



# WEIGHT LOSS RESEARCH

Helping you to lose weight!

## **A Guide to Healthy Living** **Your Route to Weight loss**

How to lose those extra inches and keep them off, for good!



Copyright Notice

Copyright © Weight loss Research 2007. All Rights Reserved. The content of this website/pdf is the exclusive property of Weight Loss Research

# A Guide to Healthy Living

## Contents

<b>Introduction</b>	<b>3</b>
<b>Healthy Eating</b>	<b>4</b>
<b>Physical Activity</b>	<b>5-6</b>
<b>Healthy Weight</b>	<b>7</b>
<b>Smoking</b>	<b>8</b>
<b>Sensible Drinking</b>	<b>9</b>
<b>Food Hygiene</b>	<b>10</b>
<b>Sexual Health</b>	<b>11</b>
<b>Detoxing</b>	<b>12</b>
<b>Weight Loss Systems and Products</b>	<b>13-14</b>



## Introduction

Healthy living is something we all aspire to ascertain, in a world where everything is achievable.

However, with life being full of distinct pressures, we are constantly bombarded with scare-mongering stories, whether it's the size zero phenomenon or the obesity epidemic.

In reality, healthy living and reaching a healthy weight are determined by different factors for each and every person.

Our expert advice is here to provide you with the ability to achieve and maintain a healthy and life enhancing weight.



### You must always remember that:

- Good health is linked to a good diet. There is endless advice available to you about the best foods and weightloss systems around, but sometimes it is hard to know what to do for the best. This guide is here to help you.
- Trying to maintain a healthy lifestyle by keeping fit is necessary to help boost your energy levels, as well as your metabolism. Just by boosting your daily activities as part of your routine, will ensure that you can reap these rewards.
- Worldwide, there are increasing numbers of people using alternative medicines to help them reach their healthy living aspirations. These are used to help alleviate illnesses or symptoms, which will help encourage a [healthier lifestyle](#) and your wellbeing on the whole.



# Healthy Eating

## Why is healthy eating important?

As we get older, managing your weight properly and getting the right balance of food types will improve your overall feeling of well-being, whilst also reducing the risk of developing illness and diseases.

## Do you have a healthy diet?



## Healthy diet explained:

- Try to have plenty of starchy foods such as rice, bread, pasta, potatoes, breakfast cereals, yams and sweet potatoes. Always try to go for the wholemeal variety in these foods where possible
- Aim to have five portions of a variety of fruit and vegetables daily
- Use a moderate amount of dairy product and look for low fat varieties
- Moderate amount of meat, fish or alternatives such as eggs, beans, peas and lentils - look for lower fat versions where possible
- The occasional treat (foods that are higher in fat, salt and/or added sugar should only be eaten in moderation)
- Little salt - always read the label

**For more information on healthy eating and healthy weight loss, [click here](#)**

## Physical Activity



Getting active is one of the best ways to lose weight and keep fit. There are all sorts of activities and sports that can get you moving and aid weight loss. Being physically active is not just a good way to lose weight it also keeps you fit and healthy.

Cycling, Dance, Football, Gym, Running/Jogging, Racket Sports, Swimming, Tai Chi, Walking/Rambling and Yoga.

## Calories and Weight

A pound of fat equals 3500 calories. To lose 1 pound a week you will need to expend 3500 more calories than you eat that week, whether through increased activity or decreased eating or both. Losing 1-2 pounds of fat a week is a sensible goal, and so you will want to use the combination of increased activity and eating less that will total 3500 calories for 7 days.

Although exercising is great just being more active is also a good way to burn calories. There are many small changes you can make to your daily routine that will burn calories for example:

- Take the stairs instead of the lift
- Keep walking whilst the escalator carries you up
- Walk or cycle instead of driving short distances
- Park your car further away than you need to or get off the bus one early
- Do some exercise on your lunch hour - swimming, yoga etc

## Benefits of exercising

- **Boost to your emotional well being** – Even light exercise can help boost your mood. Also, more intense exercise can stimulate the release of mood elevating compounds called endorphins.
- **Reduce risk of heart disease** – If you are overweight or obese, you are more prone to heart disease, as you have a higher risk of cardiovascular disease. You can improve your cardiovascular function if you partake in exercise.
- **Improvement to memory** – If you exercise more regularly, you move blood and oxygen to all your body's organs, including the brain, which is great for revitalising your mind.
- **Reduced risk of Diabetes** – Physically active people are less likely to develop Diabetes, as exercise increases the body's ability to use sugar for energy and thereby decreases the need for insulin.
- **Other benefits include:** - Improved sleep pattern, increased strength, improved energy level, pain relief, longevity and increased bone density.



