

## Can You Lose Weight?

This is the \$1 million question: *Can you lose weight just by joining an exercise programme?*

If you're like most people, then you've gone about your busy life and woke up one day to realise you have gained weight. The combination of long working hours, stress, quick meals, eating late, and no time to exercise all take a toll on the body, and guess what? You accumulate 'extra padding'.

So you come up with the perfect plan: start exercising tomorrow. You think, "Once I start exercising, my body will go back to what it was before *this* happened."

What many people don't realise is that it's never 'one thing' that will be the solution to all your problems. It's always an *accumulation* of factors that got you where you are, and it will be an *accumulation* of efforts that will get you out. But if you are serious about weight loss, you must avoid the common traps that people fall into when trying to lose weight.

### **The 5 Biggest Weight Loss Traps That You Need To Avoid**

#### **Trap #1 – Not Changing What You Eat**

If you think that you can trim the fat just by starting an exercise programme you're dead wrong (well, partially wrong at least). An exercise programme can only take you so far; the rest has to come from changing the food that you eat. There are a lot of foods that will help you gain or lose weight but you just have to know where to look. Start by having a good look at your shopping list; can you cross off the items that you know will add to your waistline?

#### **Trap #2 - Skipping Meals**

It may sound logical: "If I eat less, I'll weigh less" but it's very far from the truth. It's not at all how the body works. Think of your metabolism as a fireplace: you need to constantly feed it with wood to keep the fire going (burning calories). If you don't put anything into it (skip a meal) the fire will die, and if you put too much (overeat) the fire will also die. Small, regular, frequent meals and snacks are the key to weight loss and anybody that tells you otherwise is either lying or severely misinformed. And the most important meal *is* breakfast. Eating breakfast in the morning is like turning your metabolism on for the day. Breakfast eaters will always be more successful at weight loss than others.

#### **Trap #3 – No Exercise**

Although I talked earlier about people who think exercise is the only solution; there are also those who believe they can do it with only changing the diet. The truth is that changing what you eat can help you lose weight, but without a proper exercise routine, your weight will plateau and it will be difficult for you to progress. Your exercise programme should be: 1) regular (e.g. 3-4 times a week); 2) challenging (i.e. you need to feel very tired by the end); 3) interesting (so that you are less likely to quit), and 4) combined (i.e. you get a combination of cardio and resistance training in the week). Resistance training means that your workout uses your muscles and helps build and tone them for greater effect.

#### **Trap #4 - Dieting and Counting Calories**

This is one of the biggest traps people fall into. You have a weight problem, you diet, you lose weight, you go off the diet, gain the weight back, need another diet, etc. You create a vicious

cycle that is very difficult to break. The problem is that your body's metabolism goes down with every diet. When you diet (i.e. starve yourself), your body thinks you're in a famine, so it slows down metabolism to preserve energy. So in effect you are burning less over the same amount of time. Once you come off the diet, you go back to your old eating habits but with a slower metabolism and - surprise, surprise - you gain weight again! If you want to lose weight and keep it off, you must look at it as a whole lifestyle change, not a quick fix.

#### **Trap #5 – Isolating the body from the mind**

This is the trap that is very often ignored. Very few of us acknowledge that our body and mind are interconnected and have a big influence on each other. We try to address a physical problem without trying to understand how to use our mental power to solve it. If you listen more closely, you'll realise that your mind has the ability to control your weight. It will tell you when you're full, when you're eating the wrong foods, and much more. Better yet, if you mentally programme yourself for weight loss, it will happen a lot easier than you think. Set goals for yourself, plan out your route, and visualise where you want to be. The rest will come easy.

For an individualised, step-by-step, weight loss programme, contact Alia Almoayed on 17 611 891 to book your one-on-one nutrition consultation. Alternatively, email [Alia@AliaAlmoayed.com](mailto:Alia@AliaAlmoayed.com).

#### **Tip – Drink up!**

If you're looking to lose weight, don't just look at food. What you *drink* also has a big effect on your progress. Drinks that will add to your weight include fizzy drinks, juices, alcohol, milk, and coffee/tea. Cut down on those, and have more water, sparkling water, and herbal teas instead!

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