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LOSE WEIGHT FAT & LAZY EDITION



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Introduction



“How much obesity has to be created in a single decade for people to realize that diet has to be responsible for it?”

Robert Atkins



Everybody wants to be healthy. Who doesn't want a healthy, fit body? It allows you to do the things you love without limitations. It allows you to eat food that you want without feeling guilty about it. Most importantly, a healthy, fit body allows you to enjoy life to the fullest.

However, despite the health campaigns of doctors, healthcare experts, and fitness enthusiasts against obesity, it remains a sensitive issue in America. In fact, in the latest data gathered by the NHANES, over 70 million Americans are obese. This data is quite alarming as it continues to increase over the years.

When you are obese, it is difficult to engage yourself in recreational activities. The number of things you can do is limited. Not only that, but you are also at great risk of chronic diseases. According to a study, obesity is also linked with depression—your self-esteem drops. Drolling up is no longer an option when half the clothes in the shopping mall's racks do not fit you.



However, in recent years, Americans are becoming health conscious. A study published by the Journal American Medical Association reveals that more and more Americans are making healthy food choices than they were in the past.

This could be the torch in the dark you are looking for. The best thing about losing weight in this generation is that there are proven methods to lose weight without inserting extra hours to work out. This means no matter how busy you are, losing weight is now possible. You do not need to spend your whole time in the gym nor set up a strenuous home workout routine that could affect your productivity.

Latest reports from the Centers for Disease Control and Prevention reveal that half the American adults they have surveyed are trying to lose weight. And their weight loss journey ended with "trying" instead of "succeeding" to lose weight.

Let us face it, given the busy nature of our works; it's easy to gain a few pounds without even noticing it. After a long day at work, all you want to do is hit the bed and sleep. Sometimes, you don't have the time to cook healthier meals and end up ordering pizza, which is a time-saver. Chocolates and beers are go-to for a quick boost of energy when pulling an all-nighter. And let's not deny it—most "junk" foods taste awesome and can easily fill you! The willpower to change this fast-moving lifestyle can be challenging. For some, it even seems impossible.

Here's the catch: you don't need a dramatic change in your life to lose weight. According to the Vitality Group research consultant Jonathan Dugas, Ph.D., losing weight can be done by making small changes in our lifestyles. These small changes have huge impacts, and eventually, it will lead to a successful weight loss journey.

This book will reveal the small changes that you need in your life to lose weight without spending much time! So, sit down, relax, and prepare yourself. Your weight loss journey is about to begin.

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Chapter 1

Symptoms and Causes of Obesity



"To say that obesity is caused by merely consuming too many calories is like saying that the only cause of the American Revolution was the Boston Tea Party."

Adelle Davis

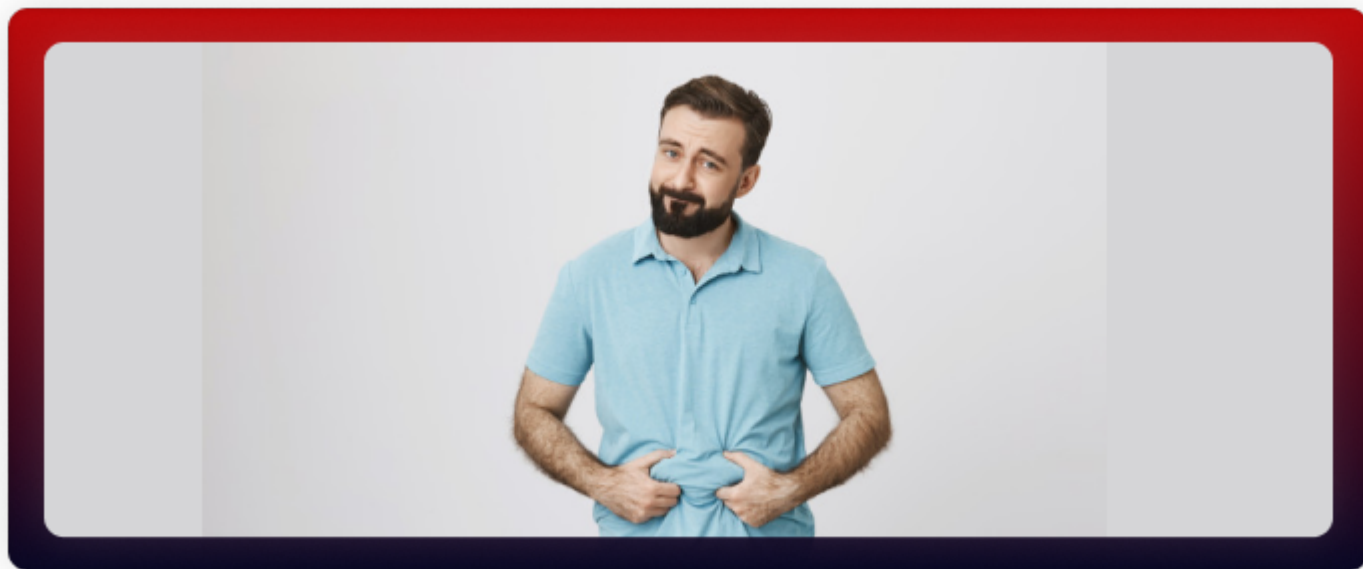
Before we get started, let's define obesity and pin down its symptoms first. An in-depth understanding of obesity helps you to combat it more effectively. Technically, obesity is defined as having excess body fat. If you are an adult aged 35 years old and above with a BMI that is greater than 30, then you are obese.

