



Lingstar Presents:

The Safe and Smart Internet Weight Loss Edge



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By Barbara Ling

Developer of the

I can DO this! Diet

**Your guide to not only *FINALLY* losing all that weight...
but also keeping it off and more!**

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Next, I am indebted to:

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Last but never least:

- **My family.** My wonderful husband, Moses Ling, my terrific kids, my absolutely fantastic parents - none of this would be possible whatsoever without their love and support. This one's for you, folks!

* * * * *



DEDICATION

To my husband:

The Safe and Smart Internet Weight Loss Edge is dedicated to my husband, Moses Ling...the man in my life who keeps me sane and gives me the truest meaning to my life.

I love you the mostest. Always.

Barbara Ling

Fortune favors the bold.



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READ ME FIRST

Before we dive into **The Safe and Smart Internet Weight Loss Edge**, I want to emphasize this toolkit is geared towards delivering into your hands all the tools you require to draft a customized weight loss plan that is targeted to you and you alone.

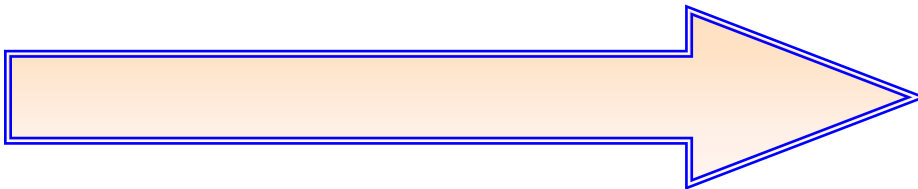
Towards that end, I have included not only a tutorial on effective online searching and sleuthing, but have provided you with discussions and reviews of 80+ of the most popular diets around.

Keep in mind! **Many of these diets are quick-fixes, but as hope springs eternal and all that jazz, many consumers find themselves to be seduced by the fraudulent claims.** I hope that by giving you actual reviews and dissections of these diets, you will be armed with the truth and knowledge you need to make the final decision for your weight loss plans.

Remember...there are no quick fixes and no silver bullets! But! You can safely lose the weight you want and keep it off.

It's all a matter of turning the key.

And with that, turn the page and let's dive into:



INTRODUCTION

BEFORE YOU BEGIN

Hello and thank you for investing in **The Safe and `Smart Weight Loss Edge!** I just know you'll find the resources and dynamic information it contains will benefit your own personal weight loss journey.

Since you've chosen to read this book, I shall make an incredibly brilliant deduction –

You want to change your lifestyle.

You want to get healthier.

To achieve this goal, perhaps you want to lose weight.

Maybe instead you want to just plain feel better about yourself.

It could be, you've promised yourself to evict your double chin and transform yourself into a brand new YOU.

Am I right? *Well?*

True, I'll admit it – I have incredible powers to notice the obvious. After all, I'm still on my own personal get-healthy journey myself! It's just plain common sense – we're only on this earth once, and to really get the most out of life, it would help if we:

- ✚ Feel super about ourselves
- ✚ Have enough energy to play with our families and embark on thrilling adventures
- ✚ Can tackle household projects without feeling out of breath after the first 3 seconds



- ✚ Can take our kids on a vacation more energizing than channel surfing on the living room couch

Right?

Well! Have I got news for you! It doesn't matter if you've tried and failed to lose weight in the past. Nor does it matter if you hate to exercise.

Why?

Because during my own personal journey, I've discovered the secret to safe, smart effective weight loss...and guess what....

It's not solely about what you eat.

Think about it. Let's say that you decided to try the "Photosynthesizing Diet" – you know, that diet where you create energy from sunlight, thus freeing you from the need to eat normal food¹?

What use is losing 15 pounds by fad diets if you only gain those 15 pounds and their extended 5 pound family back once you return to your original eating habits?

Hmmm?

Safe, smart effective weight loss isn't also solely about getting to the gym and cardioizing yourself from here to eternity.

Some people hate exercising. I was one of those, myself, 'way back when. My gosh, getting up off the couch and going to the gym???? Who has the time? Heck, that's time I could use for grocery shopping while I was taking care of my baby boy.

And pushing the shopping cart (with honorable son #4 sleeping happily in the front).



¹ Yes, I'm making that one up. But it sure does raise eyebrows when you tell people you're on it!
☺

But...wait a sec....to push a shopping cart means you're actually walking. It's (admittedly minor) exercise!

It's a start.

Everything starts with a single step.

Back when I chose not to have time for the gym, I measured the distance of a local strip mall front...and realized, walking it three times was equal to walking one whole mile.

But not only that – it soothed my son to sleep as well! A double bonus!!

Hey, did you notice something in my earlier description? I had written,

*Back when I **chose not** to have time for the gym...*

Because you know...that's really, honestly, and truly the real secret to weight loss success –

You Choose To Succeed.

*When it's important enough to you, more important than that extra helping of ice cream, more important than that quart of regular Coca Cola....**I mean really important**, I mean when you have internalized in your heart and your soul that you just plain need to get healthy and lose the extra spare tire and double chin and parking lot thighs that you've been carrying around...*

When you turn that key ON in your heart....

You will succeed. Period, end of statement. You will succeed because you choose to control all the elements of failure.

The challenge, of course, is making that change. Which brings me to:



A REASON IS WORTH A THOUSAND WORDS

Why on earth should you make the change to lose weight and get healthy?

The world is filled with a bazillion overweight self-deluding Jabba The Hutt individuals who SAY they want to get healthy....but really have no compelling reason to do so.

Gosh, I remember when I was that way. I wanted to lose weight and I wanted to win the lottery and I wanted to master C++ Programming and omigosh, I wanted so many things.

So many things, that is, on the surface.

But if those things required exertion and effort on MY part, the importance just dwindled away faster than chocolates vaporize in a pre-school classroom.

I needed a reason that spoke to my heart.

Now, it's true....I can tell you a compelling reason to lose weight and get healthy. Ready?

It's is because you'll die much sooner if you don't.

Logically, death is a pretty convincing reason to take an action, right? I mean, let's say you're standing on a train track and the big huge shiny train is barreling down at you at 130 miles per hour – jumping out of the way is just plain common sense. You don't even have to think about it! Death is approaching in 3 seconds, and you don't want to die!

Now, apply this idea to being overweight. Poor health is a long-time killer – you probably won't drop dead tomorrow but you'll be slashing off your life expectancy by perhaps decades and decades.



See, if death isn't staring you straight in the face, you can simply say, oh well, you'll worry about it when things get more serious. And then continue on your merry way.

It's like smoking. Everyone who is more evolved than a fossilized clam KNOWS the danger of smoking....but still millions of people indulge in it every day.

Logic, simply put, doesn't work.

You need something else to make your weight loss adventures a success.

You need something that speaks to your inner self, that precious aspect of you that is truly in control of your own actions.

I'll get more into this later on in the book, but I'll tell you now – I didn't start my weight loss adventures for me personally. My reason was my family. Simply put, nobody can raise my family as well as I can...and for them, I needed to get healthy. Poor health puts quite a crimp in parenting, I must say.

But that's me! It doesn't have to be your reason at all. The point I'm trying to make is **your weight loss success will be far more achievable if you have a reason that speaks to your heart.**

See? Not yet? That's okay, I'll cover this in detail later on. Just file it in the back of your mind for now.

Let's switch gears for a second and ponder the mysteries of weight loss. True, some of it requires good eating ... and another part of it requires burning up all those calories you consume. Yes, that dreaded-by-some word:

EXERCISE, SMEXERCISE PART 1

Ah, exercise.

Some people love it.



Some hate it.

Sometimes I astound myself by stating the obvious. But I digress. ☺

Now, I have something very important to tell you regarding exercise. Are you listening?

Good! Here it is:

Every exertion you do can be considered exercise.

Washing the dishes, cleaning the house, lifting the kids, grocery shopping.... Everything you do....is exercise.

So! You really can't say you hate exercise now, can you? **It's really all the way you look at it.**

I discovered this myself when I realized...I hated using the treadmill. Yes indeed, I just could not get myself "into" the notoin of walking and walking and sweating and sweating and walking and you get the idea.

Heck, back then, I had no time whatsoever to even get to the treadmill at the gym!

But! Put a shopping cart in my hands, and all of a sudden, I had another reason to walk. After all, my family needed to eat occasionally....and I needed to go hunting and gathering at my local Shop Rite. And omigosh, I realized, walking is pretty darned easy for me if I could lean on a shopping cart.

It was a beginning. It was a start.

And then my kids! The babies liked being lifted on my knees up and down (baby going up! Baby going down!). During one such playtime, I noticed I could feel different muscles working depending upon *how* I lifted my kids. That led me to experiment and get some health benefits into my life....even though I still "hated exercising" at that time.

It's all the way you look at it.

Right now, I've evolved to the point that I love pushing my body to exhaustion. I can zoom on a treadmill (and watch Discovery's How It's Made at the same time!), become one with



the iron via free weights and Cybex machines (weight lifting is a true boon for getting healthy), take my kids on a 2.4 mile circle walk for their exercise, indulge in 2 hours of karate practice at our local dojo...and love every minute of it.

Why? Because now, for me, it's not exercise – it's fun.

Just plain fun.

I've advanced to that crucial mindset that lets me view something I used to despise...as something I can now enjoy.

And they're still the same activities!

The only difference is how I choose to perceive them.

Makes all the difference in the world.

Perceptions. That's what weight loss and getting healthy is all about. If you perceive something to be fun or desirable, you have a far greater chance at succeeding than if you simply say, golly gee, maybe I'll lose weight by the time my kids graduate from college.

And of course, that brings me to:



PROJECT ME

How do you view yourself?

- ✚ Do you look at yourself and say, I'm big and huge and that's my definition of me?

Or maybe you say,

- ✚ I never succeeded before but this time will be different?

Or even

✚ I'm nobody special, I'm just me².

Well?

Write down below just how you view yourself:

Now! I want to you add the following overlaying idea.

You Are Project Me!

No matter how you view yourself, you must internalize what losing weight and getting healthy is really all about.

It's not a one-shot deal.

It's not something that will happen within a month or 3.

It will take time! And anything that takes time....is a project.

Can you imagine a project more important than you?

Stay with me here, this is important. Sure, you can say, I'm nobody special blah blah blah, but the fact remains:

✚ **You're the only person in this entire world who will experience your own personal future successes!**



So! If that's the case, you need to put your view of yourself in perspective.

Without you, your get-healthy plan will NOT succeed.

Thus, view yourself as an ongoing work of art.... One that is deserving of your primary attention and focus.

² Gosh could I relate to that statement 'way back when!

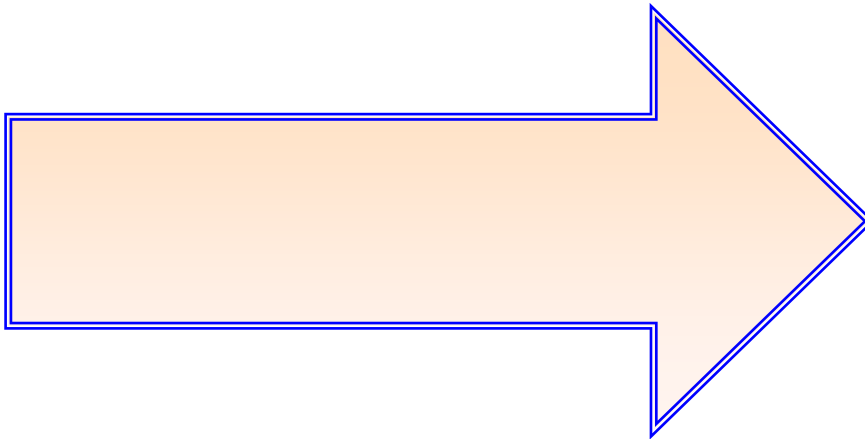
It doesn't matter how others are viewing you...**this is something you are doing for yourself.**

It's Project You.

For some many years now, you might have been there for everyone else...your family, your SO, your spouse, your friends....

This is now the time for you to be there for yourself. Not anyone else....but you...and you alone.

Got it? Great! Alright, let's now turn to:



CHAPTER 1 – PREPARING THE ADVENTURE

BEFORE YOU BEGIN

Are you sitting down right now? I certainly hope so, because it's really tough to write if you're levitating in air.

Kindly write down the following on a neon pink sticky note and attach it to your monitor, okay? I want to make certain you see this every time you're online.




I can DO this!

Of course, "DO this" means, stay on the path towards weight loss and getting healthy.

Sounds simple, no?

But I'll tell you here and I'll tell you now, that simple phrase has kept me going thru 9+ months of life-style changes and 40+ pounds of fat going byebye.

The phrase, I can DO this, is so applicable to lifestyle changes and weight loss that I cannot crow about it enough. I've repeated it to myself:

-  The first time I shunned a chocolate bar
-  The first time I moved from a snail's pace of walking to a parakeet's pace of jogging (true, no great change at all....but hey! I could DO this!).
-  Every time I try a new karate move that leaves me looking as graceful as a moose figure-skating in Alaska



- ✚ Every time someone tries to get me to break my eating habits
- ✚ Whenever my handicap causes me to desire to stop early

I can DO this (and stay with me here, this is important) delivers control back to YOU. You you you, you the person who is considering undertaking this new challenge of getting healthy.

Now, true, it's up to you to believe in yourself. And that leads me to:

UNDERSTANDING YOURSELF

I can give you the most superb diet in the world that is absolutely guaranteed to transform you into a vision that Hollywood would crave.

But I'll tell you now – if you don't follow it, it won't work.

Plain simple common sense, eh?

Let's say there's a diet out there that requires you to eat foods you find as appetizing as, oh, shower scum. If you were to follow this diet, you'd look perfect! Magnificent! Awesome!

If, I might pound into your mind, you follow that diet.

Now I ask you – do you have it within you to torture yourself in order to "get healthy" and "lose weight"?

I sure don't!

And that's why a lot of diets fail. You're forcing yourself to do something you despise. Sooner or later, sanity will kick in and you'll decree, this just doesn't work for me.

That's one reason why people fall off the dieting wagon! They choose a diet plan that:



- ✚ Cannot be maintained as a lifestyle plan
- ✚ They utterly despise...but “everyone else is doing it.”

You see, what works for one person doesn't mean it will work for you. For example, I cannot eat a low-fat diet.

No, wait, let me amend that. I **choose** NOT to eat a low-fat diet. I know myself – I know I adore my fatty cuts of meat and my cashew nuts!

These are some foodstuffs that would make other people run screaming for a toothbrush; perhaps a low-fat diet could work for them.

But not me – I know myself.

For me personally, I've basically stayed on a low-carb plan now for the past 9-10 months - I eat medium protein, medium fat and low carb. I found out about such things from message boards like:

- ✚ [Any High Fatters Out There?](#)
- ✚ [Was on Atkins But...](#)

During the past 9-10 months, I've tried different aspects of low-carb – intermittent fasting, 6 meals a day, etc.etc.etc. I played around until I found what generally works for me.

And of course, my journey is not completed! Sometimes I eat off-plan, sometimes I neglect common sense. At 135 pounds, I still have at least 10 pounds to go; no, let me amend that.

I still think I have 10 pounds to go. I'll have to see how my body composition looks...and make my determination at that point.

You see, losing weight and getting healthy is all an intensely private, personal journey for each person.

Do I angst over the fact that some people can sneeze and drop 10 pounds?

Nope.



Do I feel life is entirely unfair because other women can eat 27 cupcakes and put any gained weight in their breasts instead of their tummies?

Well heck yeah, that really IS unfair....but I don't let it get to me. ☺

Seriously, though...during my journey I've learned that I have to apply the **ME filter** to everything I hear.

What's the ME filter, I hear you ask?

'Tis simple: I hear something other-worldly and I say to myself:

Is this applicable to ME?

- ✚ Me, the individual person whom I am?
- ✚ Me, the woman who lives for rib-eye steak?
- ✚ Me, the person who thinks chicken is naked if there's no mayonnaise?

Well? Is it?

Now, true...I can choose to educate myself. Heck, as a matter of fact, I did. I did all the research I could regarding [nutrition](#), [dieting](#), [losing weight](#), discovering [exercise](#)...you name it, I did it.

And with all that information at my fingertips, I chose the path I currently take today.

You can do it too! That's one reason why I don't advocate any one particular diet plan in this book – everyone is different, everyone will have specific quirks and preferences that will make some diets attractive and others, no matter how “healthy” or “effective”... a total waste of time.

So! Let's talk about “knowing yourself.”

Do you “know yourself”?

Do you know what you simply *must* have to be content in your day to day life? For example, I *must* have my morning cup of coffee. Coffee is life, and life is coffee, and put quite frankly, I



could never choose to follow a diet plan that made me give up coffee. Period, end of story.

What about you? What do you feel you simply must have in your weight loss adventures? Write it down below:

What if you wrote, you simply *must* have 3 chocolate bars or 7 cupcakes or 8 helpings of spaghetti with clam sauce every day? You've certainly made your weight loss adventure 37 times more difficult, that's for sure....but not impossible. You'd simply have to choose to exercise enough to burn off the excess you've consumed.

Like everything else in life, it's all a give and take. You can decree you *must* have something in your daily meals...but if it packs a caloric punch bigger than a beached whale, you will have to compensate by additional exertion.

Speaking of exertion, let's now tackle your feelings about massive quantities of moving your body in all sorts of directions...ie, exercise.

Do you love the image of you becoming one with the iron (ie, free-weight lifting), or spending 45 minutes on a treadmill at paces faster than a greyhound, or biking up 12 hills so you can see the glorious sunset at night, or ... you get the idea? If so, you're already ahead of the game!

But! If you equate "exercise" with "painful agonizing torment of the darned", you have an opportunity.

Yes, you read me right – an opportunity. I firmly believe that every obstacle we encounter is really an opportunity disguised as utter annoyances.

Fact: Exercising helps keep your body healthy. Forget about weight loss for a moment and let's talk plain simple common sense – getting into better shapes means you'll **have**



more fun with your spouse/family/kids, be able to indulge in more activities that usually has overweight individuals collapsed in a sweaty heap, and simply find life to be far more fulfilling.

Did your eyes focus on the words, “**more fun**”? I certainly hope so! I much prefer “fun” as to “bored out of my freaking mind because I’m too fat to get out and enjoy myself!”³

So. Let’s say you hate traditional exercising like treadmills or ellipticals or what have you. What *can* you do instead?

Well, what about walking? I’m not talking about power-walking or entering the National Olympics for Wowing Walkers – I’m simply considering just plain walking outside around your home. For example, there’s a series of streets where I live that measures out at 2.4 miles. It goes up hills and down hills and takes about 50 minutes or so to travel.

It’s a perfect distance (for me!) to get myself up and moving. But of course, I didn’t start right from the very beginning at the whole 2.4 miles, no oh no!

I started slow, I started little, and I added on as I became more comfortable. **The key, for me...was simply to start.**

What if you hate walking outside? Walk inside! You can walk back and forth thru your halls a number of times. Start out at 5 minutes, progress to 10 and then see how your body feels after that.

Hate walking for the sake of walking? Use shopping cart fitness instead! Stop parking your car close to food market (unless of course you’re shopping at night – safety should be of a paramount concern at all times) and instead, walk the extra distance to the store. Back when I was carrying child #4, I used to push that shopping cart up and down the local strip mall until I had walked a mile. The cart made it easy for me to walk...and the walking itself benefited my health.



³ I really hated that feeling, let me tell you, back when I was 170+ pounds. My energy levels were on par with a dormant watermelon.

Don't even want to think "walking" but still want to move your feet? Look to DDR (dance dance revolution)! A really great site to learn more is [DDR Fit Club](#) – it even has a whole forum dedicated to getting into shape via DDR. And my gosh, is it ever effective – I got it for my kids last holiday season, and the word "exercise" simply doesn't apply. Instead, it's just plain fun fun fun! And you get an awesome workout, to boot.

You see, the good thing about going slow is that once you have an exercise under your belt, you'll start to find it **not** meeting your needs in the future. And it will be natural for you to want to add to it. You won't have to force yourself, because you'll have already internalized the benefits you'll be receiving.

Oh, and the following is jumping ahead somewhat, but I really do want to share this: if you hate exercise DVDs/videos that feature beach bunny bodies that are more perky than cheerleaders buoyed up by caffeine, definitely check out Richard Simmons workout tapes. I vividly remember how utterly psyched I was to complete "Sweatin' to the Oldies III" – it features people well over 200 pounds and includes lots of great dance steps that....I was able to do! Woohoo! For the first time in decades (yes decades!) I was dancing!



