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Opening Extract from...

Weight Loss

The Essential Guide

Written by Sara Kirkham

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WEIGHT LOSS

The Essential Guide



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Introduction

In a world saturated with dietary advice, this book is a source of credible information and indispensable, practical weight loss tips, providing all the tools you will need to achieve successful long-term weight loss.

It has been estimated that almost 50% of women are dieting most of the time, with 13 million people on a permanent diet. Yet despite these figures, we aren't getting any slimmer – obesity is a disease epidemic. Many people following a weight loss regime will falter within the first few weeks, regain any weight lost and resume with an alternative diet plan, only to fail again. This book is for every person still looking for the ultimate guide that will enable them to lose weight and maintain it.

Although the science behind weight loss is simple (i.e. if you take in fewer calories than you use up, you will lose weight), weight loss is certainly not easy to achieve for most people. There are countless issues and pressures that contribute to our food choices, and making dietary and lifestyle changes is inherently difficult. We tend to set goals that are too ambitious, follow diets that cannot be maintained and quickly become disillusioned with the results. This book will enable you to understand weight gain and weight loss – it discusses the lifestyle pitfalls that contribute to weight gain, will help you to identify your own personal dietary or lifestyle gremlins that cause healthy eating plans to fail, and enable you to take stock of where you are and set achievable diet and exercise goals to achieve success.

You have found the perfect tool in *Weight Loss – The Essential Guide* if you want to:

- Find out your starting point body mass index (BMI), waist circumference or waist-hip ratio.
- Learn how to set realistic weight loss goals that are more likely to be successful.
- Maximise your chances of weight loss success.
- Reduce calorie intake without being 'on a diet'.

- Learn how to shop for, prepare and enjoy healthy foods.
- Try new recipes.
- Understand how to control your appetite, blood sugar levels and eating behaviours, and get back in control of what you eat.
- Understand the psychology behind changing your eating behaviour.
- Discover how to begin and stick with a long-term exercise regime to promote weight loss.

Disclaimer

This book is not intended to replace professional medical advice, although it can be used alongside the advice of your GP. If you are considering making dietary or lifestyle changes, you are recommended to consult a qualified professional such as a nutritionist or dietitian, and if you have any health issues or are obese, it is recommended that you consult a healthcare professional before embarking on any dietary or exercise regime changes.