Besides having horrifying flaps in your body, obesity can also lead to other chronic diseases, including diabetes, cardiovascular diseases, high blood pressure, gallstones, and many more. Unfortunately, obesity can also heighten the risks of cancers.

Some obese people tend to lose weight fast, only to regain it within five years. Why? Because they tend to opt for the short-term fix. While it can be motivating to get results, obesity can't be treated with a band-aid solution. It requires long-term treatment and commitment to a healthier lifestyle, which you are going to learn in the following chapters.

For now, let's pin down the causes and symptoms of obesity.

5 Most Common Causes of Obesity



Your weight is a result of a balance between your calorie intake and energy expenditure. Look at the common causes of obesity to determine if you are experiencing any of it.



✓ **Sedentary lifestyle**

The National Health and Nutrition Examination Survey (NHANES) shows a strong link between physical inactivity and weight gain. The more inactive you are, the more you gain weight. If you have an office job that requires you to sit all day in the office, chances are, you will be too exhausted when you get home. When that happens, exercising or even jogging around the neighborhood is no longer an option. Keeping this sedentary lifestyle puts you at greater risk of obesity. Compared to active people, you burn fewer calories in a day.

✓ **Unhealthy eating habits**

Another common cause of obesity is unhealthy eating habits. If your diet is high in calories and you keep overeating, you are most likely to gain weight. Let's face it; we tend to overeat when it comes to pizza, fries, burgers, fried chicken, and other greasy food. It's delicious and somewhat addicting. Without you know it, you're gaining more pounds in the long run. A lot of epidemiologic studies have found out that foods that are high in calories can lead to rapid weight gain.



✓ Genetics

You are most likely to be obese if one of your parents has a history of obesity. It is because genetics play a huge part in the hormones for regulating fats. For instance, leptin deficiency is one of the most common genetics that can lead to obesity. Leptin is a hormone that the placenta and fat cells generate. It also regulates weight by signaling the brain to eat less when the calorie level is too high. When you have leptin deficiency, your body fails to regulate the high amounts of calories, leading to weight gain. Hence, if you're already feeling the symptoms of obesity as early as now, look it up on your family's medical history to see if genetics are to blame for your rapid weight gain.

✓ Food addiction

Food addiction will most likely lead to obesity. Artificially sweetened and high-fat foods stimulate the reward centers in your brain. For instance, how many times have you rewarded yourself with a piece of cake or a box of pizza after doing a good job? Most of the time, most likely.

These foods are engineered to be tasty and addictive. Sometimes, artificially-sweetened foods can be as addicting as nicotine, cocaine, alcohol, and even cannabis. At this rate, consuming too much food can be alarming. Most obese people are victims of food addiction. They lose control over what they eat, much like how people lose control of how much they drink or smoke.



Addiction requires long-term treatment to overcome. When you become addicted, be it food or cigarette, you lose your freedom to choose the best for yourself. Before you know it, you have gained too much weight that further fuels your insecurity.

