

LNP 261 **The Key to Weight Loss**

Are you looking for a way to make your life better by feeling better? This is Pat Iyer with *Iyer's Insights*.

Your diet and exercise routine have a large impact on the way your body feels and functions. It may be hard to stick to a diet and exercise routine, especially when it involves giving up some of your favorite foods. It is crucial that you do this if you wish to have a healthier body. It will take a great deal of commitment, dedication, and motivation, but it is possible.

The idea of beginning a diet may seem like a daunting task. For most people it will be difficult to give up old eating habits and develop new ones. It means changing routines. I love the burrito bowls at Chipotle, but they are loaded with rice and corn – high in carbs. I'm better off getting a salad at Firehouse Subs.

We will often times make mistakes while on a diet. We are humans and none of us are perfect so therefore expect to have some slip ups every now and then. I limit myself to one meal a month at Chipotle.

Eating a healthy diet is very important for the overall health and well-being of your body. Certain foods are packed with nutrients that are great for your body while others are packed with processed foods and sugars which are unhealthy for you. You've heard that you should shop the perimeter of a store – the fresh food is there in the dairy and vegetable and fruit sections. The processed foods are in the center of the store.

The majority of people usually just need to cut a few things out of their current diet and replace them with a few new things.

There are a few things that determine how many calories you need to maintain a healthy body. The number of calories that you should consume depends on your age, gender, height, and weight. The number of calories varies from person to person. It is important that when you determine your number of allowed calories that you are sure that the

calories you have consumed will be burned off during the day.

There are several things to consider when designing a diet to limit calorie consumption. One of the most important is your level of activity. You must first figure out how many calories you currently burn per day. There are calculators on many health websites that are designed to help you with this process and make it much easier for you.

The next step is to figure out how many calories you need to consume regarding your current weight. Calories can easily turn into fat if not burned off during the day. You've heard the somewhat sarcastic expression: *A moment on the lips, a lifetime on the hips*. We want to get that fat off the hips.

After you have determined how many calories you need with your weight for your diet it is time to add in the age factor. Most adults need fewer calories than they did in their younger years. If you are younger and active you will likely need to consume more calories but if you are older and less active, less calories are the way to go.

Men seem to need more calories on a day to day basis than women. This is due to the fact that men and women's bodies are different. We have different muscle structures from each other and therefore our bodies burn different number of calories on a daily basis.

For example, an active male can require more than 3,000 calories a day when they engage in sports or other activities which cause the body to work. The recommended intake for the average woman is 2,160 calories per day for an active woman.

A nurse who is on his or her feet all day caring for patients may be burning a lot of calories. The legal nurse consultant sitting at a desk has to make a conscious effort to move around, take walks and exercise.

Height:

If you are taller you are going to need more calories due to the fact that you have more body mass than shorter people. The more of you there

is the more calories you need. If you are trying to create a healthier body and life for yourself then overindulging on calories is the last thing you want to do.

There are websites that have calorie calculators, and these can help you greatly while you are trying to determine your number of needed daily calories.

Follow a diet consisting of well-balanced healthy foods and not a bunch of junk food garbage. The saying goes “you are what you eat” so therefore if you eat a bunch of crap food you are going to feel like crap. The same goes for healthy food. If you consume healthy foods on a regular basis as part of a healthy diet you will surely feel great and not have to deal with the side effects that unhealthy eating cause.

When you are consuming *an improper* proper diet, you will likely become easily stressed or overwhelmed as your brain will be deprived of the nutrients it needs to function.



As nurses we sometimes feel like we have an excellent grasp of what causes dis-ease, but there is a lot we don't understand about how our bodies handle stress. Any small business owner is prone to stress. I want to share details about something I think is important for every LNC to understand – how your mind and body interrelate to keep you healthy- or sick. Kay Rice challenges assumptions about Western medicine and presents a different model of thinking: mind-body medicine. She asks us to think about medical care in a way that will help you realize

- why “a pill for every ill” could harm you
- how Western medicine and Ayurvedic medicine differ
- the basis of mind-body medicine and how that can help you
- how you can help your body fight disease
- the impact of stress on the body

- how you can harness your body's intelligence to create better balance in your life

Order the Mind Body Connection, our one-hour online training, at <http://LNC.tips/mindbody> and use the code Listened to get a 25% discount. Let's return to the show.

