

39 TIPS TO LOSE WEIGHT AND GET FIT

If there is one thing I am asked frequently, it's the SECRET to weight loss and getting FIT. The secret is there is no secret. Moving toward a lifestyle of healthy eating, regular exercise and better habits is how success happens. It may not sound sexy or fast, but it works. Real work, works. Whether your journey you are on is about weight loss, making healthier decisions or becoming more fit (or all of these!) here are 39 tips to accelerate your results!

#1 Give up soda and juices with lots of sugar or high fructose corn syrup. Don't drink your calories. Save calories and drink lots of water, various teas (especially Green Tea!) or black coffee. Skip the fancy coffee drinks with whip, chocolate and sugary syrups and save the calories for your food.

#2 Track it. Keep a food journal on paper, online or with an app like [MyFitnessPal](#). Tracking keeps you accountable and studies show that people who keep food journals are more successful at losing weight than those who don't. Consider tracking your exercise as well. Circle the days on a calendar when you worked out or keep it logged with a Fitness app like [RunKeeper](#) or a fun fitness tracker like [Fit Bit Flex](#). When you see what works, you can repeat your steps because you are creating your own success plan.

#3 Thoughts are powerful; pay attention to yours. Do you encourage yourself with positivity or hold yourself back with

negativity? Shift toward positive thoughts. Make a list of positive affirmations that work for you. Here's a few to get you started: *I love to exercise. I want to live a healthy life and eat real foods. I am strong. I am getting more fit each day. If I challenge myself, I can change. YES I CAN!*

#4 Eat foods that are closest to their natural state as possible. Eat whole, fresh foods in a rainbow of colors. Reduce the amount of processed and packaged foods you consume. Generally speaking, the fewer ingredients . . . the better the food. Select healthier choices to have on standby in your fridge when hunger pangs or emotional eating strikes, such as a bowl of fresh strawberries or blueberries. Shop the perimeter of your grocery store—where food tends to be the healthiest and skip packaged and processed. Aspire to eat clean. Focus on eating things that come mostly from plants and trees, sometimes animals, and eat less from boxes, bags, and take-out containers. Try to get the majority



of your daily calories from fresh fruits and vegetables, minimally processed whole grains, low-fat dairy, nuts, seeds and lean meats and fish. Clean eating minimizes the presence of preservatives, chemically altered fats, extra sodium and artificial ingredients.

#5 Answer these questions: **What story does your body currently tell about you?** What story do you want it to tell? Use the story of who you want to be as your vision statement to motivate you.

#6 Add protein to smoothies. I like [BiPro Protein](#) It's a high quality whey protein and there's no added sugars or artificial flavors.

#7 Add some muscle building activities to your weekly workouts. Creating muscle is the secret to a revved up metabolism. Free weights, resistance bands, muscle sculpt classes or using your body weight with push-ups, planks and squats all work. If you want your own workouts to do at home that incorporate both cardio and strength training, try my high intensity interval [training](#) (HIIT) workouts.

#8 Don't DIET. Reverse the letters in the word and EDIT what you eat. Don't try fads and gimmicks. If it sounds too good to be true, it probably is. Losing weight takes time and hard work, but you can do it, especially when you commit to [eating clean](#) and regular exercise. Join my recipe community so you can have lots of [healthy meal ideas!](#)

#9 View your healthy food choices as a lifestyle change. Go slow. Don't expect to suddenly adopt perfect eating habits. Create a fail-safe environment in your home by not stocking your pantry with foods that tempt you too much. You can have treats in your house, but consider not buying foods where you have trouble controlling portions. Remember there is no such thing as cheating and what you decide to eat is a choice you make. Feeling guilty won't help you to live a healthy lifestyle. If you are dying for a chocolate chip cookie and you end up eating a whole bag of fat free

cookies to squelch the craving—you are doubling your calories. Instead of eating what you *should*, try eating what you are hungry for in smaller portions.

#10 Follow the 80/20 rule. Eat healthy 80 percent of the time. Indulge occasionally, but make sure most of your choices are healthy. Follow this rule for exercise too—exercise MOST days of the week!



#11 Weigh yourself often to keep your weight at the top of your mind so you don't slip off track with inattention. Be realistic and kind to yourself when you step on that scale. Know your number can change due to water weight and hormones. Use it as a touch base and a gauge, not a mood changer. Or grab those jeans in your closet. A more accurate gauge of how you are managing your weight than your scale is to put on and zip up those jeans in your closet. Remember your weight can vary depending on the time of the month, hormones, sodium intake and other factors. Your jeans could suddenly be

baggy (score!); fit as they always have (terrific!); suddenly be snug (red flag!); or you can't even get them on (alarm bell is ringing) time for behavior change.

#12 Get an accountability partner for exercise and weight loss support. Exercise together, share tips and recipes, trade encouragement and give each other a friendly nudge when you need it.

#13 Work out in the morning. When you get your workout in first thing, you are less likely to skip exercise. When you leave it to later in the day, you may get tired or your day may get away from you and you lose your motivation to do it. Not yet convinced? Read my blog on: Is there a best [time to work out?](#)

#14 It takes a deficit of 3,500 calories to lose one pound. Work on burning more than you take in. Keep in mind that people have a tendency to underestimate the calories they consume and overestimate the calories they burn. Don't think running a half marathon (or any form of exercise) means you can now eat whatever you want the rest of the day.