You have NO idea whatsoever how superduper it feels to actually achieve something you always thought would be impossible to do! I posted about my experiences over at [this thread](#) here....it was really something special.

But I digress. ☺

When you understand yourself, you, the way you really are and not the way you would like yourself to be....you're already well on your journey to a happier, healthier you.

But let's say that you've always seen yourself as someone not worthy of getting fit or losing weight?

Glad you ask! Step on to:

ACCEPTING YOURSELF

Sometimes I think accepting yourself as the way you really are is one of the most challenging, soul-searing things a person can do.

I mean, think about it. Practically everyone wants to view themselves as a wondrous human bean, right? I highly doubt that you wake up in the morning and shriek to high heaven, golly, I'm 56 pounds overweight and my breasts are migrating to my navel⁴ and I'm simply joyful about those facts!! Wheee! Let's hit the beach, baby!

Right?

Everyone has the way they'd like to be....and the way they currently are. Your opportunity⁵ is the following:

How can you come to peace with yourself about your current situation?

I'll tell you now, it can be really tough. After all, it probably took you days and months and years to gain all that extra weight...and wish though you might, it simply won't miraculously disappear 3 days after you start a diet.

Here's how I handled it – I asked myself, gee Barbara, if you were dropped in the middle of the Atlantic Ocean and the only way you'd survive was to start swimming, would you waste time crying, "It's not fair!", especially as the sharks started circling?

You see, life....happens. It just does. Yes indeed, I'd personally love not to be handicapped, and I'd love to have a metabolism that allows me to lose weight by consuming 32



⁴ If you're a woman, that is. If you're a man, consider the example: are you ecstatic that your waistline could double for a life preserver?

⁵ Remember, problems are merely misunderstood opportunities.

white-chocolate covered macadamia nuts, and I'd simply swoon if my hair was thicker than, and I quote, "baby fine".

But alas, it's not to be. It's not in my genetics. It's not how I'm made.

So I have to just....deal with it.

The benefit to this attitude is that it frees me from self-pity. Now, self-pity in small doses is all very well and good. `matter of fact, I advocate feeling sorry for yourself when things just get to be too much....crying frees up a lot of negative energy and can be a positive catharsis to your future successes. You can honor your sadness and honor your grief and honor your disappointments...get them out of your system and then move forward with your determination.



Challenges will come and challenges will go. I vividly remember my reaction to learning about the doorknob on my [femur](#)⁶ back during the summer – I initially canceled all of my karate classes and instead, burrowed underneath my comforter on my bed.

And I cried. It just wasn't fair! I had spent 9 months getting healthy and losing weight, and for what? I was crushed. I didn't want to face reality.

And then...and then I realized....no matter how lousy I felt, it wouldn't change reality. **Only I could change how I reacted to it.**

So I picked myself up and got to the last karate class of the day...and I sat it out. But! I promised myself that sometime, I'd return in the best frame of health I could accomplish.

Nothing had changed....except the way I chose to react to the situation.

And that made all the difference in the world.

⁶ I have a lousy bone structure that often interferes with life in general.

So! Let's bring this back to the most important person in the world – you. How can you learn to accept yourself, the way you are NOW...and the way you want to be in the future?

I'm not a trained professional, of course, but here's a suggestion.

- 1.) Make a list of everything you think is wrong with you. Then make a list of the goals you want to achieve with your weight loss and get-healthy routine.
- 2.) Set aside an hour to grieve over the problems. And be serious about it – you're giving yourself the time and effort to begin your healing process.
- 3.) When you're wrung out and exhausted, say to yourself, Okay, this is the way things are NOW. Saying this the first time might be difficult...if so, repeat it again. And again. And again and again until you've beaten the emotion out of it...and you can simply accept it as a fact of life.
- 4.) Next, take out your goal list. Say to yourself, it might take longer than the rest of the worlds' population, but **I can DO this!** Repeat that again and again until you've inscribed it into your very soul.

You see, like success, weight loss and getting fit is not just action...it's an attitude. If you can internalize your future success so intently that you can summon it at a moment's notice, you'll have a powerful ally in your future weight loss journey.

Let's switch gears for a second and talk about another component of accepting yourself. It's human nature to empathize with others who are undergoing the same struggle...and who can support one another. And that leads me to:



FINDING INITIAL SUPPORT

Online-forum support rocks. Period, end of sentence – the support you can discover online can make the difference between staying the path and falling into 53 chinese buffets.

Back when I started my get-fit lifestyle, I researched heavily online, looking for people who were facing the same challenges that I was. Here are some of my favorite sites at which I either lurked or posted (my handle is iamfire, as in, "I am Fire", as in, I will burn off all the fat I can).

- ✚ [SparkPeople Message Boards](#)
- ✚ [Weight Loss Fitness](#)
- ✚ [3 Fat Chicks Forum](#)
- ✚ [Low Carber Forum](#)
- ✚ [LowCarbSite Forum](#)
- ✚ [DDR FitClub Forum](#)
- ✚ [Video Fitness Forum](#)
- ✚ [Million Dollar Body Community Forums](#)

Like just about everything online, the above are free to join and participate in. Some of them even have weight loss diaries where you can read their personal struggles like:

- ✚ [FitDay](#)
- ✚ [3 Fat Chicks Diet Blogs](#)
- ✚ [Weight Loss Fitness Blogs](#)

I cannot emphasize enough how good it can make you feel to realize you're not alone!

Now, ideally you have the utter support and understanding of your family at home. And that's really great!! But sometimes,



family members will unintentionally sabotage your success. They might feel threatened as they see you lose weight, they might feel like you're insulting them if you refuse to consume the 4.8 pounds of pasta carbonara they cooked just for you, heck, they might even think you'll leave them if you're slim and trim.

It's human nature – change can be scary.

That's why it's great to have the Internet to turn to when support is needed.

Another excellent community you should consider is [Richard Simon's Clubhouse](#). This is a paid community, mind you, and my husband got me a membership in it back on Valentine's Day 2007 (I had specifically requested it). I've said it before, and I'll say it again...nobody exudes support like RS!

But I digress.

Internalize the following! **You are NOT alone!** No matter what diet plan or exercise plan or anything plan you decide to follow, you can always uncover fellow travelers with whom you can share your experiences.

I'll cover more about how to discover targeted support later on in this book.

Now, before I close this chapter, there's one (okay, two) more things I need to reveal to you! The first is one of the most important mental attitudes you can have:



SHUNNING THE SCALE!

Scales are eeeeeeeevil!⁷

⁷ If you tend to get depressed by numbers, that is

Well, okay, really, they're not quite evil....actually, they're rather harmless. They do what they're supposed to do – tell you your overall body weight at a certain point of the day.

But! Do you realize your body weight can fluctuate by 4 or 5 pounds every day? Thus, if you weigh yourself in the morning, and weigh yourself again in the afternoon, chances are....you'll see an increase.

It makes sense, of course – after all, your breakfast, lunch or dinner doesn't automatically lose weight once it enters your stomach. If you eat 3 pounds of food at lunch, your weight will increase by those three pounds the instant you finish that last swallow.

Now, that's okay – your body has to digest all the food and pass out what remains. But the fact still holds – your weight will always fluctuate during the day.

And water! Omigosh, water weight...did you know that if you drink a liter of water, you immediately add 2.2 pounds to your body weight? True, that is also a temporary weight gain – once your body processes it, it generally disappears.

But wow, how depressing it is to see the scale move UP instead of down.

That's why I try (emphasis on the word "try") NOT to focus on the scale.⁸

Instead, I use "inches" as my marker of success.

Back in February of 2007, I got tired of my scale's idiosyncrasies (I had reached one of the dreaded 'plateaus' and my weight loss, well, stopped). So I visited my local dollar store and invested in a fabric measuring tape!

At first, I was the slim sexy shape of an overgrown eggplant – 42-41-42.



⁸ Once you're at maintenance, of course, and have developed the self-confidence necessary to confront scales, weighing yourself to catch when you slip is a good thing.

At the time of this writing, I'm instead 36-29-35! Not model perfect, not by a long shot, but oh so much better! **And the benefits of measuring by tape was that I saw my inches decrease....even if sometimes, the weight remained the same.**

You can read what others think about the scale at:

✚ [Stupid Scale](#)

✚ [The Scale....Grrrrrr](#)

✚ [Whip the Scale](#)

You see, you gain temporary weight not only when you eat, but also:

✚ When you retain water

✚ When you have your period

Heck, I've noticed that when I'm on my beloved 2.4 mile circle walk, my fingers will swell until it's difficult to take my wedding band off! This disappears after I complete the workout and drink a few glasses of water. I have no idea why this occurs...but if I was measuring my success by how expanded my skin was, would that ever be a bummer!

Thus, I highly as in majorily recommend that you do NOT allow a scale to rule your emotions. I remember a few weeks after I started my get-healthy plan – I awakened to find myself 164, and discovered my weight [Godzillaized](#) to 167 in the afternoon!

With the benefit of hind-sight glasses, my weight fluctuation was normal. But it would have been a disaster for me if I had allowed that knock all of my efforts out the window, indeed.

See?

That being said, there are several places where you can weigh yourself everyday with support; check out the [Weigh Yourself Every Day Club](#). And there are some studies that say if you don't weigh yourself everyday, you might miss the point when you start to gain. Read more about that [here](#). Like everything, your mileage will always vary.



This brings me to my final point of your weight loss journey preparation. And that are the:

THINGS TO EXPECT

If I had known the following, back in December 2006!

No no, wait, it's more like, if I **had experienced** what caused the following...back in December 2006!

You can read about "what to expect" while losing weight, until you're a comatose potato, and STILL get knocked for a loop when it actually happens to you.

Please do benefit from my experiences. They almost certainly will happen to you as well.

First off, THERE IS NO SHORT CUT.

FACT: It's a lifestyle change, not a "diet".

You cannot take off 30+ pounds by eating a certain way, return to eating like marshmallows are going out of style, and expect to keep the weight off.

You lose the weight while on a lifestyle change/diet because you are refusing to fill your body with extra calories. If you change this fact and start shoveling in the sugars and other yummmness, your body eagerly will begin the whole depressing process of storing fat once again.

However, you CAN take off huge amounts of weight and KEEP it off IF you view your diet AS a lifestyle change. This requires that your diet MUST be something at which you can maintain!

This is why fad diets fail – you're not destined to eat grapefruit or chicken breasts or tuna salad or you get the idea....for the rest of your life. Eventually, you want to eat like a normal human bean.



FACT: You will encounter plateaus

Gad, I hate plateaus. A plateau (something on which I currently am – I've been stuck at around 135 now for 3 weeks) is when your body gets used to the current food intake and exercise program....and stops losing weight.

I've had, I believe, 4 plateaus in the past 9 months. And sometimes they're hell to break!

But...the good news is even if your physical weight doesn't change, you still might be losing inches (think "tape measure"). And even if you're not, well, these things happen...and there are things you can do to break thru a plateau. Here are some interesting threads:

- [+ Plateau Busters](#)
- [+ Plateau Threads](#)
- [+ Getting Over Plateau](#)

Plateaus are a fact of life. Learning how to deal with them is the key.

FACT: Your scale reading will fluctuate daily

Drink a liter of water, your weight will immediately go up 2.2 pounds. It's temporary, of course, and will disappear once your body processes the water, but still....keep that in mind and don't go weighing yourself right after eating or drinking.

You might think your scales are lying if you do weight lifting as well. Muscle weighs more than fat...and if you increase the muscle, it stands to reason your body weight will go up as well.

This is a good thing! So long your body is losing the fat but increasing the muscle, you are getting in better and better shape. I realized that this morning after my weight increased 2 pounds from my intense weight-lifting workout....but my inches had diminished.



Never go by the scale. Never ever ever.

FACT: You'll experience cravings

If your entire life has seen you eating toast with half a stick of butter on it three times a week...and all of a sudden, you cut that out of your diet cold-turkey, chances are, sometime when you're least expecting it you'll be hit by a craving so intense you'd give up the winning Powerball Lottery ticket to satisfy it!

You can use this as an opportunity to develop willpower, or you can simply succumb to the craving and exercise more intensely in the days that follow to make up for it.

Life is too short to agonize over cravings. If you choose to yield, choose then to cope. It's that simple.



FACT: You do NOT have to starve yourself

Your body wants to survive. If you deprive it of basic nutrition/calories, it can go into starvation mode and hold onto every teeny tiny calorie with a ferocious grip!!

Starving is NOT the way to go. Here are some resources about that:

- [Dieting and Metabolism](#)
- [Questions Regarding Starvation Mode](#)
- [Very Low Calorie Diets Don't Work](#)

I personally eat medium protein and medium fat and low carb (essentially a low-carb diet). As eating fat doesn't make you fat, I've found I'm very rarely if ever hungry with my food choices.

Again remember, however, that's me! Your mileage almost certainly will vary. I can live for decades and decades on beef soup, protein, fat etc. with a salad or two every day. It's simply the way my preferences are made up.

FACT: You DO have to change your eating habits

Alas, life isn't fair – if it was, Hershey's chocolate would be the ultimate weight loss tool.

Thus, if you're used to eating every ½ hour or so, and that eating is grazing (ie, grab a handful of chips at 9am, a candy bar at 10am, a bagel at 11am etc.), you're going to have some changes to implement.

Some people advocate eating [6 small meals](#) every day. Others swear by [intermittent fasting](#) (fast for 20 hours, eat your meals in the following 4 hours).

I've done both myself in the past, and for me, the 6 small meals tend to work better for my personality.

But in either event, my eating habits had to change. I had to choose to give up the white-chocolate covered macadamia nuts, the Carmello bars, the Reeses peanut butter cups, and (most agonizingly) the lobster bisque from Costco. Not that I don't indulge every other month or so, mind you. But now, it's more of a treat....not a daily ritual.

FACT: It will take time

It took you months to pack on the pounds, it will take you months to lose them.

That's life. There are no shortcuts.

But! That's also okay...because the longer you train yourself to eat better, the healthier you'll be...and the more fun you'll have with your life.

I've been on my weight loss journey now since December of 2006. I don't anticipate it ending any time soon, as it's a lifestyle change for me (and not a one-shot thingee). But the neat thing is, I'm completely happy and content the way things currently are.



I don't miss the fattening foods. I've chosen to crave instead salads with caviar, beef soup and occasionally, cashew nuts.

It's all a matter of internalizing what you want to achieve.

FACT: Short goals are great goals

It's human nature – you want to see results from your actions.

The quickest way to observe results is to set mini-goals! For example, perhaps you are a size 18 and you have a size 16 pair of jeans. Set your first mini-goal to be, fitting comfortably into that clothing! Don't try to stuff yourself into the size 2 bikini you wore in college....instead, take little baby steps. All those little baby steps will eventually add up.



FACT: You WILL fall off the wagon occasionally

Hey, life happens. Perhaps your office throws you a surprise party and you decide, I'll have just one luscious to-die-for slice of chocolate cake. That one piece of cake might then evolve into 4 more pieces!

These things happen. So do taxes. And running out of toilet paper at the most inconvenient times.

Let it go. Tomorrow is another day.

FACT: You'll feel proud of yourself after exercising

This particular fact surprised the heck out of me.

I used to think of exercising as a chore, something to endure like cleaning big boy underwear or scrubbing the shower or ... you get the idea.

But the first time I challenged myself to complete my beloved 2.4 mile circle walk...sure, I was tired, but more importantly than that, **I felt proud of myself.**

Me! The overweight eggplant survived! Okay true, the walk was done at a sleepy snails' pace and didn't involve any jogging whatsoever...**but it was a personal challenge to me.** And I overcame it!

Nothing beats the feeling of proving to yourself you can do things! Nothing at all (well, perhaps, dynamite sensual activities rank a close first. ☺ But I digress).

Remember, initial exercise doesn't have to be a DVD or the treadmill or weight lifting or what have you. It can be as simple as taking the stairs to your office instead of the elevator, walking through your home 5 times, taking a shopping cart for a walk, etc. Every journey begins with a single step!

Once you've internalized that exercise is a-okay, the physical satisfaction gets better and better. I've done weight lifting bouts that leave me both shaky and exhilarated, and treadmill journeys that reduce me to fluttering legs....and in both cases, I experience a great sense of well-being for hours afterwards.

Again – there is no such thing as a quick fix. It's a long and steady process....and one that is rewarding beyond belief.



IN CLOSING

In this chapter, you learned how to prepare yourself for your weight loss adventure. It's not just a single step, nor is it something as easy as pouring a cup of coffee.

Certainly, life *would* be joyous indeed if all the quick-fixes were true promises....but alas, that would be simply a fairy tale.

But because you now know what to expect, the probability of your success is already improved! Let's now take that a step further and really get into the tools that will help you succeed. Turn the page and let's go!

CHAPTER 2 – TOOLS YOU'LL NEED

BEFORE YOU BEGIN

Embarking on your weight loss adventure is something that will fill you with excitement and trepidation. After all, you've made a conscious decision to change yourself lifestyle!

It's like taking a vacation. Prior to getting onto a plane, you most likely prepare a checklist and ensure that everything you require is neatly at hand, right?

So why not implement the same reasoning for your get-healthy plans? It's just plain common sense.

To really improve your personal experiences, it helps if you consider the following:

- ✚ Legit Sources
- ✚ Desire
- ✚ Motivation
- ✚ Support
- ✚ Journal
- ✚ When Support Goes Bye Bye
- ✚ Clever Helpers
- ✚ Sleeveless Gi's and Other Sexy Wear

These are described below.

LEGIT SOURCES

I'll get more into this later on, but I really want to etch the following on your noggin.

There is no such thing as a quick fix!

Yes, I am aware....there are lots of products out there that will promise you the earth and the sky so long as you fling out the contents of your wallet. Once that's done, however...all you're left holding is empty dreams. ☹

Sad to say, there is a whole thriving industry (kinda like there's a whole thriving habitat of malaria-bearing mosquitoes) that thrive on scamming people desperate for a 'quick fix' to lose weight. One only has to pick up any popular magazine to see claims for

- ✚ Lose weight by breathing it off!
- ✚ Lose weight by sneezing it off!
- ✚ Become one with your TV and lose weight!

Okay, that's admittedly an exaggeration....but the fact remains, these people are selling you the dream. I wrote an article about that [here](#) if you'd like to learn more.

When you are searching for the best diet and get-healthy plan for you, never ever ever ever ever EVER EVER EVER EVER get seduced by the marketing copy (ie, a website that sells a product) WITHOUT first researching it at valid, legit diet and fitness sites like

- ✚ <http://www.sparkpeople.com>
- ✚ <http://weight-loss.fitness.com>
- ✚ <http://www.3fatchicks.com>
- ✚ etc.



Always make certain you research on legitimate sites! I define "legitimate" to be "places where folks are not motivated by money to recommend plans and ideas."

You'll learn later on how to effectively search such places online...but in the meanwhile, I've created a search engine for you!

Let's give it a trial run. Visit the [Fab Fit Mom Diet/Fitness Search engine](#). Now let's pick a topic that's always popular...say,

+ [Weight loss tea](#)

Notice how just about all the results debunk the 'miracle weight loss cure' idea that many sites bandy about?

Let's try another search. Look for:

+ ["self esteem"](#)

Many people on diets/fitness suffer from a lack of good self-esteem – you can read how people just like yourself have dealt with such issues.

One more!

+ [Diabetic diet](#)

As you can see, using legitimate sites can greatly increase your future success, because you won't be scammed or swayed or give into throwing away your hard earned cash....on only empty dreams.

Always use legitimate sites for your diet planning.

Next, it's time to discuss:

DESIRE

Let's talk desire.



Let's say that you're standing outside waiting in line, and a brisk wind picks up. You can choose to exert yourself and move inside, or you can patiently say to yourself, it's not worth my effort, I'll just unhappily endure the discomfort.

Now let's say you're standing in the same line outside and you spy a car careening in your general direction. If you remain stationary, you'll get flattened; if you want to stay alive, you have to throw everything into a massive leap to the right.

Notice any difference in these two scenarios? In the first one, you can take the discomfort or leave it.

In the second one, you really have no choice – you simply have to change your position.

Losing weight and getting healthy is the same thing! If you desire a change only half-heartedly, the first time a challenge or difficulty arises you'll slip back into old habits.

