

Weight Loss For The Non-Bodybuilder / Non-Athlete

by
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Because of the many, many requests I have had regarding weight loss for individuals who are not bodybuilders; I have decided to write an article outlining a program for the non-bodybuilder / non-athlete. As with everything related to exercise and diet, I recommend you do not undertake any such program without first discussing it with your doctor.

Turn on any T.V. channel, read any magazine or newspaper, tune into any radio station and it won't take long for you to be hit up with some sort of weight loss program, pill, powder, or apparatus. Every year millions of dollars are spent... rather wasted on ways to lose weight. People have not become bigger they have become fatter. It's just not an epidemic that affects adults; children are unfortunately in the same terrible fat condition as their parents and other adults. It's a shame that should be a crime.

Many years ago, I took up bodybuilding as a way to add meat to my skinny frail body. People made fun of me because of how skinny I was. Today if I was in that same condition I would be looked upon with envy and admired. Why? Because I would be the exception rather than the rule, people always want that which either they don't have or can't get. The sad thing is people *can* get slim and trim, unless of course, they have some medical condition that would prevent them from doing so.

People have wasted so much money on bogus fat loss products it makes me sick just to think about all that money being thrown away. I say waste because, even though there are some good products out there, most are not worth the price of a postage stamp. Others work but are overpriced and the last culprit is the people themselves who buy into

all the stuff and either don't use them or use them for maybe a week or two at the most before they lose interest and stop whatever it was they were following or doing. They lose interest in using or following the program but they don't lose interest in their desire to lose the weight!

I have never been able to figure out why people want to make such an expensive and hard thing out of dropping weight and shaping up. You really don't need to spend a fortune on products or equipment, you don't need to start by starving yourself or bringing about a major change in your life, and you don't need to start by setting aside hours a day to accomplish the task.

Psychology and marketing would suggest people are more likely to believe a program if; (A) it cost a lot of money, (B) had to read a book that contained three to four hundred pages, or (C) had to hand over a bundle of money for some special equipment. Well, the truth is none of that is necessary. That's probably why most people won't follow this advice. People place a dollar tag on the value of things and information. You can find information yourself for free but people don't feel it is really valuable or the truth unless they dish out big bucks for the same information. All of a sudden that which didn't cost anything, was not considered accurate or good; once paid for becomes great and wonderful. Go figure what that is all about! I guess it's all in the wrapping.

I'm not making all this up, statistics show that the majority of people who join health clubs attend fairly regularly for the first three months, after that they tend to start missing more and more until finally they don't go at all. People will pay \$39.95 for a four hundred page book on weight control, read it, put it on the shelf and let it collect dust without even attempting to follow the advice. This does not even address those that purchase but will not even read the book. Then of course you have those that buy special supplements and after taking them once or twice the product just sits around until the expiration date has come and gone. Lastly, there are those who purchase special equipment to use in the privacy of their own home. After one or maybe two weeks it sits idle collecting dust and you can find them at your neighborhood yard sale next spring.

Do you want to lose the fat and trim up or don't you! Certain things have to be followed and adhered to if you do. Forget the crap you've been handed over the years and make up your mind based on the following.

1. You do not need to spend a lot of money on special supplements.
2. You do not need to purchase special equipment.
3. You do not need to join an expensive gym or health club.
4. You do not need to buy an expensive book or pay for an expensive program.
5. You do not need to purchase special foods.
6. You do not need to start by spending hours a day exercising.
7. You do not need to start by completely altering your lifestyle.
8. You do not need to start by making major adjustments in your diet.
9. You do not need to start by counting calories, fat, and carbohydrates.
10. You do not need to start by seeking advice from your family or friends.

That pretty much sums up the "you do not need to's." Now for what you do need to do.

1. Before starting any diet and/or exercise program check with your doctor or health care professional.
2. Make up your mind to set a goal and stay with it until you accomplish your objective.
3. Be true to yourself.

