

Diet or Build Habits of Health?

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50% of the US population plans to start a diet this month. May I suggest that instead you make a choice to get healthy in 2011. Getting healthy can result in losing weight. The problem with dieting is 85% of the people who go on diets not only regain the weight they lost but gain back even more.

The idea of dieting is fundamentally flawed. The web dictionary's definition of diet is "the act of restricting your food intake (or your intake of particular foods)." During the restriction phase of dieting we survive it by knowing it will end and then we can get back to "normal" eating again. So once the diet is over we basically go back to eating the way we did before which was causing the weight gain in the first place.

What is really needed is that we make sustainable lifestyle changes in the way we eat and in our activity level which will balance our calories in with our calories out.

Some very basic habits of health that support losing weight and keeping it off are contained in the acronym **BESLIM**. Eat **B**reakfast every day within the first hour of rising, this kicks off your metabolism so your body no longer thinks it is in starvation mode. **E**xercise is important for a number of reasons, exercise can increase muscle mass which increases metabolism and calories burned. Muscle tissue burns more calories than other body tissue. **S**upport is also important, a friend, coach or family member who is in your corner. Eating 6 or more **L**ow fat meals per day guided by an **I**ndividual plan that balances the amount of calories consumed with the calories burned through activity. Finally **M**onitoring is important by getting on the scale weekly to correct any problems before they get out of hand.

Research has shown that people who eat the same amount of calories over 6 meals per day rather than 3 meals lose more weight. A sustainable way to cut back on

our calorie intake without having to eat less is to consider the energy density (ED) of the food we eat. Foods that are high in fat content and low in water content (such as most fast food) are very energy dense. Foods that are low in fat and high in water content have a much lower ED and we can eat much more volume of the food item for the same amount of calories. The Volumetrics Eating Plan is a great plan which uses the ED of foods to lose weight, check it out at www.healthywomen.org/content/article/eat-more-weigh-less/

The glycemic index (GI) of the food we eat has an impact on our health and our ability to control and lose weight. The Glycemic Index Foundation provides a wealth of info at www.glycemicindex.com. Not all carbohydrate foods are created equal, in fact they behave quite differently in our bodies. The glycemic index or GI describes this difference by ranking carbohydrates according to their effect on blood glucose levels. Choosing low GI carbs - the ones that produce only small fluctuations in blood glucose and insulin levels is the secret to long-term health reducing the risk of heart disease and diabetes. This is the key to sustainable weight loss.

Choose in 2011 to make sustainable lifestyle changes that support your health while losing weight. Let's celebrate our progress together! Contact me for a resource list that has much more information on the above and contains links to a number of weight loss plans. I will be happy to email it to you. Reach me at [LoseWeight@HerosJourneyConsulting.com/](mailto:LoseWeight@HerosJourneyConsulting.com)



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