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Weight Loss 2008 For Women

Thank you for reading this free sample of Weight Loss 2008 for Women. You will find useful information which I know can have a big impact on your life.

Discover that you're being lied to almost daily about weight loss, with only one purpose and that is, to take your hard earned money.

Whether you decide to buy the complete programme or not, I want you to do one thing - read what I have to say and think about what I have to say, compared to what the fads are telling you. Then take some action for yourself and make your life the way you want.

If you wish to purchase the full programme, it will consist of the complete digital book, plus audio version and 12 week strategy guides.

The digital book is your visual guide, while the audio gives you the opportunity to listen to it on the go. The 12 week strategy guides show you what to do when to do it, without overloading you.

Click here [Weight Loss 2008 for Women](#)

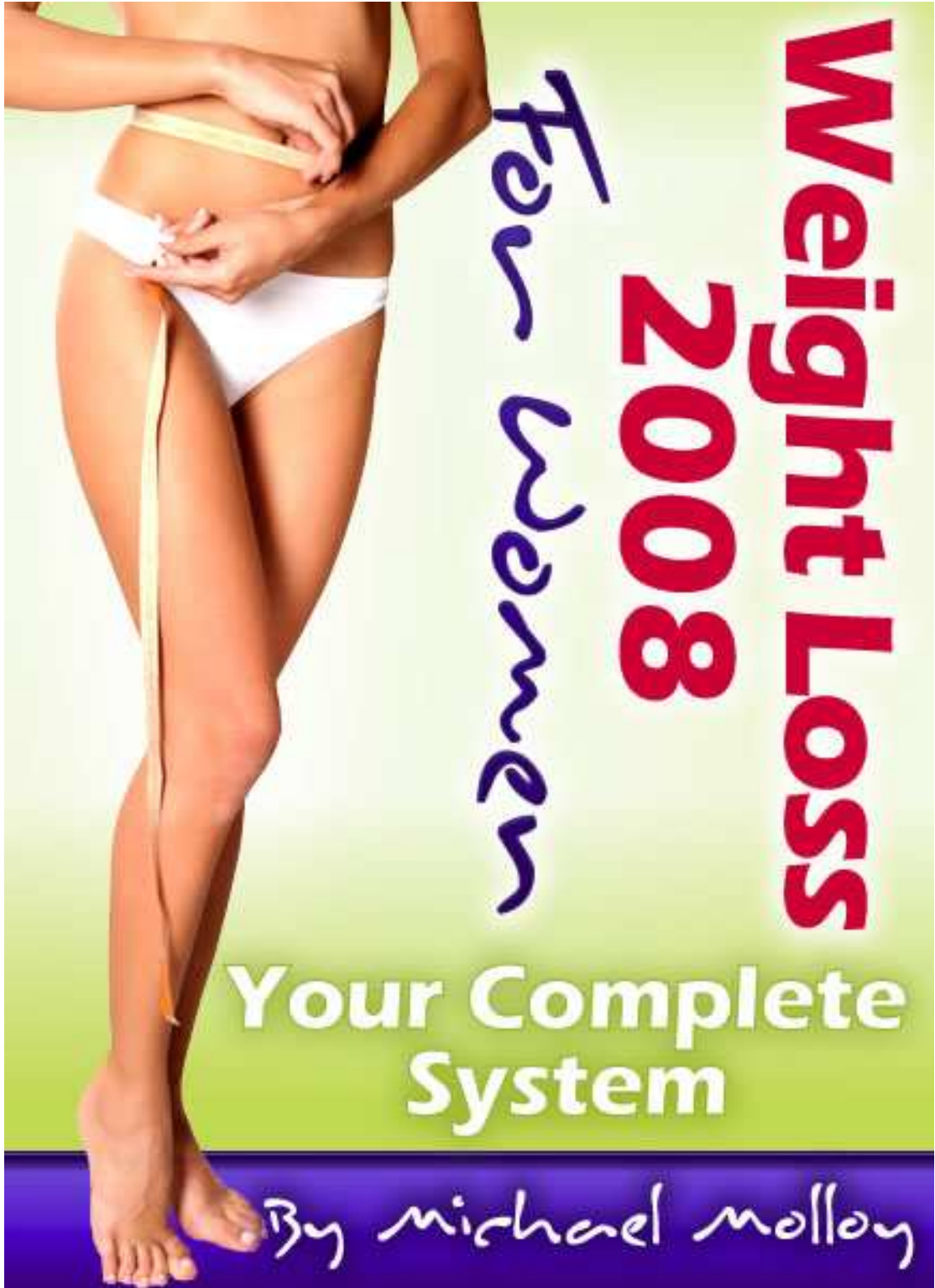
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Weight Loss

2008

For Women

Your Complete System

By Michael Molloy



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If advice concerning health and dietary or related matters is needed, the services of a fully qualified professional should be sought. All external links are provided as a resource only, and the author, cannot be held accountable for dealings with these companies. Any reference to any person or business whether living or dead is purely coincidental.