✓ Insulin

Insulin is a body hormone that helps in regulating your energy storage. Its main function is to tell the fat cells to store some fat and hold on to it. However, it's no secret that the Western diet is promoting insulin resistance, especially to overweight and obese people. As a result, their insulin levels are elevated. Most of their energy is stored in the fat cells instead of being available for you to use.

Numerous studies have already proven the link between insulin and obesity. It is one of the leading causes of weight gain. If you don't cut back on your calorie intake, the insulin levels in your body continue to increase, and as a result, you gain weight and become obese.



These are the five leading causes of obesity that you should be aware of. To take the first step of this weight loss journey, pinning down the culprit behind the obesity is crucial. If you know what factors contribute to obesity, you'll be able to avoid it in the long run, which takes us to our next chapter.

Chapter 2

Keep the Sugar in Your Diet



"Your diet is a bank account. Good food choices are good investments."

Bethenny Frankel

In order to lose weight, keep the sugar in your diet. Sounds tricky, right? Sugar is one of the main culprits of weight gain, so why should you keep it in your diet? Sweetened foods are engineered to trick our bodies into thinking that it is a requirement to boost our energy.



Have you been in a lazy mode? It's when you lose track of time as you consume sugar. Wrappers of sugary foods are littered around, and before you know it, the muscles in your stomach are screaming because of too much sugar.

When left to your own devices, it's easy to practice bad eating habits. Sugary foods are the easiest to grab, so most people consume them when they're too tired to prepare real food. The main problem lies within consuming too much sugar that our body can burn.

But how about those skinny people who can eat a lot of sweetened products without gaining a pound? It's because their metabolism can keep up with their sugar consumption. This trick can work in your younger years, but once you hit your 30s, you can't rely on your metabolism anymore.

Sugar can be evil. It can lead to rapid weight gain and obesity. But you don't need to kill yourself by completely cutting out sugar in your diet. You can keep it. Do not put yourself in misery by punishing yourself and refusing to eat the piece of cake. Go ahead and enjoy it. Just make sure that you stop after you have it.



✔ **How to Curb Your Sugar Cravings**

Here are some little changes you can apply in your life to curb your sugar cravings:



✔ **Do not fight yourself against sugar.**

Give in a little, especially if you are craving so bad. Whatever you're craving, eat a bit of it just to satisfy yourself. There are fun-size candy bars that are available in grocery markets or little cookies to calm down your sweet tooth. ADA spokeswoman and dietitian Kerry Neville, MS, RD, said that eating a bit of what you're craving will not only help you keep satisfied, it also removes the feeling of being denied. However, just make sure that you keep it into a 150-calorie sweet satisfaction.

✔ **Always keep a gum with you.**

Nutrition advisor Dave Grotto, RD, LDN, said that keeping gum with you will help to curb your sugar craving. Numerous studies have also proven that chewing gum, especially mint flavor, can help to reduce your cravings. Hence, to avoid being tempted to reach out for the chocolate bar in the countertops of gas stations, groceries, or wherever you go, always keep a gum. Whenever your need to taste sugar strikes, pop a piece of gum in your mouth, and patiently wait for the cravings to vanish.

✔ **Replace it with healthy, sweet alternatives.**

Fruits are healthy alternatives for sweets. Hence, keep your foods handy whenever the need for sugar kicks in. Aside from satisfying your sweetness, you also benefit from the nutrients and fiber. If you want to prevent the hassle of keeping your fruits fresh, opt for dried fruits, nuts, and seeds. Certified Addiction Specialist Judy Chambers, LCSW, CAS, says that having fruits around will help you to fight the urge to reach for chocolate bars instead.



✓ Go cold turkey.

Some people are best with going cold turkey to finally stop their sugar cravings. You need to commit yourself to this detox if you want to let go of your unhealthy cravings. Take a look at your current diet. All forms of sugar must be eliminated: artificial sweeteners, white flour, MSG, and pre-packaged foods. Restrict yourself from drinking sweetened teas and coffees. If you want to enjoy some juice, you may limit yourself to green vegetable juice. And in your every meal, adding a bit of protein such as eggs, fish, seeds, or chicken can do wonders.