That's the entire list of what you do need to do, three simple things.

This is not a program designed for bodybuilders, those who most of my work is geared to. This article is designed for the non-bodybuilder / non-athlete although any athlete can follow this program, it is primarily designed for the non-athlete, written for the housewife, businessperson, professional executive, teenager, and anyone who wishes to shed those extra pounds and trim up.

Do not let the simplicity of this information make you feel like it is inadequate or not valuable. Quite the contrary, the information contained here is not only valuable but if followed will absolutely produce results and help you achieve your goals.

Here is what this program will do if you follow and stick with it exactly as outlined.

1. You will lose the weight you want.
2. You will trim up not only your problem areas but your entire body as well.
3. You will gain more energy.
4. You will feel better and look better.
5. You will lose weight and be able to keep it off.

Step 1 Beginning

1. The first thing you need to do is convince yourself you are going to follow this program. No half hearted decision or response. You have to be 100% committed and willing to follow everything as it is outlined just as it is outlined. If you can't do this STOP! Quit right now and save yourself the time it takes to read the rest of this material.
2. Weigh yourself and take your measurements. It is better to weigh without any clothing if at all possible. Every thirty days do the same thing. Make certain you do this the same time of day. For example, if you weigh in the morning at 8:00 am, the next time you weigh and take your measurements make it 30 days later at 8:00 am in the morning, not 6:00 pm at night. You must track your weight and measurements each 30-day period and, you must write the information down. Keep a good record for your own information.
3. On a separate sheet of paper, write down two different goals. Be sure to put a date by your entry. One is your short-term goal and the other is your long-term goal. Your short-term goal should be something you want to accomplish in about 30

days while your long-term goal should be something you want to accomplish in one year. Make both of these realistic, especially your short-term goal. For example. Don't set a weight loss of fifty pounds for your short-term goal, it's not realistic. Instead make it 10 to 15 pounds. Now you must write this down, don't take this instruction lightly. It is not enough for you to just think about it you have to date it and write it down.

4. Set aside 15 to 30 minutes each day for yourself. This time must be when you can relax and must not be rushed. Mornings are the best time but some might find it better in the afternoon or evening. It doesn't matter as long as you set aside the time and try to make it the same time every day. This is your time and nothing is to interfere with it. It will be the time you use for physical improvement.

Step 2 Diet

Start by eating exactly what you currently eat, the same foods and at the same time of day. What? That's right... do just what you have been doing. The only thing different is you should cut your portion size down by about $\frac{1}{4}$ (one fourth). In other words, if you eat a baked potato with your dinner leave $\frac{1}{4}$ of it on your plate. Do the same with all other foods and at every meal or snack.

One exception to this rule is for those that do not eat breakfast. You must eat breakfast. Some complain they can't eat breakfast because it makes them sick. Well, unless you have a medical problem, save that sorry excuse and eat a breakfast and not just coffee or soft drinks either. A small portion of hot cereal, a piece of fruit, an egg, a muffin, something is better than nothing. No donuts please and if you are now eating a donut for breakfast, remember to leave $\frac{1}{4}$ of it uneaten.

If you normally snack during the day or at night, do the same thing; only cut the portion sizes by $\frac{1}{4}$. This applies to anything and everything you eat. That's your diet plan for the first two to three weeks. Simply cut back on portion sizes of all foods at all meals

by $\frac{1}{4}$. You can't get any easier than that. You don't have to change anything from your present routine. Continue to prepare and eat what you have been all along; you simply will reduce the amount you consume by $\frac{1}{4}$.

This is to be your diet regime for the first two or three weeks. It's really not difficult and in no way is interruptive of your present eating pattern. The reason... simply stated, you are going to reduce your food intake gradually so your body will automatically and gradually adjust on its own. This way you will not have withdrawal symptoms as with many starvation diets. You also cannot complain about going hungry or having to prepare special meals. Again, you are doing just what you presently do only cutting back $\frac{1}{4}$ of everything.

