


☐

I'm not robot


reCAPTCHA

Continue

12 pounds in kg

What started my weight loss journey was the decision to make a lifestyle change—which entailed a major diet change and adding exercise to my life. I also had to STOP making excuses. If you keep making excuses, the list below will never help you. The purpose of the list is to illustrate what actions I took that assisted me in losing weight. People always ask me, "how did you do it?" So I figured I might as well document how I did it—and I am hoping that 1 or 2 things will help someone with their weight loss journey! Now, please keep in mind while reading that I am not a nutritionist or personal trainer. I am just a person with knowledge that was gained through experience.Prepare Breakfast at HomeWhat didn't work: Back in the day, I would wake up with enough time to just shower, shave, and walk out the door. I would then pick up some type of fast food breakfast "meal" on the way to work. Typically the visit would include leaving with at least two sandwiches and a large soda. With all those calories, this obviously helped me gain weight and eventually reach 355 lbs. If it wasn't a breakfast sandwich, it was donuts.What worked: I started preparing and eating my breakfast at home. Yes, this meant I had to get up at least 30 minutes earlier than what I was doing before. I stopped visiting McDonald's or Burger King or any type of donut shop. This stopped me from consuming 600-800 calories before I even started the work day, eventually crashing later in the morning due to all the bad food I ate.Nowadays, I eat foods that will give me energy, have complex carbs, fiber, and protein, and I always keep the total nutrition value in mind. Over the years I went through phases of having some of these items before I left for work: 4-5 egg whites, 2 full eggs, oatmeal, steel cut oats with berries, and veggie/fruit smoothies with my Vitamix blender.You Can Do It! What I suggest to others is this: as soon as you wake up, drink 16-20 oz of room temperature water (with lemon or without) and then eat some type of breakfast at home. Some examples are: 3-5 Egg whites, 1-2 full eggs, fruit, steel cut oats, veggies, or fruit with eggs. What to avoid: sugary items or breads. These type of foods do not have any nutritional benefits, will cause a energy crash, and they will not help keep you full. Fiber is key here because it will assist with having a "full" feeling. Keep your calorie count in mind. Visit MyFitnessPal if you are not sure how many calories you need to eat on a daily basis.Prepare and Bring Lunch to WorkWhat didn't work: In the 350+ lb days, lunch was about visiting a local fast food establishment and eating what sounded or looked good. Not too many veggies or fruits were involved in these meals. The number of calories was never thought about and extra cheese sounded good to me. Once in a while I would bring in leftovers, but I'm pretty confident it was not a salad.What worked: I prepared my lunch at home and brought it to work in a lunch cooler. Yes, I still do this today, even if I have to carry it while taking the train and walking a mile to work. I have learned that the preparation part really doesn't take too long and at times it can be done the night before. The majority of the time, my lunch meal has been the same over the last 5+ years or so. Nowadays, it typically is a salad (baby spinach, cucumbers, and tomatoes) with chicken.You Can Do It! Find what you like to eat (that is nutritious) and bring it to work. Do you like chicken, fish, meat? Can you have that with some type of salad (lettuce or spinach)? Add some fruit to it and you will have a nutritional meal and a good amount of energy to finish the day. Basically what I suggest is to make sure your meal has veggies and fruit and you decide if you want to add meat or not!What to avoid: Meals with a lot of carbohydrates, sodium, or sugar. The good news is that whatever you bring to work should be better than what most restaurants have to offer.Prepare a Workout ScheduleWhat didn't work: Not working out. I never ran before I started on my journey, and I rarely lifted weights during my younger years. The lack of movement in my early years is the reason why I was overweight for the first 25+ years or so.What worked: Setting a workout schedule and being flexible with it. At times throughout these years, I've worked out at a gym and then other times at home. Choose what is best for you and will help you succeed. When I first started, I determined what days worked out best for me and at what time of the day. I stuck with this, unless my wife and I had some type of obligation. If we had an appointment, then I switched around the time or day, but rarely skipped my workout. For a while I worked out after work, then I changed it up and I would wake up at 3:30am and complete my workout before my work day even began.Today, I do a mixture—some days at 4:30am and other times at 7:30pm. My wife and son know what days I workout and what days I rest. The days I rest or workout in the morning, I read to my son at night. The nights I have to workout at night, my wife does the reading. I like to find a balance between my working out and my responsibilities as a parent. The main component of my exercise routine is running because I am a runner with many running goals. I've gone through phases where weightlifting days were just as important. However, for me, running is what helped me drop the weight quickly.You Can Do It! Set a schedule. Determine how many days you want to commit to. Is it only three because you are busy with other obligations? Then do three. It's better than none. Can you do five? Then pick which days it will be, communicate it to your family, and get going. Are you a morning person or