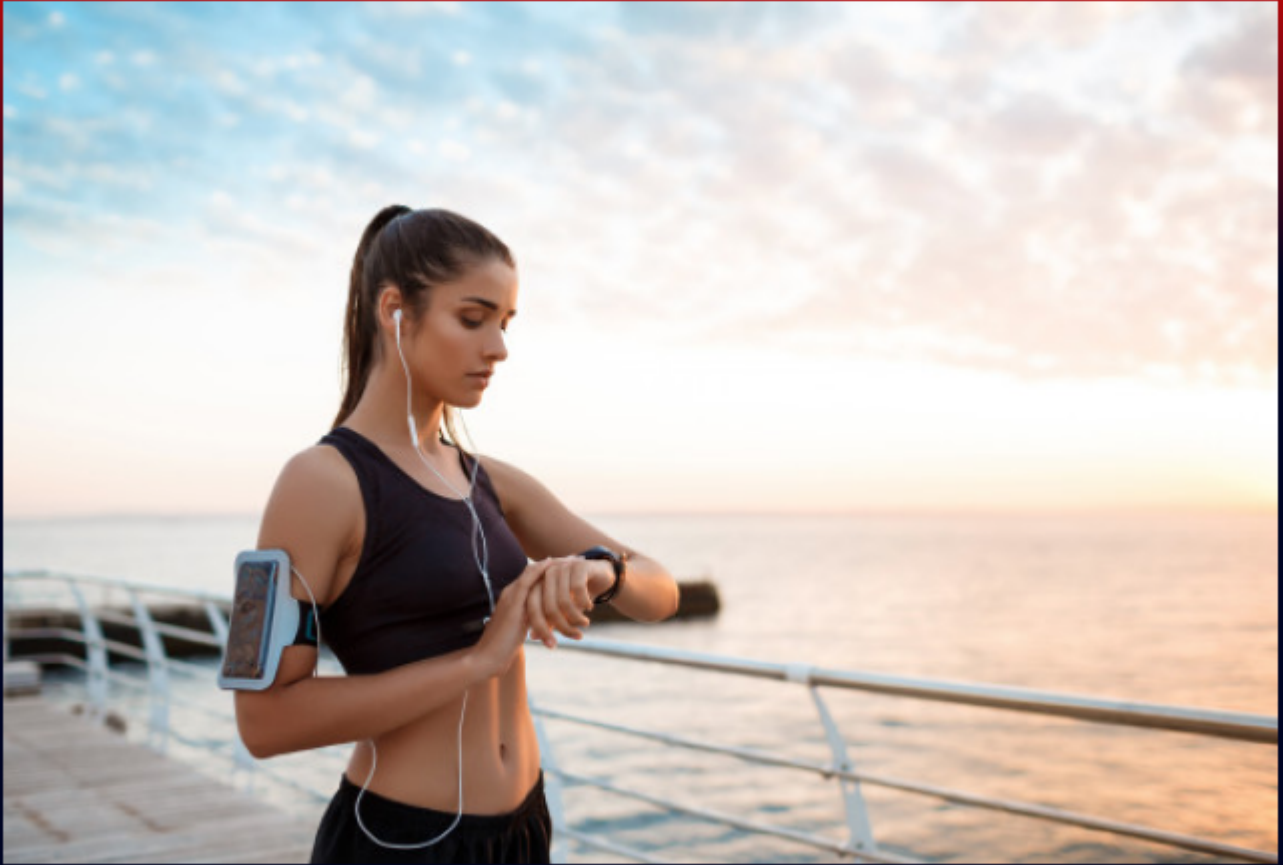


Breaking the sugar habit is one of the best ways to lose weight. There's no need to hit the gym hard or spend endless hours shaping your body. By making simple changes in your lifestyle, such as slowing down on sugar, can do wonders. All you need to do is discipline yourself into cutting back sugar, and you'll successfully shed a few pounds. You will not only control your sugar cravings, but you also gain control of your overall health.