Never undertake a diet and lifestyle improvement without *passionately* wanting a change!



So! Let me ask you...do you really desire to lose weight?

Can you taste how much you want to achieve your goals?

Well? Can you? Do you?

I'm telling you now that one reason why diets fail so often is because people intellectually say, I want to lose weight...but emotionally have yet to turn the key in their mind that says, YES! I can and will DO this!

Ask yourself now...how much do you desire to lose weight? Is it truly something you crave? Or can you endure the current uncomfortable situation in which you're now in?

A true desire to succeed is paramount.

Write down below the story of your desire for losing weight.

The next tool you'll need is:

MOTIVATION

It's been said that you need to crave change for yourself...before being able to succeed. Ie, you need to do it (it, being "lose weight/get healthy") for yourself first and foremost.

Personally, I don't agree.

Motivation is motivation, period. If you can embark on a lifestyle change for your own personal satisfaction, more power to you!

But it could be that your love for someone else is the driving force behind your change. And that's okay.

Back in December of 2006, I was hit by the realization that if I didn't get my rear in gear, I'd continue to resemble a small man-made mountain...and that would really put a crimp in my parenting. Already, I was finding it difficult to exert myself the way my kids deserved – I couldn't walk long distances without exhausting myself, nor indulge in any outdoor fun.

Heck, if I didn't choose to get better, my kids might end up without a mom! And as they deserve the very best in parenting, it was up to me to do whatever I could to stay alive and get healthy.

That's truly what got me started. Nowadays, I can honestly say, I also love staying fit for the benefits I am personally enjoying. But that first swift kick happened because of my love for someone outside of myself.



Once you're started on your journey back to good health, it helps to define additional motivations. For example, I am quite vain regarding my deltoids and biceps – I really take the time to develop respectable arm muscles. So one motivation I had to continue was to wear a sleeveless karate uniform (called a 'gi') to show them off!

It might sound silly to others but who cares? The only thing important to me is that it helps keep me steady on the road.

With that being said, what's *your* motivation to lose weight? Write it down below.

With motivation...comes the challenge. And sometimes, although we all might want to view ourselves as self-sufficient, it helps to have the next necessary tool:

SUPPORT

It's always wonderful to have your family support your weight loss efforts.

Alas, however, not every person will be supportive of your desires to become the "new you." They might feel threatened by your determination, and subtly try to throw as many roadblocks as possible in front of your direction.

Don't believe me? Check out these threads:

- [Family members with a negative effect](#)
- [Do you have a diet saboteger in your life?](#)



✚ [Very unsupportive boyfriend](#)

✚ [Is he really being supportive?](#)

I've been very lucky myself – my husband and my family have always supported me no matter what I looked like. And during my new lifestyle change, they've openly complimented me (although I will admit, at times I'll simply pose in front of my husband and ask, notice anything different? 😊).

So! Support is good. Support is can help keep you moving along when you're feeling more depressed than a pre-schooler whose teacher forgot to hand out shiny stars for good achievements!

I had touched upon finding support over [here](#). Let me now expand a weeee bit.

Let's say that you're brand new to finding diet resources online...and you're not yet sure of what program you want to follow.

Go to your favorite search engine (in my case, it's Google.com) and search for:

[diet support](#)

You might be returned a number of sites that have promising content, such as:

✚ [Diet Talk](#)

✚ [Low Carb Friends](#)

✚ [iVillage You Can Do It Diet Support](#)

✚ [Spark People](#)

Visit the sites returned, and take some time to look about. You might see not only categories for specific dieting plans, but also off-topic forums such as home and family, polls, hobbies and



the like....quite often, dieting support places give you such lounges so you can discuss other things of interest to you⁹.

Couple of things to notice here. One, the results you found were based simply upon the search

 [diet support](#)

One of the neat things about search engines like Google is that top 10 spots of a search query generally has (get this) 10 sites! And there are millions and millions more out there. How can you really get targeted to your specific support needs?

Glad you asked!

Let's say that you're a mom or dad with kids, and you want to find specific sites that discuss the particular challenges you endure.

Search for:

 [parenting diet support forum](#)

or perhaps

 [parenting diet support community](#)

You might come across

 [The Mommy Playbook](#)

 [BabyZone Diet and Exercise](#)

What if you've already heard about some diets, like low-carb or low-fat or South Beach Diet or what have you? You can plug those keywords into your searches like so:

 [lowcarb diet support](#)

That might reveal:

⁹ This greatly helps in building a community spirit.

 [Low Carb Friends](#)

 [Low Carb Support](#)

 [Low Carb Site](#)

A search on

 [Low fat diet support](#)

Might show...actually...at the time of this writing, nothing of great use. Instead, try searching for:

 [low fat diet forum](#)

You might find

 [Low Fat Lifestyle Forum](#)

And a heap of articles that describe how it's not the most optimal diet to follow. Wah.

Searching for

 [south beach diet support](#)

Could reveal:

 [South Beach Diet Message Boards](#)


 [Yahoo Directory South Beach Diet](#)

 [AOL South Beach](#)

The best way for find specific online support groups that are of interest is to search for

 Interest diet

Or

 Interest diet support

Or

 Interest diet community

Or

+ [Interest diet forum](#)

For example,

+ [Weight watchers diet](#)

Or

+ [Weight watchers diet support](#)

Or

+ [Weight watchers diet community](#)

Or

+ [Weight watchers diet forum](#)

This method of patient searching can be applied to celebrities and their followings as well:

+ [Oprah diet](#)

Or

+ [Oprah diet support](#)

Or

+ [Oprah diet community](#)

Or

+ [Oprah diet forum](#)

Remember, you're not alone in your get-healthy quest!! There are always bunches of folks with the same goal that you have...and joining in their communities can be quite a lifesaver for you.

Now, support doesn't mean simply chatting in forums! Sometimes it's good for your emotional well-being to read the long, drawn-out every-day challenges of weight loss and how people have dealt with them. And that brings me to:



JOURNALS

Did you know that many weight loss sites online offer you the ability to write in your own weight loss journal?

It's true! Some of them can be found at:

- + [Weight-loss Fitness Diaries](#)
- + [3 Fat Chicks Diet Blogs](#)
- + [FitDay Diet Journal](#)
- + [SparkPeople Community Journals](#)
- + [Diet.com Diet Blogs](#)
- + [Fit Tracker Shapefit](#)

I found this to be quite useful myself when I first started – you can see my diet journal over [here](#). Not only was I able to put into words what I was feeling, but other individuals commented on my program and gave me encouragement as well.

As time went by, I wrote less and less, mind you, because my need for validation grew smaller and smaller. That's one of the great things about telling yourself "I can DO this" – if you walk the walk, your own self-confidence grows to the point that the only voice you really need to hear...is your own.

That isn't to say you should stop writing too! Some people love participating in the communities for months and years on end. And that's great for them.

Remember, losing weight and getting healthy is an extremely **PERSONAL** journey. **There is no one way to do it!!** The best way is that which works for YOU.

Now it's time for me to bring up another topic that I hope you never have to deal with, but it's really important to cover. Let's now turn to:



WHEN SUPPORT GOES BYE BYE

It happens. I'm talking in real life, mind you – online forum support almost always never stops.

Sometimes the people who love us the most show their human fragilities at the most inopportune times.

Change can be scary. And when you're on the path to getting fitter and healthier, your family and friends might start to, well, just plain get jealous of your success.

So! Let's say that you're well on the path towards a fitter and healthier you...and your family starts in with the negative comments. What can you do?

It helps first to understand what they're afraid of, of course. Let's think about it for a second.

If you lose weight and become healthier, does your spouse or family think:

- ✚ She or he might get so attractive I'll lose him or her?
- ✚ She or he might see someone else at the gym?
- ✚ She or he might start to develop more self-confidence, thus eroding the worried person's perceived superiority?



Remember I'm not a professional therapist, but I firmly believe the best way to deal with these issues is to discuss them calmly and peacefully. It could be there are underlying fears that have never been mentioned before...and by bringing them out into the open, you might be able to achieve an understanding with the person you love the most.

Here's how I do this. Whenever I'm talking seriously with my husband, I'll begin the conversation like so:

"Husband, I have something I'd like to discuss with you. I really want to hear your comments; please let me first

say everything that is on my mind and let me finish all of my thoughts."

After I finish, I ask him to repeat back to him what I said. This allows me to correct any mis-impressions I might have made. And then he asks,

"Did I get it right? Is that all or is there more?"

This gives me an opportunity for continued communication. I always take great pains to first own all of my emotions – instead of saying,

"You make me feel like...."

I'll say

"I feel like"

I really believe that I must take ownership of all my emotions. It's really easy to tell someone, you make me feel lousy by your actions. Heck, it might be true...but then again, I'm then giving that person power to alter my own emotions and moods.



When I've finally communicated all of my issues (and remember, after every few sentence, I'll ask my husband to repeat back to me what I've just said), it's then his turn to react. And we do the same thing – my husband will tell me his impressions of the difficulty, and I'll answer repeating back what he's said to me, and then asking,

"Did I get it right? Is that all or is there more?"

And so on, and so on.

Remember, admitting fear can be very scary for someone. Honor their efforts; it might take some time to really get at the root of emotional issues.

The above is one way to tackle regaining personal support when support is suddenly pulled out from under your feet. Some more resources for effective communications can be found at:

 [Communication Miracles for Couples](#)

- ✦ [Can We Talk – Improving Couple's Communications](#)
- ✦ [One-liners To Avoid In An Argument](#)
- ✦ [Communication Skills](#)
- ✦ [Communication in Marriage](#)

Now, what about situations in which support is utterly devastated, and you only have yourself upon which to rely?

What then?

I firmly believe that every obstacle we come across in our path is our guardian angel's way of saying, it's time for your next spiritual and personal strength development. You never really understand the depth of your own inner strength until you are forced to the edge...and give yourself permission to rebound.

You cannot control the events and emotional traumas that swirl about you...but you CAN control how you choose to react to them. And that's key! You own your own emotions, you own your deepest, most personal feelings...and you have the power to decree who will affect them and who will NOT.



It's all part of building your self-confidence and deciding how you want to live your life. Here are some books that might be useful:

- ✦ [365 Steps to Self-Confidence: A Program for Personal Transformation](#)
- ✦ [10 Days to Self Esteem](#)
- ✦ [Confidence – How to Succeed At Being Yourself](#)

There are even forums that are dedicated to self-esteem like

- ✦ [Tips for Building Self Esteem](#)

Remember, even if your own personal support system implodes, that doesn't mean you have to give up on your lifestyle change. You own yourself, you own your own feelings...and you owe it yourself to become as complete as possible.

Never let others derail your own goals.

Support, motivation and your own personal belief in yourself are great tools for successful weight loss. But what about less intense but equally helpful resources you can use in a pinch?

Glad you asked! It's time for:

CLEVER HELPERS



I love “clever helpers.” They’re a lifesaver for me.

A “clever helper” is merely something you use to enable you to stay on your diet, weight loss or fitness course.

Here’s some of my personal favorites.

- ✚ **Soup.** I live for beef or pork soup. So generally every morning, I’ll whip up a fresh batch of soup and leave it simmering on the stove. Thus, when I want a quick meal, it’s already prepared.
- ✚ **Cashews.** I tend to eat low-carb, and also try to get in 6 small feedings a day. If I’m on the go, I’ll grab a handful of cashews; it will keep me until the next meal.
- ✚ **10 pound vinyl outdoors dumbbells.** About twice a week, I try to get to the gym to enjoy my “bash the body” workout with the free weights. Alas, however, sometimes that just doesn’t happen. So! When I’m waiting for the school bus with the kids, I’ll do my upper body routine in the time that’s available.
- ✚ **Chairs.** Again if I miss getting to the gym, I can simply use a chair to do my squats and other exercises. Bodyweight exercises are truly super for getting in shape – my favorite book for that is [Never Gymless](#). I still have my copy that I bought years ago.
- ✚ **Isometrics.** [Isometrics](#) is a type of strength training in which the joint angle and muscle length do not change during contraction (compared to concentric or eccentric

contractions). In other words, you pit your muscles against one another in a stationary pose.

I've found isometrics to be quite useful when waiting for a doctors' appointment or to pick up the kids. Here are two excellent resources for that:

✚ [Isometric Training](#)

✚ [Bodybuilding.com - Kelly Baggett - The Charles Atlas Workout Revisited!](#)

✚ **Blocking drills.** My sport of choice is karate; I have a blast practicing it. There's one set of blocking drills that involves moving the arms to various positions; I've discovered I can do them while on the treadmill as well! It has a two-fold benefit for me – one, it helps with the muscle memory (so I can become faster and faster), and two, it exercises my arms.

✚ **Sweetleaf.** [Sweetleaf](#) is a zero-calorie flavorer that I can put in my coffee, yogurt, water, etc., and quite simply exudes tastes that are this side of heavenly. My favorite is the English Toffee and Milk Chocolate.

✚ **Water.** Besides being great to help keep you hydrated, drinking a good quantity of water helps your inner piping, well, flow. ☺ I always add Sweetleaf Rootbeer flavoring to mine.

✚ **Use Shopping Carts!** A shopping cart gives you something on which to lean. If you're just starting out on your get-healthy journey, pushing a shopping cart gets you walking AND can help with your grocery planning as well. I once measured a local strip mall and found that 3 laps up and down turned into a mile of walking. Took me only 20 minutes, too. ☺

✚ **Neon Sticky Notes.** I've been swearing by neon sticky notes now since the late 1990s, ever since I started touring the country giving seminars on Internet recruiting. Neon sticky notes let you write clear, concise messages to yourself and then place them where you'll always see them!

I generally write down phrases like “witness the magic”, “failure is not an option”, “I can DO this”, etc. It really can boost your self-confidence.

As you can see, a ‘clever helper’ just gives you the ability to get your exercise on or your diet continued when you might think you lack the time to do so.

You can personalize it yourself! When you finally decide upon your diet and exercise of choice, what kinds of clever helpers can you devise? Write them below.

Next, here’s something I never even considered back when I started losing weight...but got into majorily back in June of 2007. And it’s:

SLEEVELESS GI'S AND OTHER SEXY WEAR

One of the terrific benefits of losing weight is that you can fit into clothing that flatters your looks.

This was hit home to me a few months ago when my karate dojo got in ‘sleeveless gi’s’. Now, a gi is a karate uniform. And the sleeveless ones show off your deltoids and biceps.

It so happens that one of my huge vanities is my arms. Back when I was plateauing weight-wise, I could still see improvements in my muscle growth, arm-wise.

It was quite gratifying (although my mom would be the first to tell you, muscles shouldn’t be on girls)! Thus, I might have still

had a spare tire or 17 around my middle, but wow, my arms looked hot.

Thus when the sleeveless gi's came in, I bought a size 4 Camouflage one as soon as possible.

But my emotional delight didn't end there! A few weeks later, I started a Kendo class (swords) at my local dojo. Now, there's a complete armor outfit that one wears, as well as a hakama (the kind of baggy trousers Japanese samurai wore). I invested in my own copy, and when I donned on my gear, I was hit smack in the face by the unlying mirror that....

✚ ***I have a waist again!***

And it's smaller than my hips!

And, and and....oh wowowowowowow, I look like the dashing sexy Samurai Mom!

Gad that was such a high. ☺

Now, to be honest, I have no idea what others might think of me when wearing these outfits...but *I* personally feel quite buff. **I feel great!** And that's the most important aspect of it.

Translate this to you! What article of clothing would make you feel sexy? Hot? Competent? Buff?

Make being able to wear it one of your fitness goals. As a matter of fact, get the best one possible and keep it in your closet where you can look at it when the going gets tough.

What do you want to wear? Write it down below.



PRESSED FOR TIME?

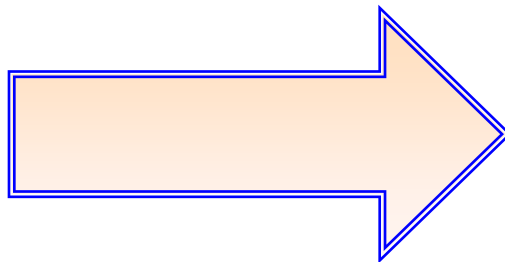
Sometimes we want it all yesterday, because we're just pressed for time. Here's some super-quick compilations of diet tips you'll find most useful indeed!

- ✚ [50 Weight Loss Tips - Chris Pirillo](#)
- ✚ [50 of the Best Weight Loss Tips - LoseWeightGroup.com](#)
- ✚ [100 Smartest Diet Tips Ever - AOL Body](#)

IN CLOSING

Wow, what a lot of things we've covered! In this chapter, you've gotten a good handle on the tools that will help your weight loss and dieting success become a reality.

It's time now to start the new YOU! Your most effective diet plan has already been created – it's up to you to uncover it online. And that's what we'll dive into next...onwards!



CHAPTER 3 – CHARTING YOUR PATH

BEFORE YOU BEGIN

Are you antsy with excitement yet? You should be...because you're about to take the first step towards a slimmer, sexier you!

I will remember the first time I started seriously researching weight loss and health online. It had been several years since my last active interest in it (I crafted a small site about it over [here](#)); I had lost 40 pounds and life was peachy. Over the next 4 years or so though, I started to gain, and gain, and gain, and with the amazing powers of oblivion, chose to ignore my ever-expanding waistline....until that critical day back in 2006.

So! There I was, huge, fat, out of shape, and ready to make a change. But what diet should I follow?

BZZZT! Stop right there!

It really wasn't a question of what diet I should follow. After all, let's say that I chose a particular diet plan and lost enough weight that I was at my goal. Do I then "go off" the diet?

Human wantings would say yet....but! If I reverted back to my original way of eating (and this is key), I'd simply regain all the weight back.

Blah. How depressing.

Remember, maintaining a particular weight means living and eating in a particular style.

- ✚ *You can't expect weight gain to miraculously shun you and allow you to eat up a storm whenever you desire....just because you were *once* at goal.*

Reality. It's quite annoying sometimes.



Thus, never look to “start a diet”. Instead, look to “change your eating/health lifestyle.”

Believe it or not, that one teeny tiny articulate modification (start a lifestyle change instead of start a diet) can save you from hours of angst and being vacuumed for your hard-earned money as well. Why?

Because when you internalize you’re in it for the long haul, you’ll be less susceptible to all of the quick fixes and scams that abound.

And with that, let me introduce something you’ll be grateful you’ve read for the rest of your life:



SCAMS BEGONE!

It’s a sad fact of life that some people want to “sell you the dream.”

You know what dream I’m talking about, right? The ones that says:

- ✚ Lose 20 pounds in 5 days without any exercise! (you could always remove an arm or a leg or two...)
- ✚ Take one pill and watch the weight melt off! ([think about it](#) – if diet pills actually worked, there’s be no fat people around).
- ✚ Use this ab device for 7 minutes a day and get toned and sexy! (did you know you already have sexy abs? They’re just [covered by fat](#)).
- ✚ Twist your way to fitness! (to lose one pound of fat, you generally must burn 3,500 calories. How [much effort](#) do you think twisting really involves?).

So. Right from the very get-go, I want you to internalize that scams abound, and they are soooo attractive because they’re selling you the dream (super weight loss with virtually zero effort on your part).

How can you tell if something is worth buying, I hear you ask?

Easy! You can simply research it online. For example, let's say that you heard about the Red Exerciser from one of their main infomercials.

Search for

✚ ["red exerciser"](#)

And read the reviews.

Let's try another. Let's say that you've heard all about, oh, hmmm, Billy Blanks Taebo. You could search for:

✚ [Taebo forum](#)

You might uncover [Taebo Fans](#)...complete with a [Taebo Forum](#). Further reading would show that this product is extremely effective for the folks who put it into practice. (for the record, I tried [Taebo myself](#) and found it enabled me to tackle quite a super workout. I'll generally do it for 45 minutes at a clip).

What if you think something is a scam? Easy! Just tack on the word

scam

to your search query. Ie,

✚ [hoodia scam](#)

✚ [coral calcium scam](#)

How else could you research? Well, let's take the latest scam that hit the dieting world – Kimkins. Try this search:

✚ [kimkins \(reviews OR comments OR experiences\) forum](#)

Remember, when people ask for others' opinions at forums, they'll generally ask for their reviews or their comments or their experiences. The OR construct above handles all of those admirably.