For more exercise tips, read more on this [recommended weight loss website](#)

## Healthy Weight

Getting fitter and living a healthier life is not impossible if you engage in healthy eating and physical activity. By doing so, you can reduce your chances of developing various diseases and can also help you achieve your desired healthy weight.

### Checking your body mass index

By being healthy, eating the right things, exercising appropriately, you can sensibly bring your weight down.

To check your BMI, simply take your weight (in kilograms) and divide it by your height (in metres) squared.

For an **online BMI calculation**, [click here](#)

Notably, being under 20 on your BMI means you are underweight, whereas over 25 is considered overweight, and over 30 is obese.

### Healthy diet

Low fat and low calorie foods include fruit and vegetables. By eating more fruit and vegetables, instead of high in fat food and sugars, will significantly help you reach your desirable healthy weight.

### Exercising

The only way to make exercise part of your life is to build this into your everyday life.

Many people go for a brisk walk, gentle jog or try an exercise class. Everyone is different, so you must choose something that you find enjoyable.

As a fully pledged adult, you should try to get your heart rate up at least four to five times a week.

### 5 Top Tips

1. Keep an accurate food diary
2. Set healthy and manageable goals
3. Ensure you make healthy choices within your routine
4. Be proud about your progress
5. Make a strong commitment towards lifelong changes

**For more tips on improving your health and encouraging weightloss, [click here](#)**

## Smoking

As everyone is aware, smoking can lead to serious health problems and diseases, that can affect everyone who comes into contact with them, directly or indirectly.

More recently, smoking has been prohibited from many public places worldwide and many support services are increasing to make sure that people avoid the temptation to smoke.

### Why should you stop smoking?

From what most people who quit smoking suggest, they have given up their habit to create better lifestyle opportunities for themselves and others - improve their sex lives, attract the opposite sex or reduce any potential harm on someone else's health.

Many estimates and current research suggest that non smokers live ten years longer than smokers do.

Smoking is renowned for causing many diseases such as lung cancer, bronchitis and heart disease, as well as strokes, bronchitis, stomach ulcers, leukaemia and other cancer related conditions.

Also, it has been suggested that smoking has the capacity to worsen chest problems, allergies and colds. When involved in exercise, people who smoke also may feel short of breath, are prone to coughing and might sneeze more.

Smoking has also been linked to cellulite and is not able to make you lose weight. If you want to lose weight, there are far [safer measures](#) available to you.

Second hand smoke or passive smoking is also linked to cancer. Children who are passive smokers are more prone to croup, pneumonia bronchitis, ear infections, tonsillitis, wheezing and childhood asthma.

Also, pregnant mothers who smoke are exposing their baby's health to harmful gases and chemicals.

**Healthy living is important to us all and by quitting smoking, you will see a dramatic improvement to your health, which will ultimately make your life feel more fulfilling and rewarding.**

**Always remember that smoking is like obesity, it is one of the most preventable causes of chronic disease because in most cases its development is lifestyle-related.**

**Read more about reducing your chances of obesity [here!](#)**

## Sensible drinking

If you drink moderate amounts of alcohol, then you do not have a problem in terms of sensible drinking.

However, many people think they drink sensibly when in fact they don't.

It is advised by medical experts that men generally should not drink more than three to four units of alcohol per day. Women, on the other hand, should drink no more than two to three units of alcohol per day.

## What is a unit of alcohol?

1 Unit of Alcohol = 10ml of pure alcohol

A rough estimate about this is:

- 1 measure of spirits = 1 unit
- 1 pint of ordinary lager, bitter or cider, 175ml glass of wine = 2 units
- 1 pint of strong lager = 3 units
- many wines at approximately 11 / 12% alcohol with a small glass as a measure equates to 1.5 units



## Health risks

Alcohol abuse is responsible for a wide range of health problems which is associated with dehydration, unconsciousness and drowsiness.

If you continue to drink heavily or even binge drink, you are risking experiencing more serious health problems, including cancer, liver problems and heart disease.

In terms of losing weight, drinking can reduce the number of calories you burn, increase your appetite and for men, lower testosterone levels for up to 24 hours after you finish drinking.

**To lose weight and start your new healthy lifestyle today,  
[read more now](#)**

## **Food hygiene**

Every year, many people worldwide suffer from food poisoning, whether at home or abroad.

Food poisoning is preventable if you follow simple food hygiene tips.

### **Preparing food**

In order to prevent bacteria from spreading, remember to do the following:

- Wash your hands before and after preparing food, especially if you are touching raw meat
- Prepare raw and ready-to-eat food separately
- Always use clean utensils and equipment. Always wash chopping boards and knives that come into contact with raw foods
- Keep tea towels and hand towels clean and wash them frequently. Remember to replace wash cloths on a regular basis

### **Cooking food**

Always remember to cook food properly to kill any harmful bacteria that arises

### **Chilling food**

Many foods need refrigeration and when using these foods, it is essential that you pay attention to the 'use by' dates.