Chapter 3

Skip the Gym



**"Motivation is what gets you started.
Habit is what keeps you going."**

Bethenny Frankel

What if I tell you that you don't need to hit the gym to lose some weight? Yes, you've read it right. Skipping the gym can still help you lose weight. You don't need to pay for the expensive gym membership or shed a few dollars to buy some workout clothes to motivate yourself. If you want to lose weight, focus on your diet. Remember, treating obesity is a long-term commitment. Hitting the gym intensely for two weeks and seeing results is just a band-aid solution. Within a few months or years, you'll see yourself ballooning again.

There's no need to be at the gym all the time to be fit and healthy. In fact, all you need to do is incorporate movements into your daily routine. Exercise is good for your health, but it's not a guarantee to lose weight. Exercising is your way to maintain your physical and mental health.

Exercise alone can't help with your obesity. The more you exercise, the more you purge into eating bad foods. On the other hand, diet alone can't help with weight loss. In fact, if you only lessen your calorie intake without having any exercise, you will lose muscles and fats.

5 Home Habits as Alternative to Hitting the Gym

It's the combination of moderate exercise and a good diet that will help you lose weight. Hence, there's no need to apply for that gym membership. Here are some ways to incorporate more movements into your everyday life and just skip the gym:

1 Walk faster.

One small habit you should develop is to speed up your pace when walking, whether it's going to your car to get the groceries, walking down the stairs, walking the hallway to your office, shopping at the mall, going to your favorite bookstore, and even enjoying the nature. Walking faster can help to burn some calories. Besides that, it can strengthen your leg muscles, benefit your heart, lungs, and a great overall sense of vitality.

2 Skip the elevator.

Whether you're going to work, shopping, or entering an establishment, steer clear from the elevator. Take the stairs instead. Elevators are full of germs, sweaty, and stuffy. It's best to move your body by going through the stairs instead of taking the lift. For instance, walking two flights of stairs every day can burn up to six pounds in a year. If you climb the stairs for two minutes in five days for a week can burn the same calorie that a 36-minute walk will do. Set yourself a quota for the day. For starters, you can start with 60 stairs per day. Most staircases have ten steps, so that should be six flights. Wherever you go, always look for stairs.

3 Dance.

It doesn't matter if you're good or bad at dancing. Just dance. Move your body to the rhythm of the music and enjoy. Dancing can ease your stress levels and improve your mood. There's no need for a special dance floor or wait for a special occasion to dance. You can do it in your room. Or in the living room while cleaning. In the garden, as you wait for your kids from school. Just turn up your favorite music and dance away. You will find yourself gradually losing fats the more you dance.





4 Keep your house tidy.

Do you know that cleaning your house is also a form of exercise? Don't wait until you see clothes scattered around, dishes piled in the sink, or your home office looking a complete mess. Vacuuming, washing the windows, doing the laundry, and dusting your shelves should be a part of your daily routine. Besides that, you can also burn some calories by taking a spin on your bicycle. Take a look at your schedule and see where you can insert your cleaning chores to burn some calories that allow you to trim down the unwanted fats.

5 Switch your kitchen tools.

Bring back the old times when preparing food in your kitchen by switching your kitchen tools. For instance, instead of using a standard chef's knife, you can use a cleaver instead when chopping. Cleavers weigh more, so using them is a good workout for your fingers, wrist, and arms. Besides that, you can also toss your standard pots and pans. Instead, use cast-iron pots. They weigh more and make your food safer and healthier to eat, as there are no chemicals that will get mixed with your food while cooking.

These small daily habits can have a huge impact on your weight loss journey. If you want to lose weight, developing these habits will help you achieve your fitness goals in no time. None of these small habits require you to spend eight hours in the gym or pay for a costly gym membership. Skip the gym and incorporate more movements into your daily routine instead.

Chapter 4

Splurge on Drinking Water



"Drinking water is essential to a
healthy lifestyle."

Stephen Curry

Drinking water can help you to lose weight. That's right. Without water, humans won't survive. Your body needs it more than you realize. And if you want to shed some pounds, you need to know how water can make your fitness goals come true.

Weight Loss Benefits of Drinking Water

Numerous studies have supported and revealed that drinking water is beneficial for your weight loss journey. Staying hydrated is the key to weight loss. It also improves muscle and digestive function. Here are the following reasons why drinking water can help you achieve your desired body shape:

It suppresses your appetite.