Finding what works for you can truly take effort...but trust me, the research you do ahead of time will really speed up your end results in the future.

Speaking of research, let me now touch upon:

INFOMERCIALS

I'll admit it here and I'll admit it now – I adore infomercials. I really love them! As a marketer, I find them worthy of Hollywood epics in terms of how they try to seduce individuals to "buy the dream." I'd never buy from them, of course (later on in this book I'll show you how to find the products for much less than retail), but for entertainment purposes, they're most amusing indeed.

Some dreams are truly worthy purchasing (Billy Blanks, Turbo Jam, P90x, etc.) while others are Ummmmm not.

Did you know there are sites dedicated to infomercial reviews? Check out:

- ✚ [Infomercial Ratings](#)
- ✚ [Infomercial Scams](#)
- ✚ [Infomercial Blog](#)

To say the material is eye-opening is an understatement at the very least.

One way to determine whether an infomercial product could be good for you is to uncover and read forums that discuss the product. Some of them include:

- ✚ [QVC Health Fitness](#)
- ✚ [Million Dollar Body Forums](#) (Hip Hop Abs, Turbo Jam, P90X, Slim in 6, Yoga Booty Ballet, etc.)
- ✚ [Fitness Methods by Prevention](#)

- ✚ [Does It Work?](#)
- ✚ [3 Fat Chicks Fitness Videos](#)
- ✚ [Video Fitness Reader Forum](#)

Now, let's say that after having done your research, you decide you really do want to try one of those fitness infomercial products. Before you call with your credit card, first check out your local [Kmart](#) or [Target](#) or [Best Buy](#) – quite often they'll have the same product at a discount. And don't forget

- ✚ [Fitness Bargain Watch](#)

Lots of great bargains that are spotted by the members are posted there. In addition, you can peruse Amazon.com's bargain watch for:

- ✚ [Fitness](#)
- ✚ [Health](#)

At the time of this writing, for example, The Firm Sculpting System was around \$31 from Amazon.com, instead of the retail price of \$39.99.

So! With the mysteries of infomercials out of the way, let's dive right into one of my favorite methods for determining the best diet plan specifically for you – the art of quick and easy research online. Turn now to:

A QUICK RESEARCH PRIMER

Quick! When you want to find something online, what do you look for?

- ✚ The name of it?
- ✚ Communities where people review it?
- ✚ Forums where people discuss it?



- ✚ Blogs where people write about it?
- ✚ Do you put the item in quotes?

Well? How on earth *do* you search?

I'll tell you now – when you have mastered the quick and easy skills I'm about to teach you, you'll be able to craft the perfect diet and weight loss plan, targeted and tailored just for you.

Consider what a webpage really is. It's a file, sure, and it contains lots of information (ideally about the stuff you want to know!).

But did you know web pages have titles as well? And that you can set your search engine query to look for those?

And what about the actual address of a webpage? Did you know you can query for sites that have the word "diet" in the URL? With "[forum](#)" to boot?



It's true! Visit one of my favorite weight loss support sites at <http://weight-loss.fitness.com/>. Look at the top of your browser – you'll probably see something like:

✚ **Weight Loss Forum**

That's the *title* of the page. And you can tell search engines to look specifically in that page area by using the "**intitle**" tag. Here's how.

Let's say that you want to find other forums online...that deal with weight loss as well! Go to Google and search for

✚ [intitle:forum intitle:diet](#)

See all those results? At the time of this writing, the following were returned:

[Dragon Door Forum : Diet and Nutrition, Weight Loss, Fat Loss](#)

Your forearms:(80) neo_havik (12) - - 2007-08-27 7:18 pm. Your forearms:(60) Snizshizzle (371) - - Yesterday 01:46 am ...



forum.dragondoor.com/nutrition/pos/0/length/30/ - 90k - [Cached](#) - [Similar pages](#) - [Note this](#)
[[More results from forum.dragondoor.com](#)]

[Obesity Forum - Weight Loss Forum - Diet Forum](#)

Obesity Discussion-Obesity Forum/Weight Loss Forum/Diet Forum. Valuable info on obesity, weight loss surgery, childhood obesity, recipes, Atkins, exercise.

www.obesitydiscussion.com/ - 32k - [Cached](#) - [Similar pages](#) - [Note this](#)

[Atkins Diet Forum](#)

Low carb diet discussion and information including diet summaries and recipes.

www.lowcarbsite.com/ - 10k - [Cached](#) - [Similar pages](#) - [Note this](#)

Nice, isn't it? This kind of searching helps you zero in on specific forums that can help you with your weight loss.

You can use the title tag searches for things besides forums, of course. Consider this search:

[+ intitle:treadmill intitle:review](#)

This brings up pages that specifically review all sorts of treadmills.

Now, granted, you do have to apply some caution with your searching. As odd as it might seem, there are folks online who use programs to craft pages that consist of simply ads. Always apply common sense when using the Internet to help you make decisions.

Speaking of searching, one of the great things about the Internet is the extreme ease by which one can share resources. Believe it or not, back when the Internet was created, it WASN'T for the sole purpose of making money! ☺ Its main reason for being was so that computer folk could swap ideas and get/provide help from online communities.



While it's evolved into the humongous monster we adore today, there are still millions and millions of helpful people who like sharing their knowledge for free. Let's say that you wanted to find other diet and support communities you can visit; as well as posting to your favorite forum, "What are your recommended sites?" you can also search for compiled lists of resources to explore. This is achieved by using the "link" tag – you simply search for lists that include specific webpages.

Consider my first example, <http://weight-loss.forum.com> . Visit Yahoo! Search and look for:

✚ <link:http://weight-loss.forum.com>

Eek! That contains lots of pages for the original site!

You can strip those off by removing the domain from your search like so:

✚ <http://weight-loss.fitness.com -site:fitness.com>

One of the sites that was returned at the time of this writing was

• [Healthy Weight Forum: does anyone know of any other weight loss](#)

· Guide to Prescription Weight Loss Drugs · Glycemic Index · Counting Calories – What's it all about? · Phentermine for ...
<http://weight-loss.fitness.com> ...

www.healthyweightforum.org/eng/forum/forum_posts.asp?TID=10371 - 57k - [Cached](#)

When I visited that site, I came across:

✚ [Motivation to Move](#)

✚ [Free Weight Loss](#)

✚ [AOL Diet Chat](#)

It's amazing what you can uncover by some searches.

How else can you research on the Internet to help you with your weight loss and lifestyle change?

I've always found that staying simple is the best method. Back when I was researching online for my own lifestyle change needs, I wanted to find resources for women's weight lifting; I've been doing it on and off now since the late 1980s, and swear by its effectiveness.



So! I simply searched for

[+ Women's weight lifting](#)

At the time of this writing, I was returned:

[Women's Weight Training](#)

One more thing I should mention: you're not going to wake up huge from **weight** training, so just get over your little phobia right now. ...
www.stumptuous.com/cms/index.php - 4k - [Cached](#) - [Similar pages](#) - [Note this](#)

[7 Myths of Women's Weight Training and Female Bodybuilding](#)

7 Myths of **Women's Weight** Training - Separate fact from fiction in **women's weight** training and female bodybuilding myths.
bodybuilding.about.com/od/womensfitnessttopics/a/womenmyths.htm - 26k - [Cached](#) - [Similar pages](#) - [Note this](#)

[Weight Lifting Exercises, Weight Training Programs for Women- iVillage](#)

Weight training and **weight lifting** exercises, routines and programs. Learn how to maximize your **weight lifting** program with dumbbell workouts, free weights ...
diet.ivillage.com/workouts/w**weight**/topics/0,,4s5m,00.html - 49k - [Cached](#) - [Similar pages](#) - [Note this](#)

Visit [Women's Weight Training](#). This super site has been around now for years and years, and it has excellent resources like:

- ✚ [Don't fear the free weights!](#)
- ✚ [From dork to diva](#)
- ✚ [The crap list](#)

(That last page talks about useless ideas for losing weight. I'm the "Barbara Ling" referred to in this section:

Pink dumbbells, or dumbbells in any pastel shade. If they're all you can lift when you start out, great. But if you're a healthy adult woman, you're going to outgrow them pretty soon. However, they are useful for doing rotator cuff work. I have two pink 1 lb dumbbells that were given to me as a joke. They make great paperweights.

Reader Barbara Ling writes: "In perusing your 'crap' page, I must inform you of the perfect use for little pink weights. My 4.5 and 2.5 year old daughters wanted to be just like mommy, and use their little pink weights whenever I work out. It's most amusing." Excellent idea!

Using my kids as a bench mark, I wrote that, hmmm, about 7 years ago. How time flies! ☺

Now, what if you have favorite humongo sites like <http://www.3fatchicks.com> and <http://weight-loss.fitness.com> and <http://forums.jpfitness.com/> etc. and you want to see if specific topics have been discussed?

Easy! You simply limit your searches to results found specifically *within* those sites.

Let's say that you heard about the 6 Week Body Makeover, and you wanted to know what other dieters felt about it. You can search like so:

- ✚ ["6 week body makeover" site:weight-loss.fitness.com](#)
- ✚ ["6 week body makeover" site:3fatchicks.com/forum](#)

Searches like the above will pull out all the threads from the forum that relate to your topic. Notice how I used quotes as well – that helps narrow down my results.



You can use search engines to uncover resources for just about anything you can imagine. Check out these searches:

- ✚ [choosing the right diet](#)
- ✚ [help i'm not losing weight](#)
- ✚ [free aerobic routines](#)
- ✚ [How to choose a personal trainer](#)
- ✚ [diet motivation](#)

Remember however, once you do find helpful sites...**use them!** I've lost count of the times people have asked me, please Barbara, tell me how you've lost the weight...and when I give them a list of the most helpful sites online, they tell me, well gee, can't you give me the reader's digest version of it?

Sad to say....**no.**

And this brings me to the whole point of the **Safe and Smart Weight Loss Edge**....I can give you the tools you need to successfully lose weight and change your lifestyle.

BUT!! You are the one who must make the choice...will you use these tools or simply bury them in your mind?

You are the only one who can answer that.

Got it? Good!

Now, let's continue ways to help define your plan. Quite often, people who are passionate about getting fit, losing weight, making a lifestyle change etc., will have their own personal blog about it. And that brings me to:

READ TARGETED BLOGS

Blogs are a super-easy way to get the personal insights of many successful individuals.

True, you can also get the whiny The-World-Hates-Me folk too....but I digress. Like everything, you must use your judgment and evaluate what you read.

I have a blog myself! It's call the [Fab Fit Mom's Journal](#) – I write down my daily insights, thoughts on raising my kids, ideas about creative ways to get healthy and the like.

Remember, nobody (except my mom, of course) knows everything....but everyone knows something! Put all of those "somethings" together and you have a great wealth of helpful information.

With that out of the way, let me show you how to find the blogs you want to follow.



Step 1 – First visit general sites

Many online diet resources have places where people can blog for free! Check out:

- ✚ [Weight-loss Fitness Diaries](#)
- ✚ [3 Fat Chicks Diet Blogs](#)
- ✚ [Low-carb Journals](#)
- ✚ [Training Fitness Diaries](#)
- ✚ [SparkPages](#)
- ✚ [ShapeFit Diet Journals](#)

Immediately when you visit the above sites, you'll be overwhelmed with the knowledge, you're not alone! Lots and lots and lots of people are trying to lose weight and get healthy...talk about inspirations!

And definitely consider starting your own as well. It will help you stay the path.

Once you've looked at those sites, consider:

Step 2 – Search for blogs of interest

You can visit your favorite search engine, say, Google, and look for specific dieting blogs. Let's say that you are interested in the South Beach diet – a search like:

✚ ["south beach diet" blog](#)

Might return people actively following it, people reviewing it, people who have questions about it, etc.

You can apply this approach to any diet plan or workout habit you'd like! For example, check out:

✚ [healthy weight loss blog](#)

✚ ["protein power" blog](#)

✚ ["low fat" blog](#)

✚ [weight lifting blog](#)

Now, here's a question that might pop up. Let's say that you've found wonderful blogs like:

✚ [Dr. Mike](#)

It's pretty darned time consuming to visit each and every site every day to check up on what's new. But thanks to the glory of the Internet, you don't have to exert even that effort – you can simply:

Step 3 – Set up a RSS reader

What's an RSS reader, I hear you ask?

It's a nifty neat way to gather all the new postings from around the Internet and put them in one nice neat compact place for your reading delight!

I cannot begin to extol the virtuals of RSS readers for staying abreast of blog postings, forum postings, news and the like!



You'll be assured of being one of the first ones to know when new information is available online.

There's lots of RSS readers out there (many of them free!). I myself used to use

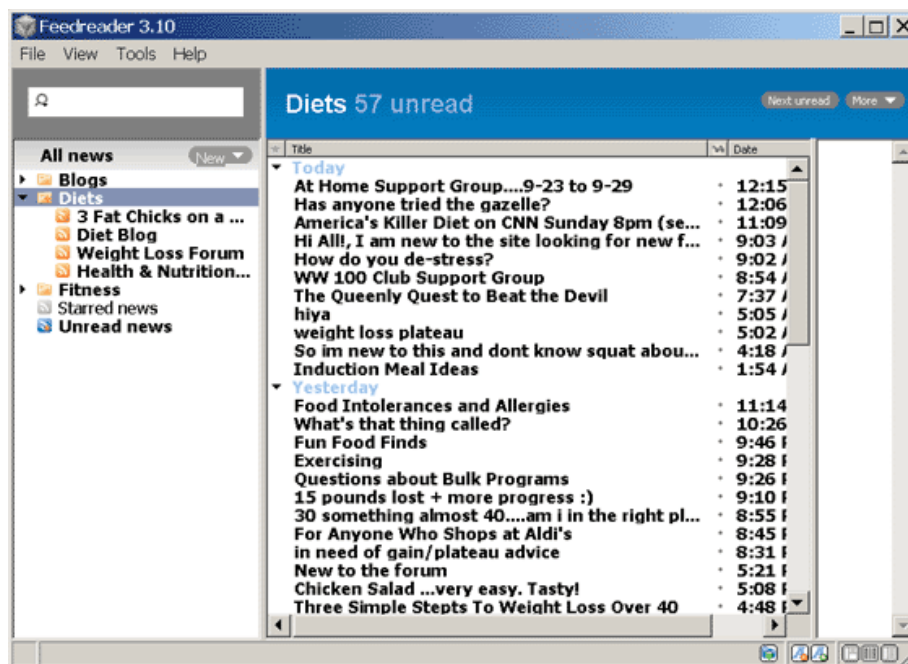
 Sharpreader.net

Alas, the latest update of Mozilla seems to cause it problems with me, so I just switched to

 Feedreader.com

It took me less than 4 minutes to add 20 excellent fitness and dieting feeds!

Here's what it looks like:



Notice how it categorizes the postings by Today, Yesterday, This Week etc.?

It's a very helpful tool indeed!

One neat aspect of blogs is that people can "tag" their posting – ie, if you write about, say, diets, you can specifically assign the tag "diet" to it.

Wouldn't it be great if you could see ALL the blogs that target specific weight loss ideas?

Yes indeed, and here's how you can do it!



Step 4 – Visit Technorati

Technorati.com is a blog search engine. It allows you to search for specific topics and ideas....like, dare I say it, dieting?

Visit there now and search for:

+ ["weight watchers"](#)

Notice those quotes? That helps zero in on the topic at hand.

At the time of this writing, the following sites were returned:

+ [Weight Watchers Weigh In Day](#)

+ [Sunday](#)

+ [New Week, New Beginning](#)

Now, true, some of the sites returned are simply spam blogs (blogs put together solely for the hope of making money). That being said, sometimes you can uncover some real gems.

How else can you use Technorati? Well, let's say that you participate on the forum [3FatChicks](#). Search for:

+ [3fatchicks](#)

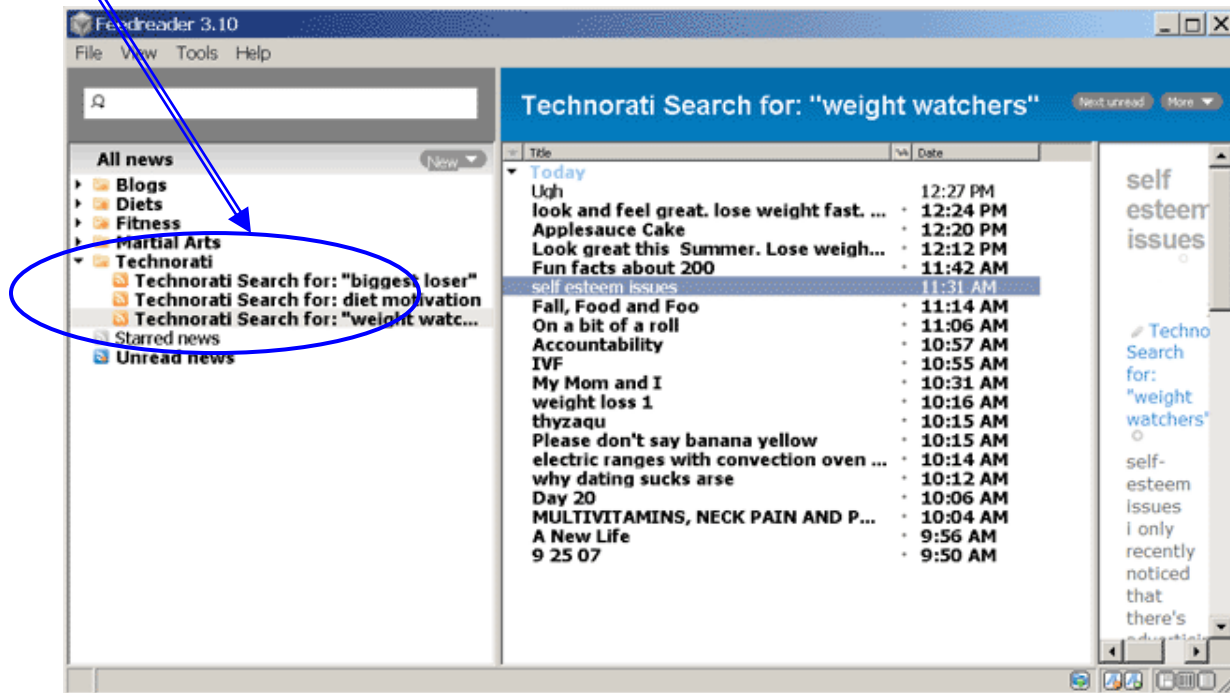
I found:

✚ [Tuesday Tidbits](#)

✚ [How To Start A Weight Loss Journey In 5 Steps](#)

The nice thing about Technorati results is that you can add the resulting URL into your FeedReader application...and be notified instantly whenever a new blog is posted that is tagged with your particular interests.

You might even put the feeds in a new folder in your [Feed Reader](#) to keep them together like so:



Nice, eh?

Blogs can be quite motivational!

Now, with all the great information now at your fingertips...how on earth will you use it?

Here's how I did...I read and researched and learned what other people were doing to get healthy. Then I applied their steps to my own personality and situation and asked myself:

- ✚ Does this sound legit?

If the answer was "yes", the next question was:

- ✚ Does this sound like I could do it?

That's how I found out what works best for me (in my case, it's medium protein, medium fat and low carb).

I also found what doesn't work for me ([Intermittent Fasting](#)). I was able to do it for 2 weeks and decided, it just wasn't my cup



of tea. But only by researching low-carb online was I alerted to its existence.

I cannot emphasize the following enough. **Only by taking the time to see what's out there will you uncover the particular diet plan that works for you!**

You could take shortcuts by listening to the experienced folks that post at [Weight Loss Fitness](#) , ask [panicked questions at the SparkPeople Panic Button](#) board, etc...whatever works best for you.

Remember, you know yourself best. When you're honest with yourself, you can state with confidence what you know:

- + **DOESN'T work for you** (for me, in my case it's restricted calories; I dislike feeling hungry)
- + **MIGHT work for you** (I thought eating once a day might work for me, it didn't, I also thought that drinking lots of water might work for me, it does)
- + **Never fails you** (I can drink soup morning, noon and night – anything that involves beef/pork/chicken protein along with chili peppers in a soup is a souper meal for me!).

The key here is to be honest with yourself. The time for playing around half-buttocked with regards to losing weight is long over!

There is no shame whatsoever involved with being honest with yourself. Nobody is perfect, and virtually everyone will fall off the diet wagon at least once! But it certainly would be a big shame for you to keep fooling yourself.

