

[Another eBookWholesaler Publication](#)

"You Don't Have to Be Fat!"

Easy steps that will change your life forever

By: Teresa King

Proudly brought to you by

[EarnProfiteBooks](#)

[Email](#)

Recommended Resources

[Web Site Hosting Service](#)

[Internet Marketing](#)

[Affiliate Program](#)

Please Read This First

This Report is copyright © 2004 Teresa King & Patty Baldwin. All rights reserved.

The Report may only be distributed in accordance with the following agreement

eBookWholesaler Members may distribute no more than 2 Reports with any eBookWholesaler product and may put no more than 2 Reports in a Membership site that they personally control.

The Reports may not be sold or distributed by anyone that is not specifically authorized by Mr Tom Hua, eBookwholesalers.

The reports may not be offered or distributed through any auction or auction site.

Billions of dollars are spent on weight control every year.

There is one miracle cure after another thrown in your face.

Thin people are crawling all over your television set.

Info commercials with the next gizmo widget designed just for you are asking you to once again get out your credit card.

There are pills and many diets from low carbohydrate (now safe) to low fat, to food combinations, to fruit and rice, to total starvation. It's a crazy world we live in.

Finding a diet that you can do for the rest of your life is not easy. Each of us has a different metabolism, we have different life styles, and though we can adhere to a diet for a few days, a week, even longer, the chances are extremely high, that even if you do meet your weight loss goal, you will gain it back, AND SOME.

In other words, if you are losing weight on sheer will power, in the long run you will fail.

No one likes to hear about failure. But, let's talk about it!

Einstein failed and failed and failed and failed, thousands of times, until he made an invention work. Each failure was a lesson learned.

Most overweight people have lost more than their own body weight over time and have gained it back. They've lost five pounds, ten pounds, 20 pounds, gained it back, lost five pounds, ten pounds 20 pounds and gained it back.

If you have dieted, you know this is true. You've won, you've lost, and on goes the cycle. It's because you have to live a life that you don't enjoy.

It's not fun to stick to any diet, ever!
Copyright © 2004 Teresa King

It's not fun to be fat either!

Let's talk about why there are more heavy people than ever before throughout history.

The answer is so easy it will amaze you!

We live a far easier life.

Think about it.

How many times do you take a load of clothes and wash it by hand, then wring those clothes out and then hang them to dry?

Once they are dried, how often do you pull out that ironing board?

How often do you walk to work?

How often do you walk to the store and walk home with you bag of groceries?

How often do you buy convenience foods to save you time from chopping and peeling and cooking everything from scratch?

How many times do you buy a cake mix, instead of making a cake from scratch?

How many times do you actually whip that cake by hand?

And, bread. How often do you pound out and kneed your own bread?

This list can go on and on, and I am totally sure you can think of many things that your grandmother had to do that you do not have to do because, we have dishwashers, washing machines, dryers, and polyester.

There are less fat men, than fat women, but still there are many obese men. If you are male and overweight, you are most definitely not alone.

How often have you used a hand lawnmower that is not powered by anything but your efforts?

How often have you sat on the couch watching sports, eating and drinking, instead of playing sports?

How often do you chop wood and bring it in to build a fire?

How often do you spend the day hunting or fishing to bring home the food?

How often do you clean the stables, brush down and/or saddle the horse, or put the horse to plow?

In the old days, men and women both consumed on the average more calories than they are consuming today. They had to or they'd be too weak to get their everyday chores done!

THE SIMPLE DIFFERENCE IS so simple that it will amaze you!

When you work physically hard you need to stoke the furnace inside you. The more you stoke it the higher that fire will burn.

When you are burning up the fire that you create, your body's metabolism stays high, so that when you do put food into your body, the body burns it up. And, is very efficient about the whole process.

The body sweats, urinates, does bowel movements and you feed it and water it, and do hard work, the body is in tone. The muscles in the body keep everything inside the body firmly in place, so that you just don't get fat, ever.

When you work your rear end off as they did in the old days, bed was very welcome. Not falling asleep would be only on a night that you had so many worries that your mind would not let you. Everyone needs proper sleep.