See Your Doctor

Before you start any fitness routine or make any substantial change to your diet you should always consult with your Doctor. Be open and honest with your Doctor and tell them that you're starting a weight loss/fitness program.

Ask for a blood pressure test and a cholesterol test. As these are known as silent killers, it's in your general interest to have them done. Have your heart checked and discuss any previous injuries and any medication you're on.

I'll add a questionnaire in the resources to bring with you to the Doctor as a guide so you don't forget.



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About Me

Hi my name is Michael Molloy and I live in Ireland. I have always had interests in Sports and Martial Arts and in 2005; I qualified with distinction in the National Certificate in Exercise & Fitness Instruction (NCEFI) re-titled the Certificate in Exercise and Health Fitness when it became an academic affiliate of the University of Limerick. To add to my knowledge, I completed a Diploma Course in September 2007 and passed with distinction in Fitness, Health and Nutrition.

There are aspects of fitness that remain the same but it would be a mistake to take for granted that what was practiced in the past, works or is even safe. So as our knowledge of the human body increases, it is every Instructor's job to keep up to date, as it is mine.



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Myths about Dieting

Let's start with an old favourite, dieting. First let's look at the word die_t. Let's face it, that's how most people feel.

Diets don't work long term and you know this to be true, why else would you be reading this. When you suddenly reduce the amount of food intake your body reacts by slowing the rate by which it uses calories, the metabolic rate.

When speaking to women they react to this as a betrayal by their own bodies or if that's the case how can they ever lose weight. This way of thinking comes from the bombardment from magazines, television and yes, even well meaning friends. Anything that works against the natural processes of our body will have consequences you won't like. So it's time to change your way of thinking and to start working with your body.

To hammer this point in, let's imagine you start to drastically reduce your intake of food, i.e., starvation. Your body reacts to this as a real period of starvation and to protect you it will conserve as many calories as possible. When you start to eat normally again your body is still in starvation mode, the metabolic rate is slower which means you now have to eat less to stay at your original weight. This explains the so called yo yo weight syndrome. I will show this in greater detail later on.

Myths about Spot Reduction

Research has shown that you will lose body fat from all over and not from one section of your body. When you isolate an area of your body, say your stomach and do crunches you will increase your muscle tone of your stomach. While this is important you can't see the shapely muscles because of the layer of fat. As I said you need to know all the pieces before permanent and stable weight loss can be maintained.



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What You Focus On

For some reason our thinking has become twisted, we continue to shift our focus between the pain of having to do what it takes to achieve our goals and the pain of failing. It seems to me that the only time we consciously use the pain that drove us to begin with, is to punish ourselves for not following through or not having the courage to take action.

This is a vicious cycle and no different than the 'yo yo' diets that seem to plague us at the moment.

This is the second vicious cycle we need to tackle and put behind us once and for all. Whenever we make a change, even a positive one we push our boundaries of comfort, which leaves us feeling vulnerable. This is the stage where we start to listen to that little inner voice. Sometimes it doesn't sound so little. Added to this, we are never short of people giving advice.

As a species, we have been taught to respond to and respect authority, so when somebody gives his or her advice, especially when they sound positive, always ask about their credentials because there are some people out there who love nothing more than to hear the sound of their own voice.

The advice from the well-meaning friend! The question you should ask is, were they where you are now and are they now where you want to be. If not and they have no training in this, be nice but ignore the advice and stick to this programme. If not, it will be easy to become sidetracked and overwhelmed.

From now on, I want you to start thinking of the pleasure you will have when you are a healthy weight. Feeling proud, looking good or being able to keep up with your friends or children!

Take time each day and imagine that you are already there. This works because the mind can't distinguish between a vivid fantasy and reality. This may help to explain society☺. As I have already said, work with your body not against it. Trust me on this and please do it! Don't spend time wondering will it work, just trust me.

Now the only pain I want you to think of is of the pain if you don't do the programme, if you don't make your dream a reality. This may seem like a subtle shift, but it can have a monumental effect on your life. No longer let fear control you by thoughts of failure, but use the pain to drive you and use pleasure to pull you to your goal.

Never again use the word CAN'T to yourself or others, it no longer exists to you.

