, eating 5 fruit and veg a day.
5	**STACK YOUR HABITS!** Once you have cracked that one thing, build on it, take on your next step, let that stick and then add another new good behaviour. Psychologists call this habit stacking! Repeat until your lifestyle looks the way you want it to – the right balance of exercise, healthy nutritious food in the right portion sizes for you.
6	**GET THE BASICS RIGHT AND THE REST WILL FOLLOW!** When you get the habits right, your body will start to catch up, and you will start to lose weight. But because you are working on building habitual behaviour, you will lose the weight and it is more likely to stay off, because you aren't jumping on and off the 'diet wagon' every few weeks.

KEY MESSAGES

When we find the happy medium of eating great food that we love, exercising and loving it, and heading in the direction of our goals we are truly living our best life.
Don't do what you have always done this January, take your time, and do it differently – do it forever.

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