Always remember:

- When you get home from shopping, to always place food requiring refrigeration into the fridge
- Cool cooked food as quickly as possible and then put it in the fridge
- Keep raw meat and poultry in a sealed container. Place this container at the bottom of the fridge to stop it touching or dripping on to other nearby foods
- Keep your fridge organized according to food type and do not overload food into it, as you can prevent cold air circulating

## Sexual Health

It is important to have a happy sex life and your sexual health is something you should pay attention to on a regular basis.

No matter what the gender, both the sexes need to take time out to understand the issues surrounding contraception and sexually transmitted diseases (STD's).

Many sexually transmitted diseases are not apparent to the person/s who contract them. For example, Chlamydia does not necessarily have any visible symptoms. However, this infection can affect fertility, so it's important to get regular check ups with your GP or family planning clinic.

The most effective way to prevent STD's is to avoid sexual contact with an infected partner. This is why, ideally, you should get tested for STD's before initiating sexual activity.

### Sexual health & exercise

From a healthy living and weight loss perspective, please bear in mind that both sex and exercise have been proven to help reduce stress.

If you manage to do both on a regular basis, this should help you stay relaxed and happy. Exercise also helps increase your sexual desire.

Sometimes, if you have put on weight, you may feel less sexy.

[Click here](#) to read about becoming slim and sexy once more.



## Detoxing

There are many other ways you can achieve a healthier lifestyle and ultimately lose weight.

Of course, physical activity and calorie counting are vital, but other lifestyle choices as mentioned, can also have a huge impact on your general health.

One thing that people often recommend when starting to lose weight is detoxing.

### What is Detoxing?

Detoxing is a way of cleansing the body of toxins.

Toxins can be found in most things, but predominantly caffeine, smoking and alcohol.

Detoxing involves cutting out caffeine, smoking and alcohol primarily as well as sticking to a "natural only" diet for a 7 day period.

### Detox

A great way to kick start your healthy eating programme or diet is by detoxing.

Detoxing can benefit you in many ways; it is a catalyst for a good weight loss programme, can revive your energy levels and invigorate your skin.

**For more information on how to lose weight instantly starting now, [click here](#)**



## Weightloss products & systems

There are many weightloss products and systems available to you especially on the internet.

The best ones to go for should always be [medically endorsed by leading experts](#) and be [clinically proven](#).

### Our No. 1 Recommendation:



**Proactol™** is a clinically proven fat binder that has many leading medical experts getting excited.

With four clinical studies, it has been proven that by taking Proactol™ after each meal you can reduce your dietary fat intake by up to 28%.

Also, this weight loss system is able to decrease food cravings, suppress appetite and lower blood cholesterol.

When you compare Proactol™ to other products on the market, you will soon realize that it is one of the best clinically proven supplements around. For more information on Proactol™, please visit the [product's website](#).

**Table 10.1: Comparative Table to show Proactol™ against other available weight loss products on the market**

Features	Proactol	Xenical	Ephedra	Phentermine	Hoodia	Chitosan
Standardized Quality	✓	✓	✗	✗	✗	✗
Quality Assurance	✓	✓	✗	✗	✗	✗
Unique and Differentiated	✓	✓	✗	✗	✗	✗
No Allergy Risks	✓	✓	✗	✗	✗	✗
Clinically Proven Medical Device Product	✓	✓	✗	✗	✗	✗
Available On The Open Market	✓	✗	✗	✓	✓	✓

\* The above table compares different weight loss products, such as appetite suppressants, fat burners, fat blocker and medical device weight management products.

The results of clinical studies show that Proactol™ can help you to reduce:

- **Your dietary fat intake by up to 28%**
- **Your calorie intake**
- **Your excess bodyweight**
- **Your food cravings**
- **Your blood cholesterol**

If you are serious about taking control of your weight then we would recommend [Proactol™](#) . It is a clinically proven product that can help you to achieve your goals, by enabling you to manage your weight more easily.

Also, Proactol is renowned for having amazing [weight loss bonuses](#), which will almost definitely help you achieve your healthy weight loss goals.

To read more about how Proactol™ can work for you as part of your healthy living goals, please visit the [Proactol Website](#)

Proactol™ works in a very similar way to Xenical, although it is the perfect prescription-free alternative. Order [Proactol online](#) now and make a good lifestyle decision.

**We wish you every success in your healthy lifestyle goals!  
Weight loss is now closer than you ever previously thought..**