In addition and throughout, drink at least eight glasses of water every day. This does not include water used in coffee, tea, milk, soft drinks, etc.

After two or three complete weeks of following the diet outline above, starting with the third or fourth week, continue to reduce your portion sizes little by little. How much? This all depends on you. You are not to go hungry and definitely do not try to starve yourself. The whole plan is to change your attitude and lifestyle little by little so the adjustment comes about so naturally you don't even realize it. This method will bring about lasting physical and mental changes – all without the terrible feelings normally associated with dieting.

By the sixth or seventh week you should have reduced your food portions, little by little to almost half of what you were consuming. If you have not, strive to do this by week eight or nine. Remember, there is no measuring or weighing of foods. You are not to even worry about any of that stuff. Simply make minor adjustments to your lifestyle as you go along.

Earlier I stated in the list of things “You do not need to”, numbers 7 and 8 to be exact, that you didn't have to make major changes and alter your lifestyle and diet at the

start and, if you follow the program as outlined this is true. The fact you gradually and very slowly make changes, should allow your body to make all the necessary adjustments that is required naturally so that you do not go through those normal mental, emotional, and physical withdrawal symptoms.

This entire program is about minimal adjustments made slowly over an extended period of time. This is the only way to bring about lasting results. Step by step you alter your lifestyle until it becomes exactly that... your lifestyle. Don't scoff at the fact you might only lose one pound per week. That's not to say some won't lose two, three or even more. Consider this; one pound per week equals fifty-two pounds in a year. That in itself is a nice weight loss, especially since you will be able to keep it off. Two pounds a week would be a hundred and four pounds in a year.

I don't care how much weight you need or want to lose; you can achieve your goal through patient determination, even if you need to drop a hundred pounds. It is like a journey, which starts with a single step. Losing weight starts with shedding the first pound.

We all have that special food or treats we crave that is absolutely no good for us. Well, here's a surprise for you... you do not have to go without your specialty. You do have to watch how often you consume it and use it only as a reward or for a special occasion. Example; you crave hot fudge cake and eat it several times a week. Now naturally you can't continue to do that so here is what you can do. Set a realistic short-term weight loss goal of say four pounds in two weeks. Now if you accomplish this goal, at the end of the two weeks, go ahead and have your hot fudge cake. Get the picture? You are not depriving yourself of your treat you are using it more responsibly and as a reward. Just don't go out and eat a whole cake or pie!

Actually this serves a few different purposes. 1. It provides you with an incentive, 2. It gives you a reward for accomplishing a goal you set, 3. It provides motivation, and 4. It helps keep everything more normal for you during the process. Thus providing a

more comfortable and friendly environment designed to keep you on track. All and all, not bad for a piece of hot fudge cake!

Step 3 Exercise

Okay, how many hate to exercise? Raise your hands! How many joined a gym and gave up because they didn't have the time, they didn't want to workout where others could see them, or they felt self conscious and embarrassed? How many spent money on some type of exercise apparatus and it's sitting around collecting dust? Answer truthfully! The truth is the majority of people reading this fall into at least one of the above categories and in some instances all of them.

This is not going to be difficult to do so relax. As with the diet portion of the program, you will gradually slip into a routine. Don't make this part harder than it is either. It's not and if it becomes so you are doing it wrong.

Begin by making a conscious effort to walk a little farther each day than you presently are. For example; when going to work, if you park your car up close to the building, park farther away. When going to the store – instead of parking in one of the spots closest to the entrance, park in the last spot in a row. Don't do this in the middle of the night however. Even small communities have seen increases in crime and it's not worth getting mugged over. Once you enter a store, any store, before you start shopping, walk around the entire store one time, at a quick pace, and then proceed to do your shopping. You can then proceed shopping at your normal pace once you have completed your walk through.