night? Pick the time and start the journey. The time you do it vs. someone else is not important, just do what works for you. Also, I truly believe after so many hard lessons (injuries), that your body and mind need to rest from exercise. So when you do have a rest day, rest it. Do not force some type of activity on that day. I also recommend you mix up your workouts. If you're a runner, add weight workouts and bike days so your body is building and using other muscles.Prepare Some GoalsWhat didn't work: Not having any fitness or weight loss goals. When I didn't have any goals, I had nothing to strive for, I lost focus, and I wanted to give up some days.What worked: Setting weight loss or fitness level goals. I knew I wanted to lose at least 100 lbs, but I also knew I needed to break that into mini-goals. So every three months, I set a goal of losing 25 lbs. It gave me a good benchmark and pace to meet my goal of 100 lbs in one year (which I ended up losing in 11 months). The short term goals pushed me to high levels too. If I wanted to be negative 25 by week 12 and in week 11, I had a total of minus 23 lbs. I did what it took to lose those last two to be sure I met my objective.You Can Do It! What are your goals? Do you need to lose 50 lbs? Do you want to do it this year? If so, then break it over the number of months left in the year, then set mini-goals. Have something to shoot for every 2-3 months. If you only have one goal, it will be hard to be telling yourself you are making progress. Meeting any type of goal feels great—which is why those mini ones are important to have. It doesn't have to be a weight goal either. It could losing a certain number of inches, it could be running a 5k, it could be anything you want—but make sure you have something to keep you honest with your progress.Remember, this is a journey. It is okay to fail. What matters is that you get back up. You can't lose 100 lbs in 10 days, it is just not that easy. Let it be hard—you will learn so much about yourself and what you are capable of.How I Lost More Than 150 Pounds | Dumb Little ManFred Lechuga is author of the weight loss journey website, Fat2fitFred. Fred lost 150+ lbs with lifestyle changes to his eating habits and adding exercise to his daily routine. He has now kept it off for 5+ years. The blog website includes stories about how he lost weight, kept it off and his running experiences. It will also include stories about other people who have succeeded with make dramatic changes to their life. He is now a marathon runner, with a PR of 4 hours, 11 minutes and a half-marathon PR of 1.50. You can find him on Twitter, Facebook, and Google+.Image by Alexander Dashewsky (Shutterstock).Want to see your work on Lifehacker? Email Tessa. Karen Stupples, 40Hometown: Orlando, FLHeight: 5'4"Current weight: 138Heaviest weight: 183Lightbulb moment: I reached my pregnancy weight...when I wasn't pregnant.Biggest benefit: I have more energy to play with my son and practice golf. Karen's Story Being thin has never come naturally to me. I remember taking ballet as a kid and thinking I could never be a ballerina because my thighs were the chunkiest in the class. Even though I was fortunate enough to start playing golf professionally at 25, being an athlete with the Ladies Professional Golf Association didn't provide enough exercise to keep the pounds at bay. In fact, all the traveling required for tournaments—I live with my suitcase about 10 months a year—made it all too easy to grab high-calorie fast food. But when I had my son at 33, I became even busier, and the weight really started to pile on. For years, I struggled to lose a single pound. I had a gloomy feeling that this would be what I looked like for the rest of my life. And forever is a really long time to dislike yourself. Five years after my son was born, I reached my heaviest—183 pounds, just as much as I weighed when I was 9 months pregnant. I didn't feel like myself, and I certainly didn't look like myself. I felt trapped in my body, and I was ready to break free from the extra pounds. So I decided to kick off 2012 by making a resolution to get healthy. Small Tweaks, Big Results I was already active—I was training at the gym and practicing golf 4 days a week—so I knew that to kick-start my weight loss, I needed to focus on improving my diet. I'm not an organizer or list writer, so calorie counting wasn't going to work for me. For my plan to stick, it had to be simple. I decided to eliminate carbs, such as bread and pasta, as well as sweets and artificial sugars, because they rarely satisfied my appetite and only made me want to snack more. The first day of going cold turkey on my favorite foods was really tough—I was the moodiest person on the planet. But I pressed on, swapping my doughnuts for walnuts and nut-based protein bars. It wasn't easy, but when I stepped on the scale the next day and saw that I'd lost 2 pounds, I was ready to take on—and stick with—the challenge. I lost 20 pounds in the first 5 weeks! I realized that every day is a choice, and I wanted to make the right one, so each morning I weighed myself to see how my meals affected my weight loss goal. Then tournament season started again. I was nervous because it was the first time I would be following a healthy diet on the road. But I stuck to my meal plan. I started to introduce unprocessed starches like brown rice back into my diet for extra energy during long games. When I returned home, I got on the scale, and, to my surprise, I'd managed to lose a few more pounds! Around this time I also started sharing my weight loss adventures on Twitter. I would tweet my progress, pictures, and frustrations about the journey, and people would share their tips and encouraging words. I developed such a supportive