



## **Welcome to our Weight Loss Strategies Guide!**

Achieving and maintaining weight loss is a journey that requires a long-term approach, rather than relying on crash diets. It's important to find a diet plan that you can stick to and enjoy, while also considering certain lifestyle behaviours. The secret to long-lasting weight loss often lies in making fundamental shifts in what and how you eat. Many people fall off their diet plans because they become too restrictive. Instead, try following a plan that focuses on variety and choice.

Here, we will explore eight proven strategies that can help you lose weight effectively and keep it off:

### **1. Cut Calories**

The best diet for weight loss is not complicated or expensive. It simply requires you to be in a calorie deficit. Many people are unaware of how many calories they actually need and consume. Portion distortion, constant grazing, overeating, and high-calorie takeaway meals and drinks can all lead to consuming more calories than necessary. Consider the Japanese approach of eating smaller portions, avoiding snacking, and stopping before feeling full. Tracking your calorie intake initially and working with a nutritionist can help you determine the right plan for you.

### **2. Importance of Sleep**

Poor sleep patterns and a disrupted circadian rhythm have been linked to weight gain. They affect metabolism and energy expenditure. Shift workers are at an increased risk of obesity due to disrupted circadian rhythm. Short sleep duration is also associated with higher obesity risk. Poor sleep quality can increase hunger and cravings by disrupting hunger hormones. Prioritize quality sleep and establish a regular sleep schedule to support weight management.

### **3. Lower Stress**

Stress contributes to weight gain by increasing appetite through the rise of cortisol and glutamate. Practices such as yoga and meditation can help lower cortisol levels and increase nerve growth factor, which may help reduce food intake. Dedicate daily time to de-stress using mindfulness, meditation,

relaxation techniques, and consider activities like walking or magnesium salt baths to calm the body and mind.

#### 4. Exercise

Exercise is crucial for overall health and weight management. It not only burns calories but also builds muscle mass and boosts metabolism. While some headlines claim that exercise doesn't make you thin, the right type and amount of exercise can facilitate weight and fat loss when combined with proper dieting principles. Resistance training is particularly effective in preserving muscle mass and improving body composition during weight loss.

#### 5. Eat Sufficient Protein

High-protein diets have been shown to be superior for weight loss. Adequate protein intake keeps you feeling full, reduces appetite, and promotes fat burning. Ensure that your diet includes sufficient protein for your needs while still incorporating carbohydrates. Working with a nutritionist can help determine the right protein intake for you.

#### 6. Reduce Carbohydrates

**Especially Refined Carbs:** Reducing overall carbohydrate intake and avoiding refined carbs (such as sugar, white bread, and pasta) can contribute to weight loss. This not only reduces calorie consumption but also helps stabilize blood sugar levels and prevent insulin spikes. By reducing carbs, you naturally increase protein and healthy fats, which can improve satiety. Research suggests that this approach may also increase metabolism without any change in calorie intake.

#### 7. Include Fibre-Rich Foods

Fibre-rich foods like vegetables and fruits are low in calories but incredibly filling. Studies have shown that incorporating fibre-rich foods aids in weight loss. Fibre also supports a diverse gut flora, which produces short-chain fatty acids like butyrate, known for its weight loss benefits. Soups are also highly filling, leading to reduced calorie consumption. Regularly including soup in your diet, either as a meal or snack, can help with weight management.

#### 8. Drink More Water

Staying hydrated with at least 2 litres of water per day has been shown to increase daily calorie burn through water-based thermogenesis. Drinking enough water helps keep you energized.