If you don't get enough proper sleep, your body cannot repair itself. If you have apnea, or snore very heavily and don't have apnea, you will keep not only keep yourself awake, you'll also keep those awake who sleep near you!

You actually wake yourself up a lot, which interrupts your much needed sleep pattern.

Are you WONDERING if I AM going to tell you to throw away all your modern conveniences and favorite foods and make you work like a mule?

Well, I'm not!

I'm going to show the easiest way in the world to lose 52 pounds a year!

A YEAR?????? WHY a YEAR?

Because, when you set yourself to lose 15 pounds on some weird or starvation diet, you set yourself up failure.

Dieting has nothing to do with your class reunion, or your sister's wedding and trying to stuff yourself in clothes that you wore a few years back. NOTHING. If that is your incentive, you'll discover that you JUST don't go to that special event or you slink in, with swallowed self-pride.

Or, you actually do get into the outfit and really do get motivated to do all it takes, all at once to take that weight off. Most will quit, and statistics show that the majority of people who do, soon gain that weight back again.

How many fat people do you see at your class reunion?

I remember one year, I was the only fat person.

My sister set me straight as I was feeling miserable. Was I the only one who gained weight over the years?

My sister says, FAT people don't go to their reunions, unless they are hugely financially successful, like HER.

Makes sense to me!

Of course, as you get older, there will be more overweight people showing up because, one, they learn to accept who they are as they age, and two, gaining weight becomes easier and easier each year we grow older.

Your life style is why you are overweight. Just admit it!

I will tell you why. I've been angry about having a weight problem. I've starved myself and gained weight. I got where I can only lose weight on low carbohydrate diets. I did tests with my family and friends where we all went on the same diet, and THERE WAS ME gaining weight and everyone else losing. I was extremely disappointed. I did not cheat.

I did not fudge even a tiny bit. And, I was gaining weight on a diet they were losing on.

All three of the people who went on the diet with me were naturally slender when they were young. All three of them needed to lose almost as much as I did.

I was not slender when I was young. I've fought my weight ever since I was 8 years old.

BECAUSE the SECRET TO WEIGHT LOSS is:

Take it off slow and easy. Even if your first steps stop the gaining, they will in the long run start turning you into a slender person.

LET me ask you a question:

Did you make a goal to lose weight last year, the year before, the year before that, and every year you are discovering you weigh more than what you yearn for?

THIS is the REASON I say 52 pounds a year.

THINK about it. Say you had started last year with what I am going to teach you now, where would you be today?

If you didn't need to lose 52 pounds, you'd be at your weight goal. If you needed to lose 80 pounds you'd only be within a half a year of your weight goal. If you needed to lose sixty pounds, you'd be looking dang good!

If you needed to lose 150 pounds, you are going to be feeling a whole lot lighter and you will have more energy and you'd know it is totally possible for you to reach your goal weight, and stay there!

You would know that you have the right to freedom from fat.

SO, let's think again about that goal.

If you make a few changes each day in your daily life, you can lose 52 pounds per year.

ARE YOU READY?

I tell you it is so simple, you will be amazed!

Okay, here we go.

Take things in steps.

If you are overweight two things are happening!

You eat too much for the amount of exercise you are doing.

If you have been starving yourself, you eat too little and your body is in starvation mode, which means it shuts down your metabolism.

There are little changes that you can make where you will barely notice the changes.

Your eating habits

- ✓ Eat more high fiber foods. You need at least 25 grams of fiber! Eat up to 35 grams.
- ✓ Drink at least ten glasses of water per day, until you get your weight down to normal, where 8 glasses will do just fine.
- ✓ Substitute fat in at least one meal per day.

- ✓ If you eat sour cream, mayonnaise, butter, ice cream or even real cream, get a low fat substitute.

Even a simple step of changing to salad dressing like miracle whip instead of eating mayonnaise is 40 calories saved per tablespoon.

The same with milk, if you drink whole milk, learn to like 2 percent. It's not hard to do. Simply buy a container of whole milk, and a container of 2 percent and mix it. Then in a few weeks, weaken it some more until you are down to 2 percent. Once you get used to 2 percent, you won't want the whole milk.

