

How to Lose Thigh Fat:

Everything You Need to Know to Have a Slim and Sexy Leg

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Introduction

Having thin long legs is a must for most women.

In fact, it's probably in their top five must have for body structure. Of course, who can blame them? Even men are attracted to women with thin thighs and long legs.

Unfortunately, not all women are born with the long legs that they desire. There are some women who are as short as five feet and as tall as six feet.

However, even when height cannot be altered, thinness can. So, for all the ladies out there that is searching for a solution to get rid of your thigh fat, this is it.

Before starting, you should familiarize yourself with a few facts.

If this is the first time you've started a diet then this is good to keep in mind.

The two key terms that you want to always keep in mind when you engage in any diet is fat and muscle because no matter what type of diet you chose it will always include the terms fat and muscle.

When you want to lose weight you want to get rid of the fat inside your body. So, in order to get rid of fat, you need muscles and in order to gain muscles, you need to exercise.

It's a simple straightforward solution. However, if you were to take a break from exercising, your muscles will once again turn back to fat.

Thus, your efforts will be wasted. That is why you have to be consistent with the diet program, which is why you can't stop once you start.

It's a lifetime program that will not only give you the results you want but also improves your health. In the end, you're killing two birds with one stone.

Chapter 1 - The Big Step

The hardest step to take when you want to start anything in life is the first step.

Why?

Because that's when procrastination starts to kick in the hardest.

The longer you wait to start what you plan to start, the harder it will be for you to actually start it.

Eventually, you're going to end up locking that idea of yours into a box and leaving it alone and untouched until, for some miraculous reason, you want to restart what you've never started.

Fortunately, for this type of program, you can't do that. Well you technically can, but why give up before you've taken the first step?

Think about it. What was your goal before you started reading this book?

Now what is your goal now? The same, correct?

You were already motivated enough to start learning so why not continue to motivate yourself by taking the next step?

When you make a goal for yourself it's going to be hard to reach that goal, especially if it's a long term goal.

Each step you take towards that goal brings you closer to it. Don't start to think that it's another step that you have to take to get what you want.

Think of it as a step that brings you closer to achieve what you've started. The most important aspect of being able to achieve any goal is to be positive and continue to strive for the better.

If you want to be able to achieve the thin thighs that you've always wanted then you have to stay motivated and on track.

Don't continue in one direction if you've made a wrong turn. In your road, U-turns are not illegal. Also, don't think that it's smooth sailing when you've jumped on the boat.

You're bound to run into one or two icebergs here and there throughout the program, but that's how dieting works.

That's how you improve for the better. Plateaus aren't there because it wants to get in your way. It's there because it wants you to succeed as a better person.

Since this is a life long program, you want to be able to maintain it for as long as you live. Now, it's common to want to put less effort into what you're doing once you've achieved the results that you want.

Unfortunately, all good things must come to an end without proper care. That means that if you slack off then all your previous efforts will be wasted.

You have to remember that even after you've achieved your goal your new goal should be to maintain it.

Always stay motivated no matter what happens. Remember, the same amount of work you do to obtain the thin thighs that you want will require the same amount of work that you'll have to do to maintain those thin thighs. It's not going to be easy but it's going to be worth it.

A good aspect to keep in mind during the program is the fact that you should have fun. Procrastination appears when you are unmotivated to do something that you find boring.

Therefore, in order to find motivation and to stop yourself from procrastinating, you should try to make the program more into a fun activity

rather than something that you feel compelled to do in order to get what you want.

If your goal is already hard to reach, why not try to have fun in the process. There is no harm in it and it makes the program twice as easy and less painful for you to do.

You have to remember that when you start exercising you will have to be outside where people are.

If you're the type that wants company when you leave the house then it's best if you try to look for a friend who is willing to exercise with you.

The buddy system is a fun way to get you to exercise, especially when you have a friend that will help keep you entertained.

Be careful when choosing a friend that enjoys embarrassing you in public. If you're the shy type then I suggest you prepare yourself.

If anything, go along with their jokes. You might be in public but as long as you're having fun that's all that matters.

There are also plenty of other ways to stay motivated in the program. It's just whatever fits you the most.

You want to be able to feel comfortable throughout the program but you also want to be able to leave your comfort zone and experience new things that you haven't before.

Most importantly, you have to remember that it's a dedicated working process, which means that you have to plan ahead of schedule and work hard in order to accomplish what you want to accomplish.

By taking the first, and big, step into the program you have to concentrate and focus on what you're doing.

Willpower will not bring you very far in to the program. If anything, you'll last for a few months and you're done.

You have to work even when you don't feel like it. It doesn't mean that you have to give 100% effort every single day, but do try to give more than 80%.

Making Goals:

Making goals are as important as changing yourself. Goals usually come first before the change because in order to reach your goals, you would have to make some sort of change to yourself.