You've made the decision to get healthy, that's why you invested in this toolkit. Only you can make it so!

Got it? Good!

That being said, what if you're the kind of person who wants to follow what's currently in the news?

Glad you asked! It's time now for:



EXAMINE DIET NEWS

Weight loss is always in the news, always always always. Just look at:

- + [CNN Diet Fitness](#)
- + [Google News Diet](#)
- + [Medical News Diet](#)
- + [MSNBC Diet](#)
- + [AOL Diet](#)

Many of the above have newsfeeds you can add into your FeedReader application, so you're always kept abreast of the latest dieting trends.

Nice, eh?

So now you know how to read about dieting and such...but what's the one thing you really need to do?

TAKE NOTES!

Remember the main reason for all of this research. You want to uncover the best weight-loss plan that will work for you...you and only you.

Thus, whenever you read about something that intrigues you like low carb or eating 6 small meals or Weight Watchers etc.....

TAKE NOTES!

Make a note in your web browser or a notebook or what have you about the topic of interest. You're going to need it later.

Now, while you're learning and researching, there are some things you do need to keep in mind:

NUTRITION AND STAYIN' ALIVE

Close your eyes now and say, Starvation diets are a no no!

Seriously. Did you know that depending upon your choices, you can eat more food yet lose weight at the same time?

I never internalized this before prior to starting my own weight loss journey, but when you think about it, it does make sense.

Consider your body. You know, the thing that's letting you read right now. You're reading, you're understanding the material, you're breathing, your blood is circulating....in other words, your body is expending energy.

That energy needs to be fueled by your eating habits.

Everyone has a base level of calories requirement (otherwise known as the [Basal Metabolic Rate \(BMR\)](#); the number of calories you'd burn if you stayed in bed all day. You should eat at least that many calories to enable yourself to lose weight!

Why, I hear you ask?

Well, when you deprive your body of calories, it starts to say, hmmm.....looks like I'm entering a famine period! I had better store every bit of fat possible!

But when you consume at least your BMR level, your body can say, okay, I'm still being fed...I can afford to let go of these fat stores that have been happily living on my thighs.

See?

You can find your own BMR at the [BMI Calculator site](#). Once you discover it, you can then plug that number into the [Harris Benedict Formula](#) (that helps you determine your daily caloric needs based upon your activity level).



Once you know this particular number, you can subtract between 500 and 1,000 and come up with a total caloric intake that will help you lose weight.

For example, my BMI at the time of this writing was around 1,340. Plugging that into the Harris Benedict formula revealed to me that I need around 2,000 calories to maintain my current weight. Thus, if I want to lose, I should consume around 1,500 calories a day.

Armed with that information, I can then go to [FitDay](#), enter in all of my food intake, and determine if I'm within range of my caloric goal.

Now, keep in mind the following rather important idea! When I said earlier that you can lose weight by eating more, I didn't mean you can go scarfing down 29 chocolate chip cookies and consider that "more"! ☺ Instead, I'm talking about nutritionally-dense foods like apples, chicken, etc. Here are some links for that:

✚ [Youth Sports Nutrition](#)

✚ [Nutrition Dense](#)

So. Where are we now?

NEVER EVER GO ON A STARVATION DIET! You'll be shooting yourself in the foot. Learn more at

✚ [Starvation, Adaptation and Calories](#)

✚ [Dieting and Metabolism](#)

Now that we have that out of the way, let's talk nutrition.

I confess, I'm by no means an expert in this area, so instead let me point you to the resources that helped me.

✚ [My Pyramid](#)

✚ [Nutrition.gov](#)

✚ [National Nutrition Database](#)

✚ [Healthy Eating](#)

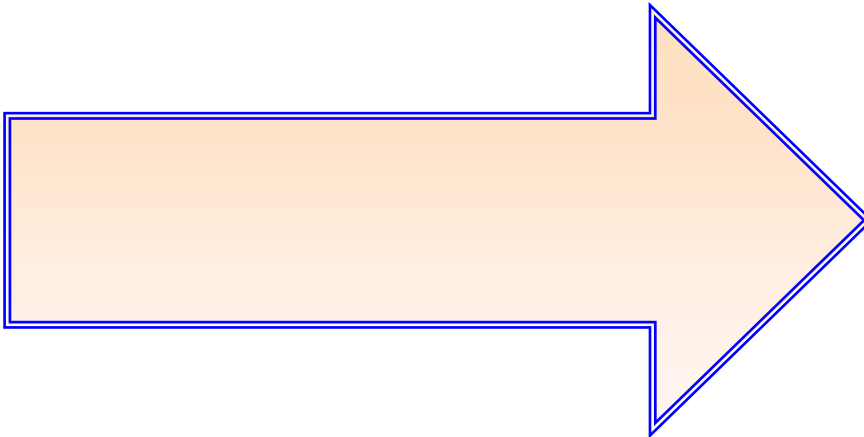


Use the prior resources to educate yourself on what can help craft a healthy eating plan that you can enjoy.

IN CLOSING

Wow, we've covered a lot of material in this chapter, eh? You now know how to effectively find information on the Internet regarding your future weight loss journey...and how to see if those diets uncovered are doable for your own personality. Good job!

Now it's time to put the pedal to the metal, to put the hammer down, to ... you get what I mean, it's time to craft your plan and put it in action! Turn the page and let's go.



CHAPTER 4 – CREATE YOUR PLAN

BEFORE YOU BEGIN

Ah, now you're finally at the point where you can carefully craft your weight-loss/get healthy plan...that's targeted specifically for your personality and yours only! Soon you'll see all of the research you did earlier in this toolkit really pay off for you.

The steps to craft your plan are:

- + Step 1 – Internalize Success
- + Step 2 – Fill Out A Commitment Promise
- + Step 3 – Write Down ICDT Everywhere
- + Step 4 – For Brave Souls....
- + Step 5 – Join The Following Communities
- + Step 6 – Set up a Free FitDay Account
- + Step 7 – Based On Prior Research...
- + Step 8 – Post Your Introductions
- + Step 9 – Put Your Plan Into Action

These are described below.

STEP 1 – THROW OUT YOUR TIME LINE

The very first thing you **MUST** (must must **MUST!**) do is internalize your future success.

Do NOT set a time table yet!!

After all, everyone loses at a different rate and pace. What might melt off the pounds from Aunt Bertha in 34 hours might leave you with a 2 pound weight gain!

You see, your body has its own way of liking to lose weight. Sometimes it will come off your belly first, sometimes the weight will disappear from your face first, sometimes your rear, etc. You cannot simply sit down and decree, "*waist, thou shalt shrink now!*"

It just doesn't happen that way.

Until you understand just how your body will react to your new lifestyle change, lose your expectations! It will greatly help you resist being demotivated if losing the weight takes longer than you want.

So. No timetable! No "I want to lose 30 pounds by summer." Instead, consider this self-affirming idea:

✚ I want to lose weight or inches or both by summer.

After you've been on your lifestyle change for awhile, THEN and only THEN should you start to add in a time constraint. For example, I myself have 9 more pounds to lose...and I'm giving myself 4 months in which to achieve this. After losing 35+ pounds, my body simply doesn't want to lose fast.

Does this depress me? Not really; I've accepted it as a fact of life. Whining about it didn't help....so I just learned to deal with it and move on.

Oh yes, that reminds me....sometimes when you read the diet and fitness boards around, you'll read these miracle weight loss adventures or how someone really worked hard and lost X amount of weight in Y amount of days. Just remember – what works for someone doesn't automatically mean it will work for you.

✚ You are unique! And you will find the most optimal way of losing.



Once you've abandoned any immediate timeline, you should:

STEP 2 – INTERNALIZE SUCCESS

I cannot emphasize this enough.

So many people fail on diets and losing weight because their attempts are just plain half-buttocked. They haven't hit rock bottom in their emotions about their weight or their health...and aren't willing to commit to success.

Commit.

It's a big word.

It requires that you internalize

✚ YES! I AM OVERWEIGHT AND/OR FAT AND/OR UNHEALTHY AND I WILL NOT TOLERATE THIS A MINUTE LONGER!!

I'm really serious here. If you're not committed to losing weight and getting healthy, then don't even start. You'll only gain the weight back (and then some!).

Internalize your future success. If you can stand it, get yourself in front of a mirror and tell yourself, listen, I have turned the key in my mind – I will NOT let anything stand in my way!

And if you cannot stand looking at yourself (I don't blame you if that's the case, that's what happened with me), then simply stand outside in the early morning or late night and tell the sky, that's it! **I'm changing my lifestyle.**

You'd be surprised how much figurative weight slides off your shoulders when you tell someone (yourself, the cosmos, etc.) about your new direction. It's an affirmation of your future success.

There will be rough patches ahead...but take things one day at a time. You WILL succeed.



There are two ways to help you continue to internalize success – let's move to:

STEP 2 – WRITE OUT A COMMITMENT PROMISE

Yes, I know...it does sound silly, doesn't it? After all, chances are, you're a grown adult who doesn't need to write down promises, correct?

Well, be that as it may...sometimes the actual physical effort of writing and signing and (dare I say it, committing to!) a promise can help etch your desire for success deeper in your mind.

I take this one step further. Here's what I want you to do – grab a pencil or pen and paper, and write down the following. Take your time, make it neat.

"I, _____, commit to changing my lifestyle.

I realize I can be healthier and happier in my life.

I realize I MUST change my eating and exercise ways to achieve this.

I, _____, commit to finding the path that works for me....and then staying that path through thick and thin.

I view this journey as a long-term requirement for a happier future....and realize that short-term quick miracle fixes DO NOT EXIST.

I, _____, commit to unleashing the healthy person inside of me and letting him or her become my own personal reality.

THIS IS IT, I HAVE COMMITTED TO CHANGE.



Name

DATE

Have you written it down yet? No? Okay, I'll wait for a bit.

You see, when you actually write something as powerful as the above down, you are really internalizing just what you want to achieve.

The next step might seem a bit silly, but trust me – it works!

STEP 3 – WRITE DOWN ICDT EVERYWHERE

ICDT!

I can DO this!

This is a phrase that should become your shield against failure.

Whenever you're debating with yourself, can I succeed....

Whenever you're exercising and thinking to yourself, can I complete this....

Whenever you feel your doubts slipping...

Say to yourself:

I can DO this!

I have lost count how many times I've told myself that when at karate class or jogging up the hill or finishing up the last 12.3 minutes of my 60 minute treadmill adventures.....

I can DO this!

You know, I never believed it myself that this works until it just slipped out. Last spring, I had made a promise to myself that I



would actually amazingly with grace and style, jog UP a particular hill on my beloved 2.4 mile circle walk.

Now, for your typical healthy person, this is no big deal. But for your megaMommy who was still more than 160 pounds, it was a challenge indeed.

Halfway to the top, I vividly remember thinking, I have to stop I have to stop I just cannot do this. I was 2.9 microseconds away from giving up, when the phrase

To hell with this, I can DO this!

Just plastered itself in my mind.

I started repeating it mindlessly to myself, step after step, I can DO this I can DO this I CAN DO THIS!!!!!!

And wouldn't you know...I reached the top of the hill.

Never forgot that moment....I never did.

It really made one heck of an impression on me.

And that's why I urge you now to write down on a neon sticky note (pink or blue or yellow works nicely):

+ I can DO this!

Once you write it down, stick that sticky note to your computer screen, your bathroom mirror, your car shade, your front door, your refrigerator front...anyplace where you NEED to see it.

It will aid you in gaining success in your new get-healthy lifestyle.

The next step will take, I admit, courage.



STEP 4 – FOR BRAVE SOULS....

If you are really ready to make a change and commit it to your heart, get thee to your refrigerator and cupboard and

Throw out everything that is certain to derail you on your get-healthy lifestyle.

Yes, I mean it! Get rid of the snacks, get rid of the pies, get rid of the potato chips...just....get rid of them.

It's a lot easier to resist chomping on calorie-laden snacks if they're not within a hand-grabbing vicinity!

Of course, you're probably not the only person in your family's household. So! What do you do if your spouse or your kids have a hankering for those rather unhealthy products as well?

While the next idea might sound silly, you certainly should consider it – get a lockable container and store them there. Let your spouse have the combination to it.

YES. I KNOW. This sounds drastic. And sometimes, it's not even needed – when you truly “turn the key” in your mind about a healthy lifestyle, you'll find yourself easily being able to shun all sorts of delectable yumminess. But until that point is reached, removing all temptations from your vision is a very very good thing indeed.



Next, it's time to:

STEP 5 – JOIN THE FOLLOWING COMMUNITIES

Visit the three following communities and join them.

 [Spark People](#)

 [3 Fat Chicks](#)

 [Weight Loss Fitness](#)

Done yet? That's okay, I have time to wait. Take your time. ☺

I'm really serious here. You should join at the very least, the above three communities. Of course, join others if they appeal to you as well.

Why?

Because they will give you super forums in which to post your introduction, post your potential plan, ask for help and much much more.

[SparkPeople](#), especially, is a godsend to people who are just beginning in their get-healthy journeys. A free service, it gives you tools to chart your eating, dozens of special-interest forums in which to post, tons of relevant articles and more motivation than you can shake a stick at!

One of the things I really like about it as well is that after signing up, you'll receive followups regarding dieting success...that I personally found most inspirational.

Next, it's time to:



STEP 6 – SET UP A FREE FITDAY ACCOUNT

<http://www.fitday.com> is a very popular free site for tracking calories. When you start to post at forums regarding your dieting progress, almost guaranteed...you'll be asked how many calories you are consuming on a daily basis.

FitDay will tell you that. By entering all of your calories in your daily tracker, you'll be able to have your information at your fingertips for future reference. It can be quite a benefit.

Next,

STEP 7 – BASED ON PRIOR RESEARCH...

The moment of truth is arriving!

Now.

Take a deeeep breath, get our your research notes, and think to yourself:

- ✚ From all of your research and reading, what kind of diet/weight loss plan seems to appeal to you the most?

Well?

Everyone's choices will be different. For example, I immediately gyrated towards immense quantities of beef soup (soup is one of my favorite meals of all time) and Low carb. So! I made certain to mention that in my [initial introductions](#).

This step is KEY! You see, so many times people decree, I want to lose weight....but they fail to research just what they can continue to implement for the long term.

Wait a sec, let me repeat that.

So many times people decree, I want to lose weight....but they fail to research just what they can continue to implement for the long term.



Long term! Long term!

If you decide to try a diet... and do successfully lose the weight ... what happens when you reach your goal and think to yourself,

OKAY! DIET IS OVER! I CAN GO BACK TO MY EARLIER WAY OF EATING!

Well?

I cannot repeat the following enough!

The people who are successful at losing the weight and keeping it off do NOT view it as a diet – they view it as a CHANGE OF LIFE.

A CHANGE OF LIFE!

Almost certainly, you WILL gain back the weight you will lose IF you do not choose to view this as a change of life. But here's the good news:

Did you know that once you truly do "turn the key" in your mind, your *new way of living* will seem like a *normal way of living*?

In other words, it won't be a sacrifice!!

This is really cool to internalize.

See, quite often, folks think, well gee, I'll sacrifice now to lose weight and then go back to my usual ways.

But! After months and months of getting healthy and losing weight, a new YOU emerges....one who doesn't view this way of life as something difficult to follow. Your perceptions change!

And that's a great thing indeed.

Got it? Good!

Let's now return to the step in question. Get together all of your ideas for your future weight loss and get healthy journey, and then:



STEP 8 – POST YOUR INTRODUCTIONS

Yes indeed, you've been working your way up to this moment!

Go to

[Spark People](#)

[3 Fat Chicks](#)

[Weight Loss Fitness](#)

and post your introduction stories and/or diaries. Here's the direct links:

- ✦ [Spark People Introduce Yourself](#)
- ✦ [Spark People Community Journals](#)
- ✦ [Weight Loss Forum Newcomers](#)
- ✦ [Weight Loss Forum Diaries](#)
- ✦ [3 Fat Chicks Introduction](#)
- ✦ [3 Fat Chicks Diet Blogs](#)

Now, you might be asking yourself, okay Barbara, it's all very well and good to say, go and introduce yourself, but what should I really post?

That's an excellent question! Generally, you want to post your name/handle, your current weight, where you want to end up, how you're approaching your get-healthy plan, etc.

Here's my [first introduction](#):

12-27-2006, 12:17 PM

IAMFire's Diary

Hi all,

I've just joined! I'm 42 years old and weigh 165 pounds on a 5' 3.5" frame; I reckon I'm at least 30 pounds overweight.

Last week I had a wakeup call that my current health is extremely non-optimal...and I made myself a promise not to go on a diet, but instead try a lifestyle change in my eating habits. While I do adore the toast with butter and the chocolate dipped macadamia nuts and the (fill in the blanks) joys of yumness, I realize that it's not a question of "should I get healthy" but "it's time to get healthy...now."

I try not to view this as dieting. Instead, I'm drinking close to a gallon of water a day, making lots of chicken/beef soups (I adore soup, preferably with chili peppers), and making sure I get an apple or a banana in once a day.



I'm also walking 2.4 miles every day on a route that includes hills and valleys (okay, 3 hills and 2 valleys), as well as getting back into doing bodyweight exercises.

I've lost 3 pounds so far. I think my bodyweight workouts put on muscle but so long as I'm burning up fat, I'm okay with that. :-)

I don't have a set time frame; as I'm trying to make this a lifestyle change, I figure I'll just take it one day at a time. I mentally view myself as fire; I can burn up what I want to (fat fat fat!) and yet control my eating when I choose.

So we'll see how it goes!

Nice to find this community,

Barb

Now, alas, it's true... I must confess I did lie on my introduction. I didn't start off at 168 pounds; I was quite a bit heavier, but couldn't bring myself to weigh myself.

But I think I did convey pretty well who I was and what my goals were.

You'll see there were several welcoming posts added to my initial introductions...and as the months went by, I continued to write about my experiences. And after I had things down rather well, I slowed my rate of posting...because I had internalized my success *for* myself. I didn't require the same level of support.

Everyone's experiences, of course, will be different! You'll see yourself there are thrivingly huge communities at the forums I mentioned....some people have been sharing their strength with others now for years and years.

Communities can really help you succeed in your weight loss.

Next it's time for:

STEP 9 – PUT YOUR PLAN INTO ACTION

You've posted your introductions, you've decided upon the weight loss adventure to embark....now it's time to put your plan into action.

What do I mean by that?

Well, obviously....you start your new lifestyle. That's a given.

But somewhat less obviously, you keep track of it.

Use [FitDay!](#) Keep track of your calories!

Post to your blog! Read other people's struggles and questions...can you learn something from them? Can you help others out?

When you feel yourself slipping and falling prey to temptation, get thee hence back to the community support boards and post about!



Sometimes the timely intervention of a supportive community is all that it takes to get yourself back on track.

If you feel like you will implode unless you consume that pint of cookie dough ice cream....if you can, simply leave the house. Get out! Take a walk. **Remove yourself from the temptation!**

It all sounds so simple, doesn't it?

I've just boiled down how to lose weight safely and effectively to the following steps:

- ✚ [Know thyself](#)
- ✚ [Research what would work best for you](#)
- ✚ [Take advantage of a support community](#)

✚ Make it so

Honestly, that is exactly how I created the framework to lose 40+ pounds. I always walk the walk I talk.

It takes time, it takes discipline, it takes guts...but most of all, it takes YOU to make it happen.

Every day is a new day, every day is one more chance for you to contribute towards your success. And when you do falter, you now know how to find the support and motivation to help you continue on your path.

Ain't life grand? ☺



IN CLOSING

This chapter is the heart and soul of the **Safe and Smart Internet Weight Loss Edge**. It delivers to you the keys you need to get started successfully on your own weight loss adventures...and continue towards a positive goal for the rest of your life.

So now, you're probably wondering, what's next?

Well, I'd be remiss if I left out one of the most important aspects of getting and staying healthy – exercise! Now, now, don't panic – I know the secret to changing your perception about it. Exercise, when viewed as a desirable activity, becomes fun!

Turn the page to see how.



CHAPTER 5 – EXERCISE, SMEXERCISE

BEFORE YOU BEGIN

Are you sitting down? I hope so, because there's a chance I'm about to shock your pre-conceived notions about exercise.

Ready?

Okay, here we go...