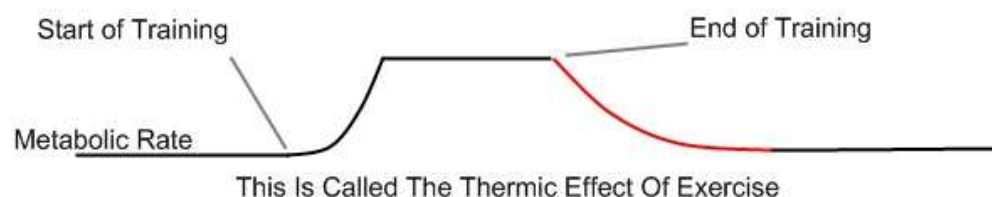
Die_t -vs- Dietary Change/Metabolic Rate

Research shows diets don't work long term and dietary change works better in conjunction with a well balanced training routine.

The basal metabolic rate is simply put 'the amount of energy that the body needs to survive at rest or sleep'. Muscle is more metabolically active than fat, which means the more muscle or muscle tone you have, the more calories that are used just to keep you alive at rest or play.

As we discussed before, when you diet your metabolic rate will slow to help your body conserve calories. When you end your diet and start eating what you were eating before the diet your metabolic rate does not automatically return to the previous level, which often means you have to eat less just to stay the same weight as before.

The chart that follows should help explain the metabolic rate and the effect it has.





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The bottom line is your basic metabolic rate, the energy required to keep you alive. As you can see, when you begin to train your rate will increase, which means you will burn more calories. This will level out until you finish training. As you can see, it will take time for your metabolic rate to return to resting levels. This means you can burn more calories hours after your training has finished.

When You Have a Bad Day

This may not sound positive, but we live in the real world and we must be prepared for when we have a bad day. It's all well and good moving forward when everything is going well, but it's what we do when things go wrong that will decide our future.

A new pattern takes over thirty days to become habit so you will need to remain focused. You will need to remember that it will take time to make these changes but you can and will make them.

This is one of the main reasons for recording your readings to show where you started and the progress you have made. This will help to keep you focused and when you see the progress it will confirm the choice and direction you have chosen to take.

Obesity

With this programme, our aim is to lower the body fat percentage and increase your muscle tone. As an adult, you can make these decisions because you are in control. It is not your past or your job that dictates what you think, eat and what you decide to do. You are in control of your destiny.

As I have this opportunity to speak to so many women, I would be remiss if I did not take this opportunity to speak about obesity in children. I know all women do not have children, either through choice or lack of and I'm sorry if I offend anyone.

Obesity has been linked to heart disease, cancer, diabetes and stroke to name just a few. Obesity has more than one cause but we can tackle many of these causes head on.



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According to figures from the International Obesity Task Force (IOTF) the number of school children in the EU who are overweight is rising by about 400,000 each year. With 14 million overweight children, 3 million of whom are obese and this is only in the EU.

We can increase the level of activity via sports clubs or any fun activity. If you find this hard then do some activity with your child, this will also help with your weight loss and strengthen your bond, which counters stress.

Introduce healthier snacks instead of bars and fizzy drinks. Make the snack colourful and tasty. I hear all the time that healthy food is bland and tasteless and this is absolutely rubbish.

I don't eat meat or touch dairy and I eat great tasting food every day. I had to buy cookbooks and experiment until I had multiple choices to choose from. Nobody can do this for you as it's about personal taste, but once that work is done you can reap the rewards everyday for the rest of your life.

I know some people who will say they don't have time and that's why they eat convenience foods or fast food. Well the number of health food shops that have pre-made dishes for you to take away and cook or reheat, is on the increase. Then what about juice bars for a treat for the kids or yourself? There are alternatives and it is your responsibility to find them.

Obesity is a real problem and if you need help, make sure you receive it.

White Lies & Softeners

Before we start I'd just like to say I love fat people, I'm not so sure they feel the same about me, it's most likely I'm a pain in their (you know what?), but I do worry about their health. How do you know I care?

Imagine seeing a twelve-year-old girl walking through a shopping centre or mall and stopping to catch her breath before walking into a fast food restaurant. This girl carries the full weight of at least one other child in fat on her body, then as a treat she buys a super size portion.

For most people there are two camps of thought. One is of disgust at seeing this girl and negative thoughts about her parents. The second is one of feeling sorry for the girl.



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For me I'll notice her breathing as she walks, when she stops I'll judge her recovery rate. I'll have some understanding of the extra effort her heart and lungs are under not to mention her joints. When I see what's she is eating I know her body is reacting to this processed, dead calorie loaded food. I'll know the life longevity and health, disease statistics and know there is nothing I can do to help.