A healthy diet is not the only thing that is important in having a healthier body and mind. It is also important to make sure that you are also getting the right amount of exercise.

At first it may be difficult to get yourself in the routine of exercising on a regular basis. With practice and determination, you will find yourself doing it in no time. You will be amazed by how much better you feel every day when you exercise on a regular basis.

Exercise will not only provide you with a healthy body and mind; it will also increase the span of your life. This will give you many extra years to spend with your loved ones.

Many people make the error of thinking that a proper diet alone is enough to achieve full body health. This is not the case! A well-balanced diet also needs to include regular exercise as this is vital for a person to be healthy.

Exercising will also give you the added benefit of being able to eat more food on a daily basis. While you exercise you burn off fat and calories. The more calories you burn the more you will be able to eat.

Exercise will not only get your body to a better physical state, it will also make you feel better mentally as well. Remember that your brain naturally releases endorphins while you exercise. When your brain is full of endorphins you will achieve a state of euphoria or a type of high that will make you feel good.

You will feel great about yourself as you begin to see the results from all the effort you have put into your exercise routine. It will make you a

more confident person and it will improve your self-worth and self-respect. The first thing you need in order to have a happy successful life is a healthy body, spirit, and mind. Exercise can greatly help to improve the state of each one of these.

Once you have decided to begin exercising it is important to set up an exercise routine for yourself. This will allow you to make sure that you are getting proper amounts of exercise while exercising different muscle groups and giving you a schedule to stick to.

You need to remember that nobody is going to hold you accountable for not sticking to that routine but yourself. Slacking off or procrastinating when it comes to your exercise routine will do nothing but slow down the progress of your results which will likely suck your motivation dry and you won't continue.

It is important that you do not try to start your journey to a healthier body and exercise blindly. You need to know some important facts so that you do not injure yourself while trying to better yourself. It is always a good idea to consult a trained professional when developing an effective workout routine. These professionals will know the exact routine that will work best with the time you have available, your body type, and the goals that you have in mind.

If you decide not to use a professional to build the exercise routine, you need to make sure you create a well-balanced exercise routine. You do not want to focus on one muscle group and work on it every day.

This can damage muscles over time as they do not have enough time to heal properly. You need to work on different muscle groups on different days of the week. For example, one day you may work on biceps and then the next you work on legs.

If you are exercising for dieting purposes, you may want to stick to exercises that focus more on the cardio aspect of things. Treadmills and step climbers can be great ways of burning off carbs and calories. The only problem is the fact that they take up so much space. Most people will not have room in their house for a treadmill so they may have to buy a gym membership.

Stationary cycles are also another form of healthy cardio exercises.

This type of cardio can be great for older people or those with arthritis as it allows the person working out to sit and take things at their own pace.

There are classes that even incorporate dancing into the cycling to provide an intense workout that is also fun.

If you find yourself having a hard time with sticking to your exercise routine, you may want to try adding in some classes that you find fun. The dance exercise craze is exploding, and you can find classes for this type of exercise almost anywhere. Programs like Zumba Dance can be quite fun, so they hold your attention and bring you back for more and more. During these classes you will have so much fun that you do not even realize you are sweating and burning fat and calories.

All you need to do is find something that you enjoy doing as exercise and before you know it, you will begin to see positive results.

One thing that will surely help to keep you motivated is to think of all the hard effort and time you have spent on getting as far as you have with your diet and exercise routine. You do not want to throw it all, away do you? Of course not!

You need to give yourself credit for the accomplishments you have made so far as well as your progress towards your future goals.

Another good idea is to use your family and friends as a way to keep you motivated. It can be difficult to hold yourself accountable. Your family and friends can be a good source of honest feedback. Your loved ones and friends will also have a large impact on your thinking if they think that you are starting to lose your motivation.

In some cases, other people can actually motivate you more than yourself. Your loved ones should remind you of how much they love you and how much they want you to be healthy. This will make you feel selfish if you start to slack on your diet or exercise and this will likely make you want to get back on track.

Bettering your life through a healthy diet and proper exercise is possible. Remember, you can do anything that you set your mind to. You deserve to have a healthy body, spirit, and mind. The only one who can provide it to you is you. Start working on a brighter future for yourself today and begin eating healthier foods and exercising regularly. You will not be disappointed with the results. Keep in mind, great effort is rewarded with great results.

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