The same thing goes if you are drinking 2 percent. Mix it with one percent. Seriously, I cannot drink milk any lower fat than that. It's still okay! That's the point. You find the little changes that you can easily live without, until you can live and feel like a "normal" person.

You should have many times throughout your day where you can eat what you enjoy!

- ✓ Eat more food with high water content.

This means fruits and vegetables.

Slow down on drinking fruit juice. Your body needs to eat fruit and use all of the fruit for fiber and your digestion system.

Try not to eat any food within 20 minutes of eating fruit except fruit. This is not all that important, but it sure helps you if you have digestion problems.

Eat more fish and fowl, and less red meat. They are your less fatty choices. This does not mean you cannot eat red meat. It is just a choice for you to think about.

When eating, avoid fatty salad dressings. Find some that you like. If not, well, put your dressing in a separate bowl so that you don't drown your salad in high fat dressing.

When cooking or going out to dinner, look for foods that are baked, boiled, steamed or broiled. Deep fried foods are not all that good for you and are drenched in fat.

If you must eat French Fries... eat JOJOS. These are bigger pieces of potato fried. The same goes for chicken or fish.

Choose larger pieces that are deep-fried. The reason is the larger pieces absorb less fat in the fryer than the smaller pieces. (This is not deprivation! This is just a choice that you should be able to make without a problem).

If you must have tartar sauce, mix it a little bit with ketchup, or with some low fat mayonnaise. You won't be able to tell the difference. You keep mixing over time until one day you'll be dipping in ketchup and not missing it one bit.

It's a little life change!

Don't think diet! Think healthier choices.

After dinner and you want that cheesecake – share it with a friend! Then go for a walk.

Choose sherbet over ice cream – You can have just as much fun with a yogurt or sherbet ice cream cone as a regular one. If you still feel deprived, then put one scoop of ice cream and one scoop of the lower fat one!

Little choices add up to big results!

Okay, let's look at **exercise**. Hey, I'm not asking you to run a marathon. I'm asking you to do some simple things in your life that you can live with.

- ✓ Park a little further from the front door of the store.
- ✓ Take the stairs whenever you can.
- ✓ When you go outside to get your mail. Take a few steps outside the door and walk in circles.
- ✓ Wash your floor one more time per week.
- ✓ Dust your ceilings one more time per week.
- ✓ Join a sports team. Or if you are not competitive, go swimming. If you are too embarrassed to go out in public with your current weight, get a walking buddy. Even if you have to put an ad in the paper!

I'm drawing you a picture. Your big exercise is going to be walking. If you cannot walk, then you need to talk to your doctor about what you can do to get more IN air movement. Do it!

Walking is relaxing; it's good for you.

Walking does not have to be done at a fast pace.

You should start out with what you can with your walking. Maybe your first outing you can only do five minutes. GREAT. Do five minutes three times per day.

As your weight starts going down, increase to six minutes to seven minutes.

As your weight falls down, put three-pound weights on your ankles for part of your walk or only one of your ten minute walks.

As your weight falls down and you are getting in better physical shape, add the weights to two sessions of your walking.

Why are we doing this?

It's one of the reasons you see a heavy man doing a physical labor job. He is one, taking in too many calories for his body, and two, he does no more, and no less than he always has. The body does not have a challenge to meet up to. It's the same old, same old stuff.

As you do this you are going to find excuses not to do it!

It's raining. Get an umbrella or go mall walking!

You are too busy. Oh, come on. You can find 30 minutes to watch television. You surely can find 30 minutes to walk!

You are too tired! You are going to find out that by cutting your calories a little bit, getting more water, getting more fiber, eating a little less fat, you are going to have a lot more energy. You will also discover that walks invigorate not only your body but also your mind!

You'll see.

Now, you may have a question about how much you should be doing with your weight loss.

This will depend on your body.

If your body is heavy and remains at the same weight for long periods of time, all you have to do is add up the calories of what you have been eating and eat 200 to 300 calories less. This is easy, as you can find that in fatty foods very easy.

In fact, you'll probably not have to add anything. All you will need to do is a few simple changes in food choices to find what you need to do.

As you lose weight you will want to find more ways to change your eating habits where you will feel very satisfied with less calories.