The next time you're in a mall, stop and take a look around and you won't have long to wait to see what I mean.

What about the woman that comes up and starts to speak about her weight and within a couple of sentences she's in tears and all you can see is despair in her eyes.

This is where we start.

I've done every thing and I've can't lose weight. If this were true they would have found a solution. This may sound harsh but I usually find that they are doing the same thing again and again and getting the same result. Changing from one crash diet to another is the same thing. Following bad celebrity diets is the same thing.

Next comes, **I've done everything you've asked** and I can't lose weight. When I ask what food they have substituted they will say I added a fruit drink or extra vegetables. Added not substituted! How can you lose weight by adding extra to your poor food diet?

When I question them on the fitness routines I will usually find they can tell me about one part of one programme they find the easiest to do. When I ask further why they **have not done the routine I'll get a list of reasons**. Reasons or excuses, I'll leave you to decide.

Missing training the odd time is no big deal if you have something to take its place and I do not mean sitting in front of the television. I'm not telling you what to do, but ask you to ask yourself the question "does this move me closer or further from my dream?" Asking this question regularly can help keep you track.

If you had my life you would understand. Think about this for a while because I see a lot of anger here. Have you heard of somebody committing suicide and their family and friends were in a state of shock because how could someone so happy and full of life kill themselves.



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Most of us wear masks when we speak to other people and hide parts of ourselves or our lives from them. So if you do this to other people is it not fair to assume they do the same thing to you. So do you really know them any better than they know you?

Life doesn't throw the same problems at everybody but that's just because it has so many to choose from. I hate when people say, "cop yourself on and get on with it". Well what else can you do? You can chose how you're going to get on with it.

Will constant worrying about the problem solve it? Will complaining to yourself and others solve it and make you feel better? I'm not saying change is easy but I am saying that it is worth it. It's your life so the question is how are you going to live it.

Skinny people don't have to do this. At the start of this book I said I would only help people lose weight a healthy way. Yes, being to skinny has problems associated with it too. You need a certain amount of fat in a body and if you don't have it then your body is out of balance, which can lead to disease. I have no interest in that whatsoever.

So I'll take skinny people don't have to do this as meaning people with a healthy weight don't have to do this. Is this true? Toned muscles don't stay toned all by themselves. If they don't train maybe they have a hectic schedule and they're always on the move. This does not mean sitting in traffic or any other public transport other than pushbikes, which is limited to a handful of countries.

If not what are their eating habits? Are they eating healthy? There is always a reason and just because you can't see it does not make this untrue. If you happen to know someone with a genuine problem with their metabolic process (metabolism) this is not something to envy as it is a serious problem that can effect their entire life.

They had surgery. For starters do you really care what somebody else does? If so, ask yourself why and make sure you answer that question. Is their life so important to you that you let it distract you from your own?

Could it be that passing judgement on others is easier than working on your own flaws? Best of all if they can't achieve it without surgery then how can you be expected to.



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Yes, people get surgery I'm not disputing this. What I will argue is that unless they change their lives straight away, meaning eating habits, fitness routines and the way they view life they will most likely be back under the knife because the cause of the problem remains. Now do you want to be like that?

Any reason you have or have used not to train or change your diet, I'd like you to write down. Write it down and don't alter it half way through. If you think you've worded it wrong write it as a separate excuse as this is the language you're using in your own head.

Now imagine someone you do not like telling you that reason and think of reasons why it's just an excuse, unless of course you don't have time 😊.

Now, if you have done this truthfully do the reasons still hold water or are they starting to sink? If you believe that your reasons are still genuine then it's time to do a search on the Internet. Say you're in a wheelchair and feel you can't lose weight, well do a search (lose weight in a wheelchair) and you will find questions and answers and some great success stories. Yes, you will find junk as well.

The point is, if someone has achieved his or her goal with the same problem or issue you have then you don't have a reason, you have an excuse. Whatever somebody has achieved so can you? Contact them directly if you can and find out what worked for them and in a case like this, show it to your therapist or Doctor and ask for their opinion.

This is but a small handful of statements I hear all the time, so you do need to add your own and examine them. I can't give you the secret to weight loss because it's not a secret. I can show you the way and help you get there, but you need to look within and believe in yourself.



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Anytime you shine a spot light into the dark corners of your life you're bound to find things you don't like or at least need to change. This may not be a nice feeling but use it to change what you're not willing to put up with anymore.