Drinking water is a natural appetite suppressant, aiding your weight loss. Each time your stomach detects that it is full, it automatically sends signals to the brain to stop eating. Water is the best way to fill your stomach, making you feel full and reducing hunger.

A lot of people also mistake hunger for thirst. Hence, the next time you feel the urge to eat, reach out for a glass of water first. That way, you can prevent unnecessary snacking.

A 2014 study reveals that 50 overweight females who drank half a liter of water every day before breakfast, lunch, and dinner for eight consecutive weeks have lost weight. Appetite suppression is also evident in their experience. Hence, make it a habit to carry a water bottle with you everywhere. Drink your water as much as you touch your face or check yourself in the mirror. Keep yourself hydrated.



Coldwater promotes calorie burning.

Another 2014 study reveals that cold water drinkers are most likely to lose weight. In this study, 12 people drank half a liter of cold water and experienced a boost in energy levels. It also helped them to burn 13 percent more calories than the usual after 90 minutes.

Water flushes out toxins from your body.

Dehydration causes the body to fail in flushing out waste. Hence, drinking water is crucial to keep the kidney in filtering the toxins while keeping the essential nutrients. But when you are dehydrated, the kidney retains the fluid.

What happens when wastes are not flushed out? Your digestive function may fail to function correctly. Besides that, the build-up of waste can cause the person to feel bloated, tired, and inflamed.

Hence, it's crucial to drink water to avoid retaining waste. You can shed a few pounds by keeping yourself hydrated. Whenever you feel bloated, just reach for a glass of water instead of punishing yourself for eating too much.



5 Tricks

into Drinking More Water

Now, it's not a surprise that a lot of people are not fond of drinking water. If you are served with coke and water on the table, you'll most likely reach for the coke. Why not? It's more tasty and satisfying than water, right?

For people who are struggling to keep their water intake on top, here are some tips to keep in mind to develop the habit of drinking water:

1 Prepare fruit-infused water.

Be excited to drink your water as much as you are when drinking coke. Hence, consider adding a little flavor to your pitcher. Fresh fruits such as lemon, strawberries, and grapes can make you drink want to drink more water. You can also add some veggie slices such as celery, cucumber, and ginger. If you want some aroma, herbs such as mint, lavender, and basil are great options. Let it steep for a while to enjoy flavorful water. Combos such as basil lemon or cucumber mint are popular and a must-try.



2 Drink water after every trip to the bathroom.

To develop a good drinking water habit, make sure to drink some water after every bathroom break. After going out of the bathroom, wash your hands, and drop by the kitchen for a glass of water. It will be easier for you to incorporate drinking water into your daily routine if you do it now and then. Besides, you'll have no excuses not to drink your water because you're getting up anyway.

3 Have a glass of water before eating.

Make it a habit to have a glass of water before eating. When you're at a restaurant, ask the waiter if you could have a glass of water while waiting for your order. Or, if you are cooking dinner at home, sip from your bottled water now and then while waiting for the water to boil. Even when you're preparing a quick sandwich, drink some water. These little rules will help you to establish a habit of drinking more water. It becomes an innate part of you that you'll do it without putting much effort or even thinking about it.





4 Invest in a high-tech water bottle.

Finally, you can give yourself an excuse for buying that cool, high-tech water bottle. If you are tech-savvy, you'll most likely find this water bottle impressive. For instance, an innovative water bottle that will recommend your water intake notifies you when it's time to drink, and logs your intake can motivate you to drink more water. It is also designed to keep your water cool for 24 hours and hot for 12 hours. Not only that, this sleek-looking water bottle is available in many colors that will suit your preferences.

5 Dilute your sweet drinks with ice.

There's no need to deprive yourself of the pleasure of drinking sweet drinks. However, you might want to dilute it by adding more ice or watering it down. That way, you're not drinking a highly-concentrated iced tea that can elevate your calorie level. Every now and then, reward yourself with a sweet beverage. You'll not only satisfy your cravings, but you also enjoy some extra water that your body needs.

The benefits of drinking water are endless, weight loss being one of them. If you can discipline yourself into drinking more water, rest assured that you'll be able to hit your fitness goals quickly. These little water habits will help you to effectively combat obesity and allow you to live a healthier, active lifestyle in the long run.