Another thing you can do, if you have children participating in any sports or other activity is, instead of sitting in your car or in the bleachers waiting for them to finish, get out and up and walk. You can kill two birds with one stone this way. Little things, done little by little make big differences. You'll be surprised how much additional exercise you will get simply by doing these little things.

After one or maybe two weeks of doing this try increasing the intensity, how? Well, walking a little faster is one way. Another way would be when parking at work go from your car to the entrance back to your car and then into the building. Instead of walking about the store you enter one time, do it twice. Things like taking the stairs instead of the escalator or elevator are great. I've said it over and over; you just increase or cut down little by little. That's how it works and work it will.

As you can, hopefully within two weeks, you will feel more encouraged about doing something more physical in nature. Try setting aside just 10 to 15 minutes four days a week, a time when you will perform various exercises. Keep a close eye on the time and do not go over the 10 to 15 minute time limit, this is extremely important. You should end each one of these sessions wanting to do more and feeling like you could do more. The key is not to burn yourself out. Do not over extend your physical strength, energy, and endurance. Most of all, these sessions should never be thought of as a burden or hardship.

During these sessions, select activities from two different categories. One will be for calorie / fat burning and the other for strength / muscle building toning. Make certain, above all else, you select activities you thoroughly enjoy. One big mistake made by many is they perform activities or exercises they don't like. They select them because they feel that is what they should be doing. This is totally wrong and results in people not exercising instead of exercising. How can you stay motivated if you are doing something you don't like... you can't, so, if you don't like it don't do it!

For category one, select any one or combination of the following. Walking, riding a bicycle, rowing, bowling, golfing, swimming, running, hiking, skiing, basketball, touch football, stair climbing, aerobics, yard work.

Hopefully you will select activities that can be performed outdoors along with some you can do indoors. The outside air is especially beneficial in helping burn calories and the scenery helps keep the mind calm.

For category two, select any one or combination of the following. Weightlifting, calisthenics, isometrics, bowling, swimming, strength aerobics, free-hand strength movements.

You will accomplish nothing if you do things you do not enjoy and find boring or difficult. Your purpose is to do that which you enjoy and can stick with over the years. Certainly you can change things around as you please; it is important you stay motivated and change helps. If you do too much you will soon fall prey to over-doing-it. Mentally, physically, emotionally you will have hindered your long-term ability to stay with a program.

Another exercise you should perform every day for weight loss and overall physical and mental health is to perform deep breathing. Sitting or standing straight and tall, breathe in through the nose slowly and deeply and exhale through the mouth slowly until you expel all the air you took in. Do this several times every day.

There you have a very easy to follow plan for the non-bodybuilder / non-athlete to use. You can lose weight and trim up without the normal constraints and difficulties associated with most plans. You must change your lifestyle and unless you have an enormous amount of willpower and determination, you are not likely to follow a program you will stick with. This approach allows your body and mind to adjust gradually without the normal level of depression, anxiety, cravings, and frustrations most other programs have: not to mention the expense associated with them.

I don't care what you think or who has told you differently... there is no way to naturally spot reduce. In other words, you can't just lose weight from your waist or from your thighs. It's impossible and there is not such a thing as spot reducing. This program is designed for complete reduction.

Eventually, after you have followed the suggestions above and achieved your short and long term goals, you may wish to follow some more advanced concepts such

as: not eating anything at night after 7:00 pm, following a fast for three days consuming only water, juice and vitamins, eating two meals per day fortified with protein – vitamins – minerals. These and other advanced short-term programs produce excellent weight loss results and are for those who have followed a sound weight reduction program for sometime.

The final aspect is your mental condition and state of mind. You must visualize yourself, as you want to be and have a positive outlook every day. Bodybuilders know the importance of the mind in accomplishing the dramatic changes they make in their bodies and you should learn from them.

See yourself as you want to be and you will become that which you see! If you have never in your life been a positive thinker now is the time for you to learn and practice it daily. I can promise you – you will not regret it.

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