

HOW TO GET SKINNY

it all starts in the head

Try yoga or running, when you feel stress coming on. Breathing reduces tension & releases endorphins. Yoga is meditative and calming.
reading nutrition/science advice results in better diet and lifestyle choices

MANAGE STRESS

READ LEARN

Determine your body type (hourglass, triangle, round, rectangle, inverted triangle). Then choose the exercise & diet plan for your body type

BODY TYPE

SLEEP

Chewing more and eating slowly means you'll consume fewer calories

CHEW FOOD

Internally driven. Respond to the body's signals of hunger and fullness, avoiding overeating

WHY EAT

what r u eating?

Older women stop eating at level 6 or 7 (when they're satisfied) - not full.

OVER.EAT

Removing the variety we eat helps. People who eat the same food eat fewer calories

REPETITIVE FOODS

EARLY DINNER

BREAK FAST

Low-sugar, high-protein snacks (e.g. nuts) promote weight loss, by stopping blood-sugar spikes, hunger pangs, cravings & fat storage

SNACKS

slow digestion, keeping you fuller longer. Helps keep you lean and keep belly fat

WHOLE GRAINS

Increases muscle mass, keeps you full, decreases calorie intake

PROTEIN

People who drink water before meals lose more weight. Hunger is often confused with thirst

DRINK WATER

Skinny people tend to eat pleasant foods produce & know how to make it delicious - with herbs, spices or a squirt of olive

FRESH PRODUCE

it's in the legs baby!

Exercise after, walking after eating can lower blood sugar, prevent fat storage & aid weight loss

POST MEAL EXERCISE

Skinny people walk more (even walking to lunch), taking their steps throughout the day

KEEP MOVING

People who lose weight & keep it off exercise almost daily. They make exercise fun, making it the morning - just something it gets done

NO EXCUSES

Blaming yourself irregularly can help you stay slim & maintain weight loss. Aim to redesign yourself once a week

WEIGH IN

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Be Skinny Fast

Hal Higdon



Be Skinny Fast:

Fat to Skinny Fast and Easy! Doug Varrieur, 2010-01-05 Originally published Maggie Valley N C Living Life Publications 2008

Calorie School: Fast, Fun Lessons for Weight Control, Exercise, and a Healthier Life Kirk DuBay, 2015-06-18 Calorie School is a straightforward approach to weight control with your long term success in mind Concentrating on calories author Kirk DuBay shows how to reverse the process that got you overweight in the first place With the mix of truths half truths myths and the constant barrage of opinions and advice from every direction it s no wonder calories are such a mystery While all nutrients are important understanding and regulating our calorie intake and output will result in weight control Calorie School teaches you a straight forward approach to master your weight by Gaining a clear understanding of calories Determining the number of calories in the foods you eat Managing calorie intake Knowing how your body responds to the food you eat and the process of losing weight Understanding the role physical activity plays in losing weight and how it can accelerate or hinder your progress Taking action to achieve your goal with easy to implement instructions and helpful details tips and suggestions Calorie School puts aside all the weight loss rhetoric and gets back to the basics so you can control your weight for good

Eat, Fast, Slim Amanda Hamilton, 2017-06-13 Amanda Hamilton has helped thousands of people to lose weight and regain body confidence and zest for life Discover the transformational diet secret intermittent fasting the future of weight loss Experience rapid and sustained weight loss drop a dress size in just six weeks and shift even stubborn fat Follow Amanda s healthy fasting and ensure you get all the nutrients you need for long term results Use the plans to maximize the benefits of fasting to lose weight slow down ageing and boost your health Choose a fasting plan that suits you and your lifestyle 16 8 5 2 alternate day or juice fasts Along with fasting guides you ll enjoy delicious nutritious food with over 100 healthy and sustaining recipes for breakfasts lunches and dinners

Ebony, 1967-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

Ride Fast Eric Harr, 2006-03-07 Utilizes a motivational speed level approach to fitness cycling for novice riders demonstrating a ten week program designed to help readers reach a twenty five mile per hour goal using a range of nutritional and riding strategies Original 15 000 first printing

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