Chapter 5

5 Simple Morning Habits to Combat Obesity



"We first make our habits, and then our habits make us."

John Dryden

It's not about how intense your workout is or how expensive your workout fits are. It's about your little habits. These simple things can help you to combat obesity. If you become a master of developing good habits, you are unstoppable in losing weight.

5 Things to Do After Waking Up

So, what are the five simple morning habits that can help to combat obesity?

Here are the following habits to develop if you want to combat obesity and lose weight effectively:



1 Get enough sleep.

The importance of getting enough sleep could no longer be ignored. Numerous studies have proven time and again that quality sleep is crucial to our health. According to Harvard University's School of Public Health, people who do not sleep properly are too exhausted to engage in any physical activity, decreasing the number of calories burned, and their chances of losing weight. When you're sleep-deprived, you are most likely to purge in sugary foods thinking that it would help you keep awake. Besides that, lack of sleep can interfere with your hormones that regulate your appetite. Sleep-deprived people are hungrier than individuals who have enough sleep.

2 Start the day with a high-protein breakfast.

We all know that the most important meal of the day is breakfast. Skipping breakfast is not an option if you want to lose weight. Set your day right by eating a high-protein breakfast. It should keep you satisfied until lunch, so you don't see yourself heading into the vending machine in the middle of your morning shift.

A study reveals that girls who eat high-protein breakfast are most likely to crave compared to girls who consumed a normal-protein breakfast. There is also a link between a high-protein breakfast and less fat gain. Hence, the next time you plan for your breakfast, make sure you're not missing out on the protein!



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4 Bask in the sun.

Even for just a few minutes, step out and get some sun. Open those curtains, and don't lock yourself in your room all day. Even if it's your day off, allow yourself to take a little walk every morning. A study reveals that individuals who expose themselves to light even for a few minutes a day are more successful in losing weight.

In order to fill in your body's need for vitamin D, getting some sun is the best thing to do. If you meet your vitamin D requirements daily, you are most likely to prevent rapid weight gain. However, consider your skin type, location, and season when going out for some fresh air and sun. Allow yourself to bask in it for at least 15 minutes and head back to prevent risks of sunburn. Don't bask in the sun in the middle of the day! You'll end up exhausted with red, burning skin. This method is preferable to incorporate into your morning routine.

5 Stop driving to work.

Driving is considered one of the most convenient ways of commuting to work. However, if you want to go to work and trim your waistline, you need to stop driving. A lot of people are either walking, biking, or using public transportation to help them lose weight.

In fact, a study found out that non-car commuters are most likely to lose weight than those who drive to work. You don't need to walk all the way to your office six times a week. Switching it up at least 3-4 times a week can do wonders. Constantly driving to work can only promote laziness and weight gain. Hence, taking your bike out for a quick ride or using public transportation should be done now and then. Not to mention, it also creates a change of scenery, which can be beneficial for your health.

It's a wonderful feeling to wake up early in the morning, right? You might as well take advantage of this wonderful feeling to incorporate these small habits so that you can lose weight effectively. These habits will make your mornings more purposeful and productive. There is nothing better than starting the day right and going to work in a good mood.



Conclusion

Losing weight is an incredible, satisfying journey when done right. All the advertisements of weight loss supplements, hitting the gym five times a week, or buying the latest workout shoes are just band-aid solutions. In the end, it's in our habits to lose weight effectively and be able to prevent obesity in the long run. You don't need to kill yourself trying to do intense workouts or spend so much money buying expensive supplements and working out merchandise. These simple habits can be easily incorporated into your lifestyle, no matter how busy you are.

Remember, your habits make you who you are. You are what you consume. Obesity continues to threaten the American population with the risks it carries. Do not be one of its victims. Starting today, you can change your life and lose weight by being at home. No special gym equipment is required. No expensive gym memberships to pay for. And absolutely no harmful diet supplements to take. It's just you and your commitment to losing weight and staying healthy.



Start your journey today. Challenge yourself to develop these habits in three months and see the difference. The best version of yourself is waiting to be unlocked, and the first step is to act on it now!



Thank You

We Welcome Your Feedback.

Feel free to get in touch with us for any feedback
or question.