

**How to Lose Weight
Without Dieting:
A Step-by-Step Guide
to Getting Slim,
Sexy and Healthy
Body**

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Introduction

The world moves at a faster pace than it used to. With technology, things happen instantly and therefore, more things seem to happen all at once.

At work, this or that needs done while somebody else needs our help.

A stay at home parent has to juggle taking children to school, sports, helping with homework and keeping up a house.

By the time things have slowed down, we are exhausted, out of energy and out of time. The day has gone by quickly and tomorrow is almost here.

Many of us want to be healthier but our social life, our home life or our job takes up so much time that we end up eating convenience food or hitting up a drive through.

Although both choices may be convenient, they are far from healthy and it gets frustrating to watch your waistline expand, even if you are not eating that much food.

With busy schedules, we sometimes feel stuck in this cycle and breaking out of it is hard to do. That is where we come in.

By picking up this book, you are ready to end the cycle. You are willing to make changes to your lifestyle that will help you look and feel better, without taking up a lot of extra time or costing a lot of money.

Eating healthy does not mean hours of prep work in the kitchen, nor does it mean following complicated meal plans that require extra shopping and specialty foods.

You can fit healthy and filling meals into your busy day. You can fit exercise into your schedule and we will show you how.

Gone are the days of starvation diets, because we believe that the only way to get healthy is by making changes to your diet and your lifestyle in such a way that your body gets what it needs, from the inside out and thus, the changes will be easier for you to maintain.

No more fad diets, yo-yo diets, or trendy celebrity diets that leave you listless so hungry that you end up bingeing in the middle of the night.

Our plan consists of easy changes, where you can still indulge in your favorites in moderation, eat tasty and filling foods, and still lose weight!

You will be able to do this without buying an expensive gym membership, or having to devote hours and hours to exercise. We can show you how to add basic fitness moves into your daily routine to help boost your weight loss.

It is possible to lose weight and feel great while doing so. This book is your beginning to a better, healthier lifestyle!

Healthy Bodies Begin With Healthy Minds

Our minds and our bodies are connected so when one is not feeling good, the other one will also not be performing as well as it could be.

Reversely, when one feels good so does the other one. In order to have a healthy body you must also have a healthy mind and a positive mindset.

You have picked up this book because you have a hectic lifestyle and want to lose weight and be healthier but you have not got a lot of time.

When our lives are hectic and frantic, it causes stress.

Stress is a factor in weight gain, which is probably something that you were not aware of.

Weight loss or gain is not always as simple as calorie intake and calorie burning, other things can factor in, such as certain lifestyle habits, genetics and stress.

When we feel stressed, our bodies respond by releasing hormones into our system that prepares us to handle the stressful situation by

releasing the same things into our bodies that would be released into our systems if we were in a dangerous situation.

To our bodies, being in danger and stress are the same thing. When in danger, the hormones released are meant to bring about short term changes to our bodies that will help us survive.

The changes are not meant to be there for any longer than necessary, but when we are stressed but the changes are not short term, they stay with us. This is why chronic stress is so dangerous to our health in many ways, one of which is weight gain.

Stress causes our bodies to release cortisol, a hormone, which can slow down your metabolism in large amounts.

With prolonged stress, your body will continue to produce this hormone, which makes losing weight even more of a challenge.

This is a hormone, which is meant to be released short-term but stress causes the continual production of cortisol.

Stress will also have adverse effects on your blood sugar levels and contributes to the

storage of abdominal fat, which is the fat that has the highest risk fat.

Stress will cause high blood pressure, which can lead to heart problems that can lead to strokes, heart attacks, or even death.

In order to be healthy, you will first have to manage your stress.

As you can see, stress puts a tremendous toll on the body because our body's reaction to stress is only designed for short-term and the effect that it has over a long-term period is far from healthy.

In addition to the above, stress can also trigger bouts of emotional eating and/or cravings.

The hormones released into our bodies while we are stressed trigger cravings for foods that are sugary, salty, and fatty.

When under stress, we crave those things and so we are more apt to hit up a drive through, grab a few donuts or some pre-packed snacks, all of which are full of processed foods, artificial ingredients, calories, and full of fat.

Emotional eating is often an outlet of stress simply because we are not sure what to do, and we translate that stressed feeling into hunger, even though we usually are not.

We eat to burn off the excess energy that stress causes our bodies to build up.

Getting a handle on your stress will not only make you feel better, but it will help your day go by smoother.

When you can handle stress in a healthy way, you are better equipped to deal with life, either at home or at work.

Things are not as hectic and you do not feel as rushed or as anxious. You will even find that you have time for yourself.

Not only will your days be easier, but also you will boost your weight gain factor by learning to manage your stress as well as reducing your risk for stress related diseases.

Stress is not something that can be avoided, there are deadlines to meet, your child might have gotten hurt, or a car accident could have happened, these are things that you cannot control but you can learn to control your reaction to them.

Simple breathing exercises are the best way to give yourself a break from stress.

If you feel your emotions going high, feel flustered, anxious, or overwhelmed you can take a few minutes to just do some basic deep

breathing exercises, which will help boost your oxygen intake, and will help you feel not only refreshed and rejuvenated, but more relaxed as well.

These are a great way to boost your energy if you feel like you are starting to lose your energy during the day, instead of reaching for a candy bar, have some fruit and do about five minutes of deep breathing to make you feel more awake and energized.

Either standing straight up, or sitting up straight in a chair, take a slow, deep breath, filling up with air from your lower belly first so that your chest expands last.

Hold this for a few heartbeats and then very slowly exhale until you have slowly let go of all of the air and as you exhale let all of your muscles relax and go loose.

Imagine as you inhale that you are sucking air in through a straw, so that you are filling with air from the bottom first, then your chest and then very slowly exhale, feeling your chest empty first, then the rest of you.

With each exhale, feel yourself go more and more relaxed. Continue doing this until you feel relaxed and calmer.

Exercise can help you burn off that energy that you store when feeling stressed. So take a walk or take a class in Yoga, Pilates or Tai chi, these are low impact classes that not only help you tone muscles but they help manage stress by incorporating breathing exercises at the same time.

Meditation is a great way to help calm your mind and find your center so that you can go about your day without feeling like stress is weighing on you like a ton of bricks.

Meditation can be traditional, you sitting a room and doing some basic breathing and mind calming techniques or it can be in a more familiar way.

You have probably gone into a meditative state before without realizing it, anytime you find yourself doing something and then realizing that you had tuned out or gone to autopilot, which is a type of meditation.

When you are fully engaged in a hobby and your find yourself so focused on what you are doing that you find that your worries and anxieties have just slipped away, that is meditation.