Motivation

When I hear people talking about motivation it is clear that it is a very misunderstood subject. Let's get pumped up and go at it full speed. That's great if you're at the top of a hill and that momentum carries you until gravity takes over and then it's smooth sailing.

Unfortunately, life is not like that. Whether you devoutly believe in a higher power or not, life is going to kick you in the teeth and pound you to the ground at times. I know how to motivate don't !! Let's be real about this, it could be sickness, death of a loved one, death of a child, divorce and the list goes on.

When you don't feel like getting up in the morning and the most positive thing on your mind is, that there's no point in life, how is getting pumped up going to help. First, what has this got to do with fat loss? That's easy, what has stopped you in the past from taking action on any number of subjects?

De-motivation from loved ones and friends. The lies we believe and the lies we tell ourselves. Life's ups and downs. Life's not fair, but who said it was? It's all we have to work with, so let's start working with it just like we've started working with our bodies and make it the best life we can.

You must realise that there's going to be challenges ahead and at times you will ask a great question like, "What's the point I'm just fat I've always been fat and how could someone love me etc etc etc". If you don't accept that then each time you have a bad day or something comes up you risk being stopped in your tracks and falling back on your old habits.

You need to step back and answer those questions in a clear and direct way. Write them in your journal and keep that journal safe. What's the point?

So you can see you kids grow, play with your grand kids, keep up with your friends, whatever the answer is to you, just write it down and re-confirm why your making these changes.



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There have been many studies why people continue to train and why others drop out. So let's look at a few so we know how to overcome some of the barriers.

Since you're reading this book, you are looking for ways to lose weight so you have already decided on some type of action. Then why will some women who read this take no further action? You can use the act of buying this programme as a softener by telling yourself that (look at me I have taken action) then lose some of the drive or pain that got you to this point.

This is why you need to record everything from day one and set a time to look at your journal each and every day to make sure your moving forward.

There are those of you who are focused and driven and you need to work out your programme in detail and stick to it rigidly. While this will work for you it won't work for someone who wants to interact with people and have a more fun and social aspect to their training.

There is nothing wrong with either way of thinking. This comes down to the individual's personality type. The problem arises when you try to train using a routine that does not fit with your personality type.

Don't get pushed into activities you don't like and a routine that does not fit into your life. If you go to a gym you need to let the Instructor know your likes and dislikes and the amount of time you can set aside to train in the gym and the time and activities you plan to do outside the gym.

When you start you can become overwhelmed and directionally lost. Have your plan laid out and refer to it daily. This simple method will keep you set to the direction you choose and keep you from feeling stressed or overwhelmed.

Remember that improvements will take time and you won't lose all your extra fat overnight. You're not going to do everything perfect and over time you will improve and that's what it's all about.

Increase the intensity or the frequency of the exercise gradually and record your improvements. Use this record as confirmation when you pat yourself on the back.



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Self-praise is great praise! Yes you read that correctly. Why is it that people think it's normal to put themselves down with guilt and repeated memories of failure, but speak about self-praise and they think it's twisted?

I intend to send you emails as a mini course or how shall I put this (as not so gentle reminders) to move your butt. You are free of course to choose not to receive them but why would you do this?

Motivation is such a big subject that can affect all areas of your life. Shortly before I started writing this book, I took part in a live momentum programme, which was recorded for later sale. That programme got me to take action from talking about writing a book, to actually sitting down and mapping out how to make it a reality. This is the only programme that I directly recommend from this book. I will explain more in the resource website for anyone interested.

What's Next

You will receive the 12 week strategy guides in your email box, one every seven days so make sure you white list my name and email address. Follow the 12 week strategy guides as you get them. If you fall behind don't worry as the guides recap what you should have done to keep you on track.

The guides are designed to work for this programme, so you should never have to ask what I should be doing.

Follow the link in the email to download your charts and the extra bonus.

Thank You

All that's left to say is thank you for giving me this time of yours and I truly know if you apply some of the strategies in this book you will see changes. Now if you use all the strategies who knows what you will achieve. The only limits are those you impose on yourself. Stop by the membership website to download your charts and anytime to see what's new. Remember that repetition is the key to your future.

I believe in you, but the question is do you?

Your Irish friend

Michael Molloy





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If you wish to purchase the full programme it will consist of the complete digital book plus audio version and 12 week strategy guides.

The digital book is your visual guide while the audio gives you the opportunity to listen to it on the go. The 12 week strategy guides show you what to do when to do it without overloading you.

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For information on the World Health Organisation visit <http://www.who.int/en/>

For ongoing help with weight loss visit [Weight Loss Support for Women](#)