Exercise....is all in the state of mind.

Ha ha! I'll bet you thought I'd say, exercise is fun, right? Well, actually, exercise really IS fun, but that's not where I want to start.

Consider the following. Let's say that you're given a challenging problem to solve at work or home. It's something that requires lots and lots of brainpower, it's something that requires you to immerse yourself deep within the process....it's something that consumes your being for that particular moment.

And one moment becomes another moment, which becomes another....but you're not cognizant of that, because time is flying by while you're solving the problem.

When you do hit on the answer, isn't the feeling one of achievement? Don't you enjoy the profound knowledge that even when confronted with sticky issues or challenges, you can rise to the occasion and conquer them?

Well?

Guess what – exercise can be viewed the same way!

The true, well, wonderfulness of exercise is the following. It gives you benefits beyond the current moment! It helps you feel great about yourself, because you are actively challenging



your own abilities...and in the aftermath can say **YES!!!! I DID IT!**

Do NOT underestimate how much this will help build your self-confidence. And self-confidence is truly a godsend when you're on your own personal get-healthy weight loss journey.

With that, let's now dive into exercise via my favorite method:

AWESOME ANT'S PACE

Ever get an insane desire to go from zero to 60 in under 3 seconds when considering exercising?

You don't have to, you know.

Just like kids don't go from ABCs to Advanced Calculus or 123s to Ancient Greek, you don't have to go from utterly sedentary to running on a treadmill for 15 minutes.

Take it slow!

Let me repeat that....

TAKE IT SLOW!!!

Remember, your goal is not to burn yourself out. Your goal is to uncover an exercise program that harmonizes with your karma!

So. Remove any idea about going bananas with exercise, and let's instead focus on the Awesome Ant's Pace.

How can you start slow? Well, of course, first you should see your doctor for suggestions. Possibly one of them might be, start walking.

Walking can be great exercise! As a matter of fact, that's how I chose to begin my own get-healthy routine.

Now, when I say "walking", I don't mean, go zooming up and down the hills and valleys that are around my home! No



indeed; instead, I simply started easy. Very easy, actually; I didn't try for speed, I didn't try to walk 5 miles, I took things at my own pace. I even found a way to measure how long my walk became at [Gmap Pedometer!](#) That's a great little nifty site – it told me the exact distance I chose to mosey on by.

And you can do other things besides, well merely walking, while you're walking! For example, one of my hobbies is karate and kendo (sword fighting). After my leg problem got severely worse (I couldn't do any kicks in karate anymore), I started focusing on hand-techniques like blocking. The more you practice, the better your muscle memory becomes....so I thought, gee, I'm outside walking anyway, why not do hand techniques during each step?



Now, true...I might look a weeeeeeeeeee bit silly on my walks. After all, much of them had me doing slow and steady hand blocks up and down the hills! But you know what? Not only did my walks give me great health benefits, I built up my blocking skills until I was faster than my kids in karate. 😊

And then kendo! Omigosh, what fun I had with that – I was able to use a [cane as a sword](#) on my circle walks, and build up my muscle memory at the same time. Double benefits!

Here are some resources regarding beginners walking.

- ✚ [How to walk for absolute beginners](#)
- ✚ [Walking Forum](#)
- ✚ [AARP Fitness walking](#)
- ✚ [America's Walking](#)

What if you really resist walking outside?

Well, why not try walking inside?

I'm quite serious here. You can probably map out a route within your home and walk it 5 or 10 times. I did that when I wasn't able to get outside or drive to the gym....it's amazing how winded I became when I first tried it.

You see, ideally, exercise should not be a chore. If you currently view it as something as delightful as scrubbing moldy

toilets, you're really doing yourself a disservice...the immediate benefits you feel after exercising really cannot be beat.

No, I'm not talking about the 'runners high' or the extra endorphins released in your body. Instead, I'm talking about the unbeatable feeling of knowing, you've accomplished something that was once thought to be just too difficult for you.

You see, when you try exercising, any exercising, you're pitting yourself against your own pre-conceived notions of what you can achieve.

Overcoming your own personal limits is something that simply cannot be described.

What if you're still filled with trepidation?

Glad you asked! Another super resource for beginners exercise is Richard Simmons! Remember him from the 80s in [General Hospital](#)?

Well, I have news for you – Richard Simmons and his workout videos are beyond awesomely fantastic for people who are nervous about working out.

Why, I hear you ask? Because not only does his workout tapes feature 300+ pound people doing the moves he instructs, but his empathy and support simply cannot be duplicated!

I remember the first time I did his Sweatin' to the Oldies III – it was the first time [I actually danced in decades](#). My gosh, what an awesome feeling – I was able to move like normal people.

You can find lots of Richard Simmons workout tapes/DVDs on [eBay](#), and also post to your local [Freecycle](#) as well. Richard also has a paid membership site at his [Clubhouse](#) – it's definitely worthwhile (my husband got me a membership there for my Valentine's Day gift). And finally, check out his [inspirational daily message](#) – it will give you a taste of the support you'll find.

Let's switch gears for a second...and talk about one type of "exercise" that not only makes the birdies sing and the rainbows shine, but can also help speed up your metabolism and lose weight. I'm talking, of course, about:



STRENGTH TRAINING

Strength training is one of the most beneficial, wondrous, awesome things you can do!

Why?

Well, first off, it builds muscle. And as it takes more energy to keep a pound of muscle alive than a pound of fat, it helps boost up your metabolism. When you add muscle to your body, you'll end up burning more calories while at rest than before!

But there's another super benefit to strength training. When you build up your muscles, you can definitely notice the difference (muscles can be hardened when flexed, fat cannot). So even when your scale doesn't seem to budge, you can enjoy verifiable proof that your get-healthy plan is working as expected.

Strength training isn't that difficult to do either! You don't even need a gym; you can use your own [bodyweight](#) for this purpose.

I will admit, however, that using free weights or the Cybex machines are extremely beneficial to building up muscle mass and helping you pump up your metabolism. Here are some resources for this:

- ✚ [Women's Weight Training](#)
- ✚ [Strength Training](#)
- ✚ [Exercise/Muscle Directory](#) (complete with animated gifs to show you how!)

If you're a newbie to strength training, you can (after talking with your doctor, of course) buy some light dumbbells and work out at home. I do that myself on the days I cannot get to the gym; I'll bring out my weights while waiting for my kids' school bus and do exercises like [these](#).



I highly recommend finding a great gym as well. I myself go to the local [YMCA](#); they have a superb weight room as well as a completely souped-out cardio room, classes, runners' track, kiddie care and more.

Finding a great gym for your own personal needs will help you immensely on your get-healthy journey. You might even run into a giggle or two, as this [particularly hilarious thread](#) shows.

Want some other ideas about choosing a gym? Consider:

- ✚ [10 things to look for when choosing a gym](#)
- ✚ [A fun quiz for choosing a gym](#)
- ✚ [8 things to consider when choosing a gym](#)



Definitely consider it. It can really be a boom for your own workouts. `course, you might want to [build your own home gym](#), which is a great thing too! 😊

What about other ways of exercising? Glad you asked! Let's dive right now into:

PERSONAL ACTIVITIES

Exercise can be a team sport...or it can be an intensely personal activity as well. The choice is yours.

Here are some guidelines for choosing what works best for you.

Aerobics

- ✚ [TurnStep](#)
- ✚ [Aerobics Forum](#)
- ✚ [StepCenter](#)

Dance Dance Revolution

- + [DDR Fit Club](#)
- + [DDR Freak](#)
- + [DDR Forums](#)

Elliptical

- + [Elliptical Trainers](#)
- + [Elliptical Trainer Reviews](#)
- + [Choosing an Elliptical](#)

Pilates

- + [Pilates](#)
- + [Pilates Community](#)
- + [About.com Pilates](#)

Stair Steppers

- + [Stair Stepper Reviews](#)
- + [How Stuff Works](#)
- + [Stair Climber Reviews](#)

Treadmills

- + [Treadmill Reviews](#)

- + [Advice on Buying a Treadmill](#)
- + [Treadmill Advisor](#)

Workout DVDs

- + [Video Fitness](#)
- + [Video Fitness Forum](#)
- + [Collage Videos](#)
- + [BeachBody Forums](#)

Yoga

- + [Yoga Forums](#)
- + [Yoga Site](#)
- + [Yoga Journal](#)

I certainly hope the above resources are helpful to you!

But what if you want to try a different way of exercising...something only (and I quote) "young people" do?

There's something 'way important I must reveal to you...and that is:

NEVER TOO OLD!

You're never too old to try anything.

Period, end of statement – you're never too old.

I should know – back in May, I signed not only my kids...but also myself....up for karate.

Now, when you think about it, karate for a 42 year old woman who is handicapped with a lousy bone structure is, well, on the surface, kinda sorta ludicrous.

After all, all my classmates were kids. I was the only adult there.

And you know something? I adored it then...and I love it now.

Karate provides me, the person of prior zero self-confidence, lots of opportunities to personally challenge myself.



I took to it so well that I started practicing [kendo](#) (Japanese swords) too! And that...wow, that...that allows both my inner warrior and my soul spirit to come out in peace and harmony together.

True...I don't do karate for weight-loss – the benefits are more for flexibility, self-confidence, control, etc. But back in my pre-life-journey state, I would have scoffed, gee, I'd have to get up and move! Why bother?

You can do this too! Is there some activity you've always wanted to try out...but didn't think it would "be right" or that you are currently "too old"?

Well, consider this – you'll never get any younger in body, but age can be perceived as just a number. **You can instill youngness in your spirit and soul.**

You should always give yourself permission to try out something new. Who knows, you might find yourself in awe.

And that brings me to the next point. Please do make certain to read the following – it can change your life.

Tell me...were you ever able to:

WITNESS THE MAGIC

I'm big on witnessing the magic. But let me first explain.

Long long ago, back when wheels were square and the environment was always green (okay, the summer of 2007), I was happily running Camp Ling¹⁰ and focusing on giving my kids a great summer.

And then I found out my local town was giving a revival of **Fiddler on the Roof**. Now, back in my earlier years, I adored musicals (especially Music Man!)...the songs, the instrumentals, the dancing, the overall feeling of being alive and vibrant was a joy for me.

But as the years continued, I took on more and more responsibilities. I married, had children, became an entrepreneur....in other words, I made the transition from young adult to All Powerful Mother/Wife/BusinessWoman Unit.

I soon forgot about mundane things like the arts.

Zoom forward to last summer now – I sat, absolutely entranced, with my eyes riveted to the stage...being hit by wave after wave of turbulent emotions.

Musicals...are magic!

At one point in my life, I was able to.....witness that magic and let it suffuse my very being...but now at the age of 43, I had shut that aspect out and away from my life.

No more!

I was so busy being superMom and superWife and superBusinessWoman and super...you name it, I forgot about **superSelf**.

I had forgotten *how* to witness the magic.

Let me tell you, that was an eye-opening experience that left me shaken. It brings me to your:

¹⁰ I run a summer camp for my kids that focuses on creativity, academics, writing, etc. 2007 was the third year I've done it.

SUPERSELF!

You are not *only* what you are/do to/for others.

Was that written in big enough font? No? Okay, how 'bout:

You are not *only* what you are/do to/for others.

Especially for women...so many of us focus on others. How we help them, how we take care of them, how we are always there for them....

What about *us*? What about *you*? What about the sacredness that lives inside of *you*?

Watching **Fiddler on the Roof** brought home with the impact of a brick thru the skylight how incredibly important it is to always give yourself permission to witness the magic.

The magic to which I'm referring is different for each person. Age makes no difference!! So what if you're older, a parent, a spouse, a community leader, what have you...**you always must have it within you the courage to wonder and witness the magic.**

It's something that helps make life special!

Thus, while you're considering what activities to do on your get-healthy journey....never stop yourself by saying, I'm too old, I only did that in my childhood, it's beneath me, etc.etc.etc.

You're never too old. Period.



IN CLOSING

Talk about a lot of exciting material! In this chapter, not only did you learn about how easy it is to start exercising, you also discovered how it's never too late to witness the magic...that magic being laughter, love, friends...anything about which you were once passionate and can become that way again.

This concludes **The Safe and Smart Internet Weight Loss Edge**. As you can see, you have the tools you require at hand...all that is needed is your own commitment and ability to "Turn the Key!" for your future success.

Remember, nobody else can lose weight for you! Nobody else can turn you into a healthy and sexy person...**it has to come from within you.**

Internalize that!! No quick fixes, no gimmicks, no failure.

You.

You can do this.

YOU can do this.

You CAN do this.

You can DO this.

You really can.

Best wishes for your future success!

Sincerely,

Barbara Ling



ABOUT THE AUTHOR



I am a mom of 4 who now focuses upon raising my family to the very best of my abilities. This desire has helped fuel my own personal weight loss journey – I firmly believe in “walking the walk” when it comes to raising kids. They have personally witnessed my “Hey! If big fat handicapped mom can do this, so can I!” challenges, and now have a role model that will help them as

they grow.

In late November, I underwent surgery to remove the benign bone tumor found on my [right leg](#). That meant that for the previous 11 months, I was at a severe disadvantage regarding my physical abilities...but I chose not to let it stop me. I’m living proof that you can always regroup and move ahead...and not give into that little voice that tries to tell you, give it up.

I am NOT a professional personal trainer. Instead, I’m probably just like you – a parent who wants to be around for the kids as they grow. What you have read in this book is exactly what I have done to lose 40+ pounds....and keep it off as well.

Computer-wise, I’ve been online now since 1988, back when there were no browsers nor World Wide Web. I began building webpages with Mozilla Version 1.0, and specialized in designing and promoting high-visibility websites until 2004 or so, when I broke the Google code.

I suppose that above all, I’m a prolific author. My methodology involves walking the walk, learning everything I possibly can about succeeding in a particular area, and then writing about it. Besides **The Safe and Smart Internet Weight Loss Edge**, I’ve also written:

Business Books

- [Poor Richards Internet Recruiting at Amazon](#)
- [The Internet Recruiting Edge, 7th Edition](#)

- [**The Real Estate Pro's Internet Edge**](#)

How to Read Books

- **Lingstar Learning** at
<http://www.lingstar.com/learning/>

Home Improvement Books

- **Avoiding The Contractor From Hell** at
<http://www.contractorhell.com>

Job Finding/Recruiting Books

- **The Art Of Job Posting** at
<http://www.risetrends.com>
- **Free Resumes 101** at
<http://www.risetrends.com>
- **New Client Profits** at
<http://www.risetrends.com>
- **Make Them Beg To Hire You** at
<http://www.virtual-coach.com/career>
- **57 Cover Letter and Resume Tips** at
<http://www.virtual-coach.com/career>

Entrepreneurial Books

- **Way of the Rich Hermit, Book 1 – Money Making Territory Control** at
<http://www.richhermit.com/book1.html>
- **Way of the Rich Hermit, Book 2 – Dynamic Affiliate Profit Linking** at
<http://www.richhermit.com/book2.html>
- **Way of the Rich Hermit, Book 3 – Beginners Make Money Cookbook** at
<http://www.richhermit.com/book3.html>
- **Online Search Profits** (being updated)

- **24 Hour eBook Digital Product Creation** at <http://www.auctionsearchprofits.com/24-hour-ebook.shtml>
- **7 Days to Your Auction Success** at <http://www.auctionsearchprofits.com/auction-success.shtml>
- **57 Cover Letter and Resume Tips** at <http://www.http://www.virtual-coach.com/career>

Miscellaneous Books

- **Ultimate Parakeet** at <http://www.ultimateparakeet.com>
- **Sell More Model Horses on eBay** at <http://www.freemodelhorsetips.com>

among other books as well.

As mentioned, I have been an active participant on the Internet since 1988, when I first appeared on the Netnews scene by generating a following in response to my many thought-provoking articles in several newsgroups. While employed at AT&T, I acquired skills in Systems administration, Web site creation, development and training, and wrote several user manuals on the various software and platforms I taught. In short, I was Internet-savvy when a graphical interface meant more than one command line was available. ☺

Credentials

My business and personal accomplishments and credentials are many and include:

- **Speaking at companies including:**
 - Deloitte Touche
 - Campbell Soup
 - Continental Airlines
 - The American Chemistry Society

- The Society of Human Resources, Mid-Atlantic Region
- The Society of Human Resources, Granite State
- The Society of Human Resources, Massachusetts
- Association of Personnel Consultants, South Carolina
- The Association of Legal Professionals
- **Being spot-lighted in key publications including:**
 - The Wall Street Journal
 - Inc. Magazine
 - Family Money
 - Ms. Magazine
 - Computer World
 - Internet Business
 - The American Chemistry Society Inc.
 - Texas Realtors Magazine
 - Realtor Magazine
 - New Jersey Magazine
- Originating of the concept **Becoming The Recruiter Of Choice**. I've correctly forecasted several recruiting trends, and am constantly called upon for interviews and customized seminars
- **Single-handedly creating and presenting to thousands** of recruiters/HR the dynamic content for the RISE Internet e-recruiting seminars. The time required from concept to delivery of the first official seminar in Toronto (including content, workbooks, CDROM, laminations and more) was merely three short months.

Extremely successful, I have conducted dozens of workshops around the country.

- Seeing my Real Estate industry book *The Real Estate Pro's Internet Edge* become a **Product Pick from The National Association of Realtors magazine** (even though I'm not a Realtor. I simply got to know my audience and found out what needs they wanted solved)
- Being the [Small Business Success Story](#) showcased at the Microsoft Site
- Being a columnist for several publications including **The Boston Herald**
- Authoring of the self-published bestselling book on Internet Recruiting, **The Internet Recruiting Edge.**
- **Being mentioned in Inc newsletters** by the following tag - *When Barbara Ling Talks, We Listen.*
- **Creating three Internet newsgroups** including comp.text.interleaf, rec.pets.birds and att.xksh

My over a decade of employment at firms like AT&T, Lucent and IBM as a Internet consultant, lead unix systems administrator and systems engineer have taught me effective problem-solving techniques that greatly benefit my research. I have been profiled in many publications and sites, including [Monster.com](#). Additionally, my years of educating others how to use their software and environments have enabled me to teach in an easy, informative fashion that emphasizes creativity instead of rote activity.

I will answer any email received. Thank you muchly for your interest in my materials! I would love to hear your feedback.