NEVER starve yourself. It's the wrong approach. Your job is to slowly change things around to improve your health.

Now, if you have been on a regular gaining weight climb, then you have really been doing some 'emotional feeling sorry for yourself' eating, haven't you?

YOU don't have to feel sorry for yourself anymore. You now have an easy solution. Knock off that extra eating!

An average female needs around 1,800 calories to lose weight if she is overweight. If you are really overweight and you added your calories to 3,000 ... I don't want you to eat 1,800 – that's deprivation! I want you to make changes. If you are climbing upwards all the time on those 3,000, you'd best get down to 2,300 fast. Let me tell you, that's a whole lot of food! Especially if you are making small changes in your life, as we talked about above.

How simple of a food choice can this be?

Order soup and salad for lunch instead of a cheeseburger and fries. Dump out half your milk shake and mix it with some 2 percent milk. If you must have a burger, give up the cheese and add an extra tomato instead.

PLEASE note: This is just a general guideline. You really will have to watch that scale and tape measure to see how many calories you can allow yourself along with your new found exercise and keep on losing.

If you are a male, you are allowed more calories. It's not fair, but it's life. Men have bigger muscles. The more muscles a person has the more the body can burn calories.

So, an average man trying to lose weight can easily eat 2,200 to 2,400 calories and still watch the body slim down.

Speaking of muscles, if you find you are getting where you are losing and come to a stand still in your new life pattern add a little weight lifting.

And, when you start your life changes, get a tape measure.

The scale lies!

Muscle weighs more than fat, but the body can be easily losing inches while the scale keeps lying to you.

Do not be married to the scale. Many dieters step on the scale a lot, and will let the scale decide how they are going to feel that day!

Before I wrap this up. I want you to know you can do this!

If you have fat children, get them moving and get on them. Don't let them have this problem! Love them. Reward them with love and trips and things, but never with food!

Love yourself too. When you find you've lost five pounds!

YAY! Get some fingernail polish or a new lipstick or a new pair of walking clothes.

BUT do not reward yourself with food.

Copyright © 2004 Teresa King

- 15 - <http://www.fazzles.com/>

Here are a few other things you can think about:

- ✓ Don't skip breakfast
- ✓ Don't shop when you are hungry
- ✓ Don't have snacks in your house that you can't resist and pretend you are buying them for the kids. **NOT**. You know they will call you from the cupboard. Get things that your kids like, but you are not that fond of.
- ✓ If you are addicted to drive-in fast food joints, keep your purse or your wallet in your trunk! In that way, you'll have to get out of the car and really think about what you are doing, and at least, if you do lose the drive in battle, you will have at least walked or actually stood in line inside the place!
- ✓ Take a healthy vitamin supplement.
- ✓ Learn to like soymilk ☺

For women it has been known to help reduce breast cancer; for men it has been shown to reduce the risk of prostate cancer. It's very good for you!

If you find yourself opening the refrigerator to get something to eat when you are not hungry, drink water. It is almost always thirst that causes that action and HABIT.

Other small changes you can make is:

- ✓ Don't eat in front of the tv.
- ✓ Take smaller portions, so you can have seconds ☺

- ✓ Don't eat in your car.
- ✓ Don't taste everything when you are cooking. That really can add in uncounted calories.

I'm not saying do everything at once that has been mentioned. I'm saying pick some that you can easily live with. But, you must cut down on food and increase your body movement. That's it!

If you've been starving, you'll need to train your body to trust you again. Eat more, exercise more until you are filled with the energy that you have been dying to have!

All bad habits can be replaced with good habits. Just remember that. Don't set up impossible goals, for if you do, you'll set yourself up for failure. Take it slow and easy and sooner than you think you'll have a swing to your step, pride in your accomplishments and healthy rosy cheeks.

If you have time, keep a journal of your daily habits, what you eat, and how much you move the body with walking. That journal will help with reminding you to keep substituting and slowly change bad habits into good ones.

Play with the kids more, chase your spouse ☺ and laugh more!

Just do it!

I'll see you next year, but I may not recognize you!

Teresa King <http://www.fazzles.com>

[Another eBookWholesaler Publication](#)