#15 Display your results. Whether it's the pounds you have lost, how many times you worked out this week, or a picture of you showing off results, display it to motivate you to keep it up!

#16 Think two pounds at a time. Don't overwhelm yourself with your ideal goal weight, some number that seems way out in the distance. Think in two pound weight loss increments. When you are down two, feel proud and then think about the next two pound loss.

#17 Celebrate small wins! Choose a way to celebrate that doesn't involve food. Buy a new workout outfit, a pair of running shoes or a new fitness gadget. Go to a spa for the day or get a pedicure. Or share your success with friends.

#18 Never go more than two days in a row without exercise. This applies to your vacations too! If you hate exercise or have a challenge with time, aim for 20 minute workouts at first. Or start with walking. Build upon your healthy habits each week, adding more time to your workouts or working out more frequently.

#19 Swap a bad decision with a good one. If you have a giant plate of pasta or a big donut—whatever your splurge may be—connect it to exercise. The



bigger your splurge means the bigger your workout (in terms of intensity or duration). Always go back to calories in vs. calories out and make sure you are burning more than you are taking in if you want to lose weight.

#20 Set goals. Give yourself a fresh start with new goals. If it helps you, start with the end in mind and think about how you want to feel at the end of this year or in a year from now. Keep that end view in mind and work your way backwards with a plan!

#21 Make an irritation list. Oftentimes, what's getting us down are a bunch of little irritants rather than one looming problem. If that sounds like you, capture all of those irritating things down on paper. Once you do, it's your mission to get rid of a few each week. Think solutions and good luck reducing those pesky things.

#22 Stand more. Sitting is detrimental to your health. Whenever you have a choice, stand up! Consider purchasing a standing workstation or make your own. Or at the very least, stand up when you use the phone. If you are somewhere you can pace while using the phone, even better. People in constant motion burn more calories.

#23 Set rules that work for you. Many people who have successfully lost weight and kept it off have set rules for themselves. Set yours today!

#24 Ramp up the intensity of your workouts and vary it up by surprising your body with different workouts to rev up your metabolism and break through a plateau.

#25 Burn calories, not time. So many people exercise at too low of an intensity to make a dent in their calorie burn or waste time chatting with friends at the gym and barely sweat. Be efficient, work out harder not longer. Try intervals, circuits or better yet, join a group class that pushes you and keeps you on task!

#26 Find music that motivates. Music can help you take your workout up a notch if it's music that appeals to you. Need some inspiration? Check out my playlist from Power Music.

#27 Try yoga. Yoga is one my favorite classes to teach and I recommend it to everyone because it's good for your body and mind. Yoga can help you feel centered, it strengthens your body, improve your breathing and awareness, and empowers your mind.

#28 Get enough sleep. How much you sleep and quite possibly the quality of your sleep may silently orchestrate a symphony of hormonal activity tied to your appetite. Bottom line: A lack of sleep can make you hungry. Aim for seven to eight hours each night.

#29 Make a list of bad habits you are willing to give up and the good habits you will start.

#30 Take before and after photos of yourself. Nothing can be more inspiring than to see how far you have come with pictures to prove it!

#31 Eat more greens. Kale, spinach, broccoli, swiss chard, collard greens & more . . . Greens are full of fiber, vitamins and minerals to protect you against disease. Not a fan? Throw greens into [smoothies](#) with tropical fruit like pineapple and you won't even taste them.

#32 Circuit training helps you burn calories and increase muscle. Circuit-style workouts super charge your metabolism and help you shed pounds. By getting your heart rate up and working each muscle group, you can create a lean and sleek physique.

#33 Drink water with lemon. Aim for 64 ounces of water a day by following the rule of eights—eight glasses of eight ounces. Our bodies are made up of 70 percent water, so staying hydrated is essential for our bodies to function optimally. Add some lemon to help alkaline your body (it's healthy!) and for the added vitamin C.

#34 Realize the success formula for weight loss is this: exercise and what you eat are married . . . forever. You can't lose weight with one and not the other—period. There's no getting around it. Consistently eat healthy and burn more than you consume and you will be on your way to weight loss.

#35 Make a green smoothie for breakfast. I typically make a [green smoothie](#) with frozen banana and pineapple, almond milk, coconut extract, kale and spinach. I just stuff all of the ingredients in the blender. This smoothie has vitamins A and C, calcium, fiber, folic acid, magnesium and other nutrients. Want more smoothie ideas? Check them out [here!](#)

#36 Don't overdo it on cocktails. My cocktail of choice is red wine. A five-ounce glass typically has about 125 calories, much lower in calories than many other alcoholic beverages. (A margarita can have up to 800 calories!) Red wine also has antioxidants, making it good for your heart. Liquid calories add up fast, so opt for one glass of five ounces only!

#37 Don't go to parties hungry. Don't make the mistake of saving up your calories for the end of the day when you

head to a party. When you are hungry, your portion control goes out the window. My trick for parties is to only fill my plate up once with my favorite appetizers and then I stop eating.



#38 Meditate. Dr. Mehmet Oz once said, "We need more meditation and less medication," and he was right. Meditating is easy to do and its benefits are numerous. Reduce stress, improve your health, get centered, breathe better and get focused. Here are some [meditation apps](#) to get you started.

#39 Plug into gratitude. It's the key to happiness . . . seriously. How can you be unhappy when you are thinking about all the amazing things about your life? If you get in a habit of thinking thankfully throughout the day (list things you are grateful for in your head or on paper) I guarantee you will feel happier.