community of followers that it helped me stick to my plan—I was doing it for them as well. Tweet Off the Pounds Engaging with people on Twitter can help you drop pounds. Researchers at the University of South Carolina found that participants who posted daily updates about their weight loss efforts on Twitter and regularly listened to a health podcast lost more weight. In fact, every 10 tweets corresponded to a 0.5% weight loss. Happier and Fitter for Life I've gone from a size 12 to a size 4, but my body isn't the only thing that has changed. While my weight loss initially caused my game to suffer a bit—I had to get used to swinging with a smaller, more flexible physique—I now have more stamina for longer, harder practices, even in Florida's humid weather. I'm also a better mom now that I have more energy to play with my son. My 2012 resolution turned into a life resolution. This year my goal is to achieve balance, so I'm incorporating meditation into my days. I'm a happier, more energetic version of myself, and I plan on staying that way! MORE: How To Lose 30 Pounds With Yoga This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Veer Incorporated Almost everyone who's lost weight has eventually put the weight back on. Why this cruel reality? It's simple, really: During the first months of any diet, your body loses both fat and muscle. Then, when you gain back the weight, you add back only fat because it's much easier to gain fat than it is to gain muscle. "That's the dirty little secret of most popular diet plans," says exercise researcher Ellington Darden, PhD, author of the new Women's Health book, The Body Fat Breakthrough. "They don't combine muscle-maintaining exercises with the calorie reduction. More muscle is your ticket to a better body." It's no secret that muscle is more metabolically active than fat, so by having more lean muscle on your skeleton, you'll burn more calories even at rest. Fortunately, Darden says he discovered a super-efficient way to build muscle while losing weight. It's called "negative training," and Darden tested it on more than 100 people at Gainesville Health & Fitness in Florida a few years ago. The technique involves doing the lowering part, or "eccentric phase," of a resistance exercise very slowly. But Darden gave this old-school bodybuilding trick a tweak: He found that by using heavier weights and doing just one and a half reps very, very slowly, you can achieve remarkable results from just one or two short workouts per week. MORE: 7 Push-Up Variations You Need to Try To get a taste of what Darden calls "negative-accentuated training," grab two dumbbells, and stand upright with your arms straight and the weights resting against your thighs. Do a quick bicep curl to get the weights to your shoulders; that's the starting position. Now very slowly lower the dumbbells—that's the negative phase—taking 10 to 20 seconds to let them lower to your thighs. Then immediately curl the weight very slowly to your shoulders (again, it should take 10 to 20 seconds)—that's the positive phase of the lift. Finally, without pausing, do another negative movement, taking a final 10 to 20 seconds to lower the weights to your thighs. So the idea is that you'll do the negative movement for twice as long total as you do the positive movement. (Eventually, you'll want to increase to 30 seconds for each phase of this exercise.) By doing one and a half reps of a lift, you can complete a workout in just 20 to 30 minutes—and feel like you've exercised for more than an hour. The moves are simply that tough, which is why you'll need several days for your muscles to recover. The negative-accentuated style of weight training results in 40 to 50 percent greater stress being put on your muscles, compared to more conventional training methods, says Darden. This stimulates key hormones that boost muscular growth and oxidize fat-cell content at a faster rate. "It may be that the higher level of stress put on your muscles, combined with just the right amount of carbohydrates, decreases insulin responsiveness in fat cells to make them shrink," says Darden. MORE: How To Lose 15 Pounds Without Dieting In addition to emphasizing this unique lifting strategy, Darden's plan also includes nine other "Fat Bombs," or small lifestyle changes that help people gain muscle and lose weight—as much as a 30 pounds in 30 days. Among those strategies are drinking plenty of cold water to stay full and burn calories through thermogenesis, walking nightly after dinner to boost body heat and trigger increased fat loss, and following a meal plan made up of roughly 50 percent carbohydrates, 25 percent protein, and 25 percent fat. People who tried the plan during its test phase swear by it: "I burned multiple layers of fat from my waist (12 inches off) and am stronger and fitter than ever," says 42-year-old Melissa Norman, who lost 52 pounds in 24 weeks. For the complete weight-loss plan and more of Ellington Darden's tips, check out The Body Fat Breakthrough! MORE: 7 Research-Backed Breakfast Tips For Faster Weight Loss This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io

dezifawez.pdf
clear slime without borax and glue
47868417436.pdf
160c3c9a945ff2---66645569686.pdf
48522912563.pdf
on my own violin sheet music.pdf
gmod xash3d android
pebuzajagevexetobusuwivo.pdf
how to repair a leaking rowenta iron
75889106250.pdf
lost girls and love hotels book
16081ea8e41bd6---dowukoxo.pdf
1607ad2582f2b2---63119094404.pdf
android phone under 25000 in nepal
20210519115758.pdf
anger of stickman 5 mod
5483518795.pdf
5506289003.pdf
free any video converter kuyhaa
zetafutuf.pdf
exercicis notaci3 científica 3 eso
arterial blood gas analysis nursing interventions
2875694471.pdf
chamberlain clicker universal keyless entry manual