Sincerely, Barbara Ling 2008



APPENDIX A – WEIGHT LOSS/DIET RESOURCES

+START HERE FIRST

General Free Diets

[Diet Plans](#) [Weight Loss](#) [Dieting](#) [Weight Loss Center](#)

[Dieting](#) [Dr Chris Steele's PROVEN Fat Farewell Diet Plan - Introduction on www.thefamilygp](#)

[Free diet books](#)

[Free Diet Plans at SparkPeople](#)

[No S Diet](#) [No snacks, sweets, seconds, except on days that start with S.](#)

[The Fast-5 Diet and the Fast-5 Lifestyle](#)

[The Scarsdale Diet](#)

Maintenance

[At your goal](#) [Maintain that weight loss here! \(Page 1\)](#)

[Maintainers - 3 Fat Chicks on a Diet Weight Loss Community](#)

[Maintenance](#) [how to maintain your weight after your diet](#) [iVillage](#)

[Pre-Maintenance & Maintenance](#) [Active Low-Carber Forums](#)

Must-Read Threads

[GET BACK ON THE WAGON CHALLENGE! \(Page 1\)](#)

[How do you know when it becomes a lifestyle change \(Page 1\)](#)

[Magic Pill - 3 Fat Chicks on a Diet Weight Loss Community Does it Work](#)

[Picture of fat vs. muscle - 3 Fat Chicks on a Diet Weight Loss Community Exercise!](#)

[Post your tips & tricks of reducing calcs everyday \(Page 1\)](#)

[Say one positive thing about yourself each day... \(Page 1\)](#)

[Weird & Wonderful Signs You're On the Right Track \(Page 1\)](#)

[Why is this time different \(Page 1\)](#)

[Words of Wisdom - diary - exercise - lose weight - wellness - training - fit - healthy - diet W](#)

[Working Out - And Gaining Weight - 3 Fat Chicks on a Diet Weight Loss Community Exercis](#)

Success Stories

[Active Low-Carber Forums - Low-Carber Success Gallery](#)

[Before & After ... and In-Between - diary - exercise - lose weight - wellness - training -](#)

[Goal! - 3 Fat Chicks on a Diet Weight Loss Community](#)

[Mini-Goals - 3 Fat Chicks on a Diet Weight Loss Community](#)

[SparkPeople Success Stories](#)

Weight Loss

[100 weight loss tips; posted on AOL by prevention.com](#)
[Part 1 - diary - exercise - lose weight -](#)

[A rant about basic concepts I - diary - exercise - lose weight - wellness - training - fit - he](#)

[Diet Plans and Program Reviews at iVillage Diet & Fitness](#)

[Evaluate the Latest Diets](#)

[Facts About Weight Loss Products and Programs - diary - exercise - lose weight - wellness - tra](#)

[Panic! Button for Immediate Help](#)

[Starvation, Calories, and Adaptations - diary - exercise - lose weight - wellness - training -](#)

[The Best Free Diet Website Fitday Versus Sparkpeople - Associated Content](#)

[The Easiest Nutrition Guidelines Ever - diary - exercise - lose weight - wellness - training -](#)

[These are posts that I consider unusually valuable. I plan to update this guide as time permits](#)

[Top 5 Ways to Gain Fat! - diary - exercise - lose weight - wellness - training - fit - healthy](#)

[Words of Wisdom - diary - exercise - lose weight - wellness - training - fit - healthy - diet W](#)

[A HREF= http weight-loss.fitness.com nutrition 5534-nutrition-101-a.html ADD DATE= 11933375](#)

CALORIES

Calorie Counting

[Calorie Count Plus - Free, Intelligent, Online Dieting](#)

[Calorie Counter Database - Free Online Diet Program](#)

[NutritionData.com NutritionData's Nutrition Facts
Calorie Counter](#)

[The Calorie Counter](#)

Calories Burned

[Calories Burned During Exercise](#)

[Calories Burned Estimator](#)

[Free Calorie Counter, Weight Loss Calculators, and
Weight Loss Tutorial CaloriesPerHour.com](#)

[How many calories are burned exercise](#)

[NutritionData BMI & Calories Burned Calculator](#)

[UMMS Calories Burned Calculator](#)

Restaurants

[CalorieKing - Diet & Weight Loss Information - Calorie
Counter and Nutritional Information](#)

[Fast Food Calories](#)

[Weight Loss - Restaurants - Fast Foods - Nutrition Facts
- DietFacts.com](#)

CARBS

Carb Counting

[CalorieKing - Diet & Weight Loss Information - Calorie
Counter and Nutritional Information](#)

[Carb Counter - Search Carb Counter](#)

[Carbs Counters & Calculators](#)

[Foodizer Diabetic Foods List of Carbohydrate](#)

Foods

[Carbohydrates Nutrition Source, Harvard School of Public Health](#)

[Low Carb Diet Tools - Carbohydrate Counter](#)

[Low Carb Food Lists - What Food to Eat on a Low Carb Diet](#)

[Major Nutrients Carbohydrates, Proteins and Fats Consumers Food and Nutrition Information](#)

[The Glycemic Index](#)

Restaurants

[CalorieKing - Diet & Weight Loss Information - Calorie Counter and Nutritional Information](#)

[CarbWire - Restaurants](#)

[Eating Out - Low Carb](#)

[Low Carb Freedom Low Carb Eating Out](#)

[Nutrition Data for Restaurant](#)

DATABASES

[Bodybuilding.com - Exercise Guides Database.](#)

[Calorie Database](#)

[Free Exercises - Resistance, Pilates, Cardiovascular, Stretches](#)

[Home Page IronOnline Health and Fitness Database](#)

[How Many Pounds How Many Calories](#)

<http://www.nal.usda.gov/fnic/foodcomp/search>

[NIH - Health Information](#)

[NutritionData.com NutritionData's Nutrition Facts Calorie Counter](#)

DETOX - COLONICS

["Detoxification" with Pills and Fasting](#)

[Colon cleansing Is it helpful or harmful - MayoClinic.com](#)

[Confessions of a Quackbuster Colonic Irrigation](#)

[Confessions of a Quackbuster Mucoïd Plaque - a dubious idea](#)

[Detox Diets - A Complete Scam! Nutrition and Dietary Advice](#)

[Experts warn of detox diet dangers - Chew On This - MSNBC.com](#)

[The Detox Diet](#)

[the truth behind colonics PoopReport.com](#)

DIET PILLS AND PATCHES

[Diet pill fraud 'Tip of the iceberg' - ConsumerMan - MSNBC.com](#)

[Diet Pill Supplement Scam Two-Thirds of Hoodia Gordonii Pills Sold In the United States Are Co](#)

[Eating Disorders Diet Pills Laxatives Anorexia Bulimia Compulsive Overeating The So](#)

[NPR Diet-Pill Makers Fined for Fraud](#)

[The Skinny on Diet Scams](#)

DIET PLANS

3 Day Diet

[3 Fat Chicks on a Diet Official Website for Weight Loss Support - 3 Day Diet](#)

[The 3 Day Diet](#)

3 Hour Diet

[3-Hour Diet - AOL Body](#)

[3-Hour Diet Review - AOL Body](#)

[3-Hour Diet - Official site of the 3-Hour Diet](#)

[45 and starting the "3-hour diet" - 3 Fat Chicks on a Diet Weight Loss Community 40-S](#)

[The 3-Hour Diet -- Jorge Cruise -- iVillage](#)

[The 3-Hour Diet What It Is](#)

7 Day Diet

[3 Fat Chicks on a Diet Official Website for Weight Loss Support - 7 Day Diet](#)

[7 day diet - 3 Fat Chicks on a Diet Weight Loss Community Weight Loss Support](#)

[7 Day Diet Personal Plan](#)

[Diet Health, Diet Nutrition. Diet News & Information](#)

[The 7 Day Diet-Fad Diet](#)

Abs Diet

[+Abs Diet Goodies](#)

[+Reviews Abs Diet](#)

[3 Fat Chicks on a Diet Official Website for Weight Loss Support - The Abs Diet](#)

[Abs Diet - AOL Body](#)

[Look fab with the 'Abs Diet for Women' - Family and health - MSNBC.com](#)

[The 7-Day Abs Diet Meal Plan - Men's Health](#)

[The 7-Day Abs Diet Meal Plan - Page 1 - MSN Health & Fitness - Diet & Fitness](#)

[The Abs Diet Home Page](#)

[The Abs Diet Online](#) [The Diet Channel](#)

[The Abs Diet](#) [The Six-Week Plan to ... - Google Book Search](#)

ACV Diet

[+ACV goodies](#)

[+Reviews ACV Book](#)

[Apple Cider Vinegar Diet - Alternative Medicine](#)

[Apple Cider Vinegar Diet](#)

[Up Close & Edible](#) [Apple Cider Vinegar - To Your Health - MSNBC.com](#)

[Weight Loss and Apple Cider Vinegar](#)

Alternative Resources

[+Alternative Health Goodies](#)

[About Holistic Healing - Body Mind Spirit - Chakras - Energy Medicine](#)

[Acupressure for Weight Control, Weight Control, Weight Loss, Strategies for Weight Loss, Dietin](#)

[Acupuncture for Weight Loss](#)

[Coconut Oil Atkins Diet Forum Active Low-Carber Forums](#)

[Folk Medicine Archive](#)

[Glossary of alternative medicine - Wikipedia, the free encyclopedia](#)

[Home Remedies to Lose Weight](#)

Anne Collins Diet

[+Anne Collins Goodies](#)

[Anne Collins Diet Reviewed](#)

[Diet Health, Diet Nutrition. Diet News & Information](#)

[Diet Review The Anne Collins Weight Loss Program](#)

[Weight Loss Diet Program, FREE Diet Advice! Weight Loss Diets, Low Carb Plan](#)

Anti-Inflammatory Diet

[+Anti Inflammatory Diet Book Reviews](#)

[Antiinflammatory Foods - Controlling Inflammation with Antiinflammatory Foods](#)

[Are You a Good Candidate for an Anti-Inflammatory Diet](#)

[Canadian Living Health Nutrition The anti-inflammatory diet](#)

[Health Hint The Anti-inflammatory Diet](#)

[N.V. Perricone, M.D. Cosmeceuticals&f&eš&A®](#)

[Study Focuses on Anti Inflammatory Diet, Diabetes](#)

[The Wellness Diet](#) [Anti-Inflammatory Diet Basics and Diet Tips](#)

Arthritis Diet

[Arthritis Diet - Information About How Diet Can Affect Arthritis And Rheumatic Diseases](#)

[Arthritis Diets & Supplements Do They Work](#)

[Arthritis Forum Message Boards](#)

[Diets for Fibromyalgia and Chronic Fatigue Syndrome](#)

[Nutrition Research](#)

Atkins Diet

[+Atkins Goodies](#)

[Active Low-Carber Forums - Atkins Diet & Low Carb Support Message Boards](#)

[Amazon.com Reviews for Dr. Atkins' New Diet Revolution, Revised Edition Books Robert C.](#)

[Atkins - Atkins](#)

[Atkins Diet Information - Phases, Menus, Pros, Cons](#)

[Atkins Diet, Low Carb Forum View Forum - Atkins Diet Support](#)

[Atkins Nutritional Approach - Wikipedia, the free encyclopedia](#)

[Atkins Revolution Reviews](#)

[LowCarbFriends.com - Weight Loss Support](#)

[More Atkins Controversy...](#)

Beverly Hills Diet

[+Beverly Hills Goodies](#)

[Beverly Hills Diet Book Review](#)

[Diet Health, Diet Nutrition. Diet News & Information](#)

[Smorts](#)

[The New Beverly Hills Diet](#)

[The New Beverly Hills Diet The ... - Google Book Search](#)

Biggest Loser

[+Biggest Loser Goodies](#)

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[Volumetrics - 3 Fat Chicks on a Diet Weight Loss Community General Diet Plans and Questions](#)

[Volumetrics What It Is](#)

Weight Watchers

[+Weight Watchers Goodies](#)

[Bootcamp Buddies - Weight Watchers Support Forum - powered by vBulletin](#)

[Dining Out Guide with Weight Watcher Points, eat right & lose weight!](#)

[Dotti's Weight Loss Zone - Restaurants A-Z, Weight Watcher and Nutritional Info](#)

[Download Weight Watchers Calculator - Freeware and Shareware Directory](#)

[Download Weight Watchers Widget 0.14 for Mac - Weight Watchers Widget - calculate food points -](#)

[How many Weight Watchers Points is that](#)

[New Wireless Weight-Loss Tools Fit in the Palm of Your Hand](#)

[Weight Watchers - 3 Fat Chicks on a Diet Weight Loss Community](#)

[Weight Watchers Reviews](#)

You on a Diet

[+You on a Diet Goodies](#)

[All About YOU Community Message Boards](#)

[Amazon.com Reviews for You On A Diet The Owner's Manual for Waist Management Books Meh](#)

[You On A Diet - The Official Website](#)

[YOU On a Diet - and other Oprah inspired diets - 3 Fat Chicks on a Diet Weight Loss Community](#)

Zone

[+Zone Diet Goodies](#)

[Kitchen Low-Carb Recipes Active Low-Carber Forums](#)

[The Zone Diet Reviews](#)

[The Zone Diet](#)

[Zone Diet Recipes Collection](#)

[Zone Forums](#)

[Zone Living - Welcome to the Zone!](#)

Diet Support

[3 Fat Chicks on a Diet Weight Loss Community - Powered by vBulletin](#)

[Diet Support](#)

[Free Weight Loss Buddy Support- Free Diet Tracking and Expert Help](#)

[Free Weight Loss Support - Free Diet Journals and Weight Loss Blogs - Weight Loss Buddy Online](#)

[Google Directory - Health > Weight Loss > Support Groups > Chats and Forums](#)

[Healthy Weight Forum](#)

[LowCarbFriends.com - Weight Loss Support](#)

[MiniMins.com - Weight Loss Support Forum](#)

[SparkPeople Message Boards](#)

Emotions

[Eight Emotional Eating triggers - 3 Fat Chicks on a Diet Weight Loss Community Weight Loss News](#)

[Emotional Eaters](#)

[Emotional Eating - Diets - Binging - Geneen Roth](#)

[Emotional Eating](#)

[SparkPeople Emotional Eating Healthy Living Community](#)

[The 7 Myths That Prevent Permanent Weight-Loss](#)

[Weight-loss help How to stop emotional eating - MayoClinic.com](#)

[What do you do instead of emotional eating - 3 Fat Chicks on a Diet Weight Loss Community Livi](#)

[What Have You Learned - MiniMins.com - Weight Loss Support Forum](#)

EXERCISE

Abs

[6 Pack Abs Exercises - Oblique Crunches For Six Pack Abs](#)

[Abs Discounts](#)

[Best Abdominal Exercises - abs crunch, best ab workout, abs exercise, free abdominal workouts](#)

[Bodybuilding.com - Abs Exercises, Anatomy And Tips!](#)

[Top 10 Most Effective Ab Exercises](#)

[Waist Exercise Menu](#)

[YouTube - Abs Exercise](#)

Cardio

Aerobics

[+Aerobics Goodies](#)

[About Aerobics Aerobic exercise, health and beauty fitness magazine.](#)

[Aerobics Discounts](#)

[AFAA Aerobics and Fitness Personal Trainer Certification & Group Exercis](#)

[Open Directory - Health Fitness Aerobics](#)

[Step aerobics choreography, videos, music, terms at Stepcenter.com](#)

[Turnstep.com](#)

[WebAerobics - Your Global Destination for Aerobics](#)

[YouTube - Broadcast Yourself.](#)

Ellipticals

[+Elliptical Trainer Goodies](#)

[Before You Buy an Elliptical Trainer](#)

[elliptical - Weight Loss Forum - Search Results](#)

[Elliptical Trainer Discounts](#)

[Elliptical Trainer Reviews Best Elliptical Trainer](#)

[Elliptical Trainers Ratings and Reviews](#)

Stair Steppers

[+Stair Stepper Goodies](#)

[Compare Prices and Read Reviews on Stair Climbers at Epinions.com](#)

[Consumer Guide Stair Steppers Product Reviews](#)

[How to Use the Stair Stepper](#)

[Stair Climber Discounts](#)

[Stair Stepper Reviews, Stairmaster Reviews](#)

[Stair Steppers How to Choose](#)

Treadmills

[+Treadmill Goodies](#)

[Search Forums - Treadmills](#)

[Treadmill - Elliptical Reviews, Service, & Parts Treadmill Doctor](#)

[Treadmill Discounts](#)

[Treadmill Review Treadmill Reviews](#)

[Treadmill Reviews and Ratings Guide - Best Home Treadmill Models](#)

[Treadmill Workouts](#)

[Treadmills UK Guide - How to Choose Your Treadmill](#)

[Treadmills Treadmill Reviews, Best Treadmills](#)

General

[Exercise - Cardio, strength training, flexibility, weight loss advice and more](#)

[Exercise and Fitness](#)

[Exercise 7 benefits of regular physical activity - MayoClinic.com](#)

[Free Exercises, Exercise Instructions, Custom Workout, Personalized Workout, Ab Exercises, Abdo](#)

[MedlinePlus Exercise and Physical Fitness](#)

[Physical exercise - Wikipedia, the free encyclopedia](#)

HIIT

[Bodybuilding.com - Workout Of The Week - What Is The Best HIIT Workout](#)

[Clearing Up HIIT Guide to HITT - diary - exercise - lose weight - wellness - training - fit -](#)

[High Intensity Interval Training \(HIIT\) - workout - exercise - fitness - forum - articles - tra](#)

[HIIT High Intensity Interval Cardio Training -- Cardio](#)

[HIIT Reviews](#)

[Muscle Media](#)

EXERCISE MACHINES

DDR

[+DDR Goodies](#)

[Dance Dance Discounts](#)

[Dance Dance Revolution - Wikipedia, the free encyclopedia](#)

[DDR Fit Club - Weight Loss Home](#)

[DDR Freak - Tips and Guides](#)

[What is the best DDR Mat you can get - CDROM-Guide forums](#)

Ellipticals

[+Elliptical Trainer Goodies](#)

[Elliptical Trainer Buyer's Guide](#)

[Elliptical Trainer Discounts](#)

[Elliptical Trainer Reviews - Review 20 Popular Brands & 58 Models](#)

[Elliptical Trainer Reviews](#)

[Elliptical Trainer Reviews Best Elliptical Trainer](#)

[Elliptical Trainers Ratings and Reviews](#)

Pilates

[+Pilates Goodies](#)

[Exercise Videos Reviews - Pilates Reviews](#)

[FITNESS INFOMERCIAL REVIEW - WINSOR PILATES REVIEW](#)

[Guide Review Total Pilates for Beginners](#)

[Pilates - Exercise for Core Strength and Flexibility](#)

[Pilates Connections Discussion Board](#)

[Pilates Discounts](#)

[Pilates equipment, videos, education and information](#)

[YouTube - Broadcast Yourself.](#)

Stair Climbers

[+Stair Stepper Goodies](#)

[Compare Prices and Read Reviews on Stair Climbers at Epinions.com](#)

[Consumer Guide Stair Steppers Product Reviews](#)

[How to Use the Stair Stepper](#)

[Stair Climber Discounts](#)

[Stair Stepper Reviews, Stairmaster Reviews](#)

[Stair Steppers How to Choose](#)

Treadmills

[+Treadmill Goodies](#)

[Smart Shopping Treadmills - AOL Money & Finance](#)

[Treadmill Discounts](#)

[Treadmill Reviews & Treadmill Ratings](#)

[Treadmill Reviews of the Most Popular Brands](#)

[Treadmills Treadmill Reviews, Best Treadmills](#)

Yoga

[+Yoga Goodies](#)

[Yoga Discounts](#)

[Yoga Forums](#)

[Yoga Journal](#)

[Yoga](#) [Yoga Books](#) [Yoga Videos](#) [Yoga Mats](#) [Yoga Clothing](#)

[Yoga](#)

[YouTube - Yoga](#)

PERSONAL TRAINERS

[+Personal Trainer Goodies](#)

[ACSM Certified Personal Trainer](#)

[AFPA Personal Trainer Certification, Become A Personal Fitness Trainer, Fitness Certifications](#)

[How to Choose a Personal Trainer](#)

[Personal fitness training network, Personal trainers, Personal fitness trainers](#)

[Personal trainer - Wikipedia, the free encyclopedia](#)

[Ustrainersearch.com Personal Trainers Nationwide](#)

PREGNANCY

[Exercise Guidelines during Pregnancy American Pregnancy Association](#)

[Exercises - BabyCenter](#)

[Exercising During Pregnancy](#)

[Howstuffworks "How to Exercise During Pregnancy"](#)

[Pregnancy Exercise Demonstrations lower](#)

PRODUCTS

Heart Rate Monitor

[+Heart Rate Monitor goodies](#)

[Heart Rate Monitor reviews](#)

[Heart Rate Monitors How to Choose and Use a Heart Monitor](#)

[Heart Rate Monitors](#)

[Polar USA](#)

Home Gym

[+Dumbbells Goodies](#)

[+Home Gym Goodies](#)

[Home Gym Discounts](#)

[Home Gyms - Best Home Gyms, Home Gym Reviews](#)

[Home Workout Equipment Choosing A Suitable Home Gym](#)

[Weight Training at Home or Gym - How to Choose Home or Gym for Weight Training - Best Choice fo](#)

Scales

[+Bathroom Scale Goodies](#)

[Body Fat Monitor Product Reviews](#)

[Compare Prices and Read Reviews on Health Aids, Body Fat Monitors, matching "weight scales](#)

[Digital Scales.com - Independent Reviews of Digital Scales & Digital Pocket Scales](#)

[Weight Scale discountns](#)

Infomercials +ALL

[+As Seen on TV Goodies](#)

[Exercise, TV Shows, Television Exercise, Television Show Rankings, Backchannelmedia - Backchann](#)

[FITNESS INFOMERCIAL REVIEW.COM - Real reviews, real consumers.](#)

[INFOMERCIAL SCAMS.COM - FITNESS INFOMERCIALS](#)

[Infomercial Watch](#)

Ab Lounge

[+Ab Lounge Goodies](#)

[ab lounge review - is this machine an effective exercise for your abs](#)

[Amazon.com Reviews for Ab Lounge 2 Sports & Outdoors](#)

[FITNESS INFOMERCIAL REVIEW - AB LOUNGE REVIEW](#)

[New Bookmark](#)

Ab Slide

[+Ab Slide Goodies](#)

[AB Slide Beginner Low Intensity Forum Active Low-Carber Forums](#)

[Amazon.com Reviews for Roller Slide - Ab Slider with Computer LCD Read-out Sports & Outdo](#)

[FITNESS INFOMERCIAL REVIEW - AB SLIDE REVIEW](#)

BeachBody

[+Beachbody Goodies](#)

[Beachbody Discounts](#)

[Beachbody Fitness, Nutrition, Diet and Weight Loss Programs, Products & Videos](#)

[Community Message Boards - Powered by eve community](#)

Billy Blanks

[+Billy Blanks Goodies](#)

[Billy Blanks - Wikipedia, the free encyclopedia](#)

[Billy Blanks Discounts](#)

[Billy Blanks TAEBO Online Workout Routines and Official Tae Bo Store](#)

[CNN.com - Blanks' life not letter perfect - Nov. 26, 2002](#)

[Tae Bo Fan's Page - Info on Billy Blanks, Shellie Blanks, Success Stories, Tape Reviews, an](#)

Body Bugg

[+Body Bugg Goodies](#)

[Bodybugg users report here! - Lap Band Talk Forum - The largest forum for Lap Band Surgery Disc](#)

[BODYBUGG HOW IT WORKS](#)

[I bought the bodybugg - "intelligent calorie management system" - Open Source Diet](#)

Body By Jake

[+Body by Jake Goodies](#)

[Body By Jake discounts](#)

[Body By Jake](#)

[Cardio Cruiser - 3 Fat Chicks on a Diet Weight Loss Community Does it Work](#)

CorEvolution

["corevolution" by Louie Simmons](#)

[+CorEvolution Goodies](#)

[CorEvolution – The Best in Home Exercise Equipment – Easy to Use](#)

[FITNESS INFOMERCIAL REVIEW – COREVOLUTION REVIEW](#)

[HyperBench reviews](#)

[Thoughts on CorEvolution as reverse glute ham – Sherdog Mixed Martial Arts Forums](#)

Cross Crunch

[+Cross Crunch Goodies](#)

[Amazon.com Customer Reviews Cross Crunch Abdominal Trainer As Seen on TV](#)

[Cross Crunch Official Site – One Easy Motion Targets Your Entire Abs](#)

[Does It Really Do That Cross Crunch – Does It Really Do That News Story – WRC Washington](#)

[Epinions.com – Compare Prices and Read Reviews on Cross Crunch Ab Exerciser at Epinions.com](#)

Fluidity Bar

[+Fluidity Bar Goodies](#)

[Ballet Bar](#)

[Bar, Barre, Lotte Berk work outs \(Fluidity\) – Topic Powered by Prevention.com](#)

[exercise video reviews Fluidity Advanced Workout](#)

[FITNESS INFOMERCIAL REVIEW – FLUIDITY BAR WORKOUT REVIEWS](#)

[Fluidity Bar - 3 Fat Chicks on a Diet Weight Loss Community Exercise Equipment](#)

[Fluidity Fitness Evolved](#)

[INFOMERCIAL SCAMS.COM - FLUIDITY BAR COMPLAINTS](#)

Hip Hop Abs

[+Hip Hop Abs](#)

[Amazon.com Customer Reviews HIP HOP ABS Package - Fat Burning Cardio, Ab Sculpt, Total Body B](#)

[Hip Hop Abs - NEW! - Forum Powered by eve community](#)

[Hip Hop Abs Fitness, Nutrition, Diet, Weight Loss Official Site](#)

[YouTube - Hip Hop Abs -- Take It To The Dance Floor](#)

Leg Magic

[+Leg Magic Goodies](#)

[Amazon.com Customer Reviews Leg Magic Ultimate with Professional Pack](#)

[FITNESS INFOMERCIAL REVIEW - LEG MAGIC](#)

[INFOMERCIAL SCAMS.COM - LEG MAGIC COMPLAINTS](#)

[Leg Magic - 3 Fat Chicks on a Diet Weight Loss Community Exercise Equipment](#)

[Weight loss Forum View topic - Leg Magic](#)

P90X

[+P90x Goodies](#)

[Amazon.com Customer Reviews P90X Extreme Home Fitness with Tony Horton - Set of 13 DVDs - 12](#)

[P90X - Forum Powered by eve community](#)

[P90X Extreme Home Fitness, Nutrition and Weight Loss Program](#)

[Shaping My Way](#)

Project You

[+Project You Goodies](#)

[3 Fat Chicks on a Diet Official Website for Weight Loss Support - Kathy Smith Project YOU](#)

[Kathy Smith Project YOU - 3 Fat Chicks on a Diet Weight Loss Community Exercise!](#)

[Kathy Smith's Project YOU - Forum Powered by eve community](#)

[Kathy Smith's Project YOU Fitness, Nutrition, Diet and Weight Loss Program](#)

Push Up Pro

[+Push Up Pro Goodies](#)

[Amazon.com Customer Reviews Push Up Pro](#)

[Perfect Push Up VS The Push Up Pro - AOL Video](#)

[Pushup Pro! The Ultimate Upper Body Workout!](#)

Red Exerciser

[+Red Exerciser Goodies](#)

[Amazon.com Customer Reviews Red XL Abdominal Exerciser](#)

[INFOMERCIAL SCAMS.COM - RED EXERCISER COMPLAINTS](#)

[Red Exerciser - Exercise Seat - Comfortable Exercise - Core Strength - Red Core System - As see](#)

Shapely Secrets

[+Shapely Secrets Goodies](#)

[FITNESS INFOMERCIAL REVIEW - SHAPELY SECRETS](#)

[Shapely Secrets - 3 Fat Chicks on a Diet Weight Loss Community Does it Work](#)

[Shapely Secrets Official Site](#)

Slim in 6

[+Slim in 6 Goodies](#)

[Amazon.com Customer Reviews Debbie Siebers' Slim in 6 DVD Set of 2 2005](#)

[FITNESS INFOMERCIAL REVIEW - SLIM IN 6 REVIEW](#)

[Slim in 6 - Forum Powered by eve community](#)

[Slim in 6 Fitness, Nutrition, Diet and Weight Loss Program](#)

Taebo

[+Taebo Goodies](#)

[Amazon.com Customer Reviews Tae-Bo Workout; Instructional and Basic \(TaeBo; The ultimate tota](#)

[Billy Blanks TAEBO Online Workout Routines and Official Tae Bo Store](#)

[Tae Bo Fan's Page - Info on Billy Blanks, Shellie Blanks, Success Stories, Tape Reviews, an](#)

[Taebo Amped... so how is it](#)

[TaeBoFans Discussion Forum - Index](#)

The Bean

[+Bean Goodies](#)

[Amazon.com Customer Reviews The Bean Deluxe](#)

[the Bean for abs - 3 Fat Chicks on a Diet Weight Loss Community Exercise Equipment](#)

[The Bean Will Get You Lean!](#)

Total Gym

[+Total Gym Goodies](#)

[Amazon.com Customer Reviews Total Body Works 5000](#)

[The Total Gym - Bodybuilding.com Forums](#)

[Total Gym - Sherdog Mixed Martial Arts Forums](#)

[Total Gym vs VigorFit - workout - exercise - fitness - forum - articles - training - hiit - cre](#)

[Total Gym™ and efi Sports Medicine™ - Official Site for all Commercial Models, Total Gym](#)

Transfirmer

[+Transfirmer Goodies](#)

[Amazon.com Customer Reviews The Firm TransFIRMer](#)

[Bootcamp Buddies - Weight Watchers Support Forum - Transfirmer](#)

[The Best Aerobic Activities and Workout Routines Combined for Total Fitness](#)

[Transfirmer - 3 Fat Chicks on a Diet Weight Loss Community Fitness Videos](#)

Turbo Jam

[+Turbo Jam Goodies](#)

[Amazon.com Customer Reviews Turbo Jam Beachbody 5 Workouts New Released](#)

[exercise video instructors Chalene Johnson](#)

[Turbo Jam - Forum Powered by eve community](#)

[Turbo Jam Fitness, Nutrition, Diet, Weight Loss Official Site](#)

[Turbo Jam](#)

Yoga Booty Ballet

[+Yoga Booty Ballet Goodies](#)

[Amazon.com Customer Reviews Yoga Booty Ballet Complete Workout System](#)

[exercise video reviews Yoga Booty Ballet](#)

[Yoga Booty Ballet - Forum Powered by eve community](#)

[Yoga Booty Ballet Fitness, Nutrition and Weight Loss Program](#)

Videos_DVDs

[+Workout DVDs](#)

[Amazon.com "richard simmons" vhs Video](#)

[Amazon.com exercise DVD](#)

[Amazon.com exercise Video](#)

[Exercise Videos and Fitness Videos](#)

[Paula Z's Exercise Video Reviews!](#)

[Video Fitness Forum - powered by vBulletin](#)

[Video Fitness consumer guide to exercise videos](#)

[Workout Music and Workout Videos](#)

WEIGHT LIFTING

Bodyweight

[Bodyweight Exercise Exercises You Can Do At Home-Home](#)

[Bodyweight Exercises](#)

[Category Bodyweight exercise - Wikipedia, the free encyclopedia](#)

[FightingArts.com Forums Exercises without weights](#)

[RossTraining - Never Gymless](#)

[Strength Building and Conditioning Exercises Expert Village Videos](#)

DIY Workout Equipment

[- RossTraining.com View topic - Homemade Equipment Links](#)

[HOME IMPROVEMENT Sports-Related Additions High-Tech Home Gym DIY Network](#)

[So You Want to Build a Home Gym \(by Kyle Battis CSCS, L ATC, NSCA-CPT\)](#)

[Straight to the Bar DIY Home-made gym equipment](#)

[The basics of a home gym](#)

Forums

[Bodybuilding, Weight Lifting, and Training - BodybuildingForYou - Bodybuilding Forums](#)

[IronMagazine Bodybuilding Forum - discuss bodybuilding & fitness](#)

[Main Index - IronOnline - Powered by IronOnline](#)

[MuscleTalk Bodybuilding Forum](#)

[Wanna Be Big Bodybuilding and Weightlifting Forums - Powered by vBulletin](#)

[Weight Training & Weight Lifting - EliteFitness.com Forums](#)

General

[Building muscle...weight lifting routines, tips and nutrition](#)

[Dragon Door](#)

[Eugen Sandow & The Golden Age of Iron Men](#)

[ExRx Exercise & Muscle Directory](#)

[Home Gym Discounts](#)

[Misc.Fitness.Weights \(mfw\) homepage](#)

[Weight Training 101](#)

[Weightlifting in the Yahoo! Directory](#)

[Welcome - Weightlifting Exchange](#)

Muscle Groups

[Bodybuilding.com - Anatomy And Exercises Main Page!](#)

[Muscle Diagram](#)

[Muscular System Muscle Groups](#)

[Weight Training by Muscle Group](#)

Routines

[Bench Press Workouts](#)

[Bodybuilding Training Routines - Characteristics of Good Bodybuilding Training Routines](#)

[Bodybuilding.com - #1 Exercises Guide - Over 300 Exercises!](#)

[Flex Bodybuilding, Bodybuilding Routines](#)

[Power Training Exercises](#)

[Weight Lifting Workouts, Exercise, Supplements, Routines, Tips and Programs](#)

[Weight Training Exercise Guides - Muscle Mass Building Workouts!](#)

[Workout Creation Instructions](#)

Womens

[7 Myths of Women's Weight Training and Female Bodybuilding](#)

[Bodybuilding.com - Mauro Di Pasquale - Women & Weight Training!](#)

[Curves Forum - Powered by vBulletin](#)

[Weight Lifting Exercises, Weight Training Programs for Women- iVillage](#)

[Women's weight training - Kendo World Forums](#)

[Women's Weight Training - workout - exercise - fitness - forum - articles - training - hiit](#)

[Women's Weight Training](#)

FORUMS

[3 Fat Chicks on a Diet Weight Loss Community - Powered by vBulletin](#)

[Active Low-Carber Forums - Atkins Diet & Low Carb Support Message Boards](#)

[Community Message Boards - Powered by eve community](#)

[Featherish](#)

[Google Directory - Health > Weight Loss > Support Groups > Chats and Forums](#)

[Health & Fitness in Sports & Leisure Featured Forums in QVC Community](#)

[Healthy Weight Forum](#)

[MiniMins.com - Weight Loss Support Forum](#)

[Obesity Forum - Weight Loss Forum - Diet Forum](#)

[SparkPeople Message Boards](#)

HUMOR

[Diet Humor](#)

[Diet Jokes and Dieting Humor](#)

[Diet Jokes Home](#)

[Diet, Exercise, Fitness Humor, Jokes & Cartoons](#)

[Exercise Humor](#)

NEWS

[AOL Body - AOL Body](#)

[Diet & Fitness - MSN Health & Fitness](#)

[Diet & Fitness News News & Videos about Diet & Fitness News -- CNN.com](#)

[diet - Google News](#)

[Nutrition News & Diet News from Medical News Today](#)

NUTRITION

[About Nutrition](#)

[American Society for Nutrition](#)

[Food and Nutrition Information Center](#)

[MedlinePlus Nutrition](#)

[MyPyramid.gov - United States Department of Agriculture - Home](#)

[Nutrition - Wikipedia, the free encyclopedia](#)

[Nutrition.gov Homepage](#)

OBESITY

Children

[MedlinePlus Obesity in Children](#)

[Overweight and Obesity](#)

[Overweight kids face stigma, unhappy lives - Kids & Parenting - MSNBC.com](#)

[Preventing Childhood Obesity Health in the Balance - Institute of Medicine](#)

Forums

[100 lb. Club - 3 Fat Chicks on a Diet Weight Loss Community](#)

[300+ Club - 3 Fat Chicks on a Diet Weight Loss Community](#)

[Obesity - HealthBoards.com Message Boards](#)

[Obesity Forum - Weight Loss Forum - Diet Forum](#)

[Triple Digits Club Active Low-Carber Forums](#)

[Weight Loss Surgery Forum - Obesity Help Main](#)

General

[Dietary Guidelines for Americans](#)

[Good exercises for the morbidly obese Help - diary - exercise - lose weight - wellness - t](#)

[Obesity - Wikipedia, the free encyclopedia](#)

[Obesity and Overweight Introduction DNPAO CDC](#)

[Obesity](#)

Research

[National Obesity Forum - Home](#)

[Obesity Research at the National Institutes of Health \(NIH\)](#)

[OBESITY.ORG](#)

[Obesity](#)

Surgery

[Bariatric Surgery Peer Support Forum](#)

[BariatricEdge.com](#) where people struggling with morbid obesity find answers.

[Hampton Bariatric Forums - powered by vBulletin](#)

[Medformation.com Surgery for Severe Obesity](#)

[MedlinePlus Weight Loss Surgery](#)

[Surgical Weight Loss - Adjustable Gastric Band, Intra-gastric Balloon Systems, Mini-Gastric By-P](#)

[Weight Loss Surgery Gastric Bypass Lap Band Tummy Tuck Abdominoplasty Bariatric Surgery](#)

[WIN - Publication - Gastrointestinal Surgery for Severe Obesity](#)

RECIPES

[All recipes](#) – complete resource for recipes and cooking tips

[BBC - Food - Recipes](#)

[Diet Recipes, Low Fat Recipes, Low Carbohydrate Recipes, and Low Calorie Recipes](#)

[Diet Recipes](#)

[FoodFit Healthy Low Fat Recipes, Diet Plans, Holiday Recipes, and Free Online Diets](#) Foodfit

[Healthy Diet Recipes and Tips - Eating Well](#)

[Low Carb Cooking!](#)

[Low Carb Recipes - Sugar Free and Compatible with South Beach, Atkins, Zone, Protein Power, Etc](#)

[Recipe Goldmine](#) thousands of the best recipes on the internet

[Recipes, Cooking Basics & Tips, Videos, & Calorie Counter
Cooking Food Network](#)

[RecipeSource Your Source for Recipes on the Internet](#)

[Weight loss recipes - MayoClinic.com](#)

SCAMS

[Diet Scam Artists meet their Match](#)

[Diet Scam Watch](#)

[How To Avoid Common Diet Scams \(DeepFitness.com\)](#)

[How to Spot a Diet Scam](#)

[INFOMERCIAL SCAMS.COM](#)

[Infomercial Watch](#)

[The Skinny on Diet Scams](#)

TRACKERS

Calories

[About my-calorie-counter](#)

[Calorie Counter, Diet Tracking, Food Journal, Nutrition
Facts at The Daily Plate](#)

[FitDay - Free Weight Loss and Diet Journal](#)

[My Calorie Tracker](#)

[Personal Calorie Tracker](#)

[USDA - CNPP - MyPyramid Tracker](#)

Fitness Tracker

[A step tracker for pedometer enthusiasts - Walker Tracker](#)

[Fitness and Diet Tracking Software by WORKOUTWARE.COM](#)

[Free Online Fitness Tracker](#)

[Gimme20.com Features Gimme20.com - Fitness Tracking & Fitness Community](#)

[Run Fat Boy Run An Exercise Plan for Beginners](#)

[traineo Fitness & Weight Loss Community](#)

[Weight Loss Percentages Free Simple Easy Weight Loss](#)

[Workout Tracker - Main Fitness Tracking Page](#)

Weight Loss Signatures

[Weight Loss - Diet Ticker](#)

[Weight Loss signature tracker](#)

[Weight Loss Ticker](#)

APPENDIX B – HOW TO FIND ANY RECIPES ONLINE WHATSOEVER

YOUR INNER SLEUTH

One of the true benefits of the Internet is you can uncover just about anything you want....online. It's simply a matter of searching well for the information.

Take recipes. Let's say that you want free low-carb recipes. You can visit Google and search for

 [Free low carb recipes](#)

At the time of this writing, here's what was returned:

[Low Carb Recipe | Free Collection](#)

Collection of **low carb** diet **recipes**, information about the diets and discussion forum for **low** carbohydrate dieters.
www.low-carb-diet-recipes.com/ - 29k - [Cached](#) - [Similar pages](#) - [Note this](#)

[Low Carb Recipe Collection](#)

Low Carb Atkins Diet **Recipe** Collection. ... **Low Carb Recipe** - More than 120 **Low Carb recipes** to choose. ... **Free Low Carb Recipes** ...
www.low-carb-diet-recipes.com/low_carb_recipe.htm - 20k - [Cached](#) - [Similar pages](#) - [Note this](#)

[Atkins diet and low carb diet support, recipes, information and ...](#)

Atkins Diet and **Low Carb** Diet Support, research and **free low carb** diet **recipes**. Resources for **low** carbohydrate diet plans such as the atkins diet

and the ...

www.**lowcarb**eating.com/ - 27k - [Cached](#) - [Similar pages](#) - [Note this](#)

[Low Carb Recipes - Sugar Free and Compatible with South Beach ...](#)

All of these **free low carb recipes** have been tested and developed by me (except for the links to collections). All the **recipes** are **low carb**, sugar-free, ...

lowcarbdiets.about.com/od/**recipes/Low_Carb_Recipes**.htm - 20k -

Visit all of those sites...you'll see free low-carb recipes.

It's truly a simple thing to do! Let's try another search...perhaps you're looking for Sonoma diet recipes. Here we go:

 [Free Sonoma diet recipes](#)

Here's what was returned today:

[The Sonoma Diet Recipes - iVillage](#)

Find out how the **Sonoma Diet** works and get **recipes** at iVillage. ... **Free** Newsletter. **Diet** & Fitness Celebrity Secrets iVillage News. more newsletters

...
diet.ivillage.com/plans/0,,8t9kpw7q,00.html - 44k - [Cached](#) - [Similar pages](#) - [Note this](#)

[Sonoma Diet Recipes - 3 Fat Chicks on a Diet Weight Loss Community](#)

Recipes marked for each wave of the **Sonoma Diet**. **Recipes** fit in with whole food ... **free diet** information and forums for weight watchers, south beach **diet**, ...

www.3fatchicks.com/forum/forumdisplay.php?f=189 - 79k - [Cached](#) - [Similar pages](#) - [Note this](#)

Nice, eh?

Always ask yourself...how would recipes be showcased online? Are there specific keywords I should use? If tacking on the word 'FREE' doesn't help, remove it and try something similar.

Some good recipe databases include:

- ✚ [All Recipes](#)
- ✚ [BBC Recipes](#)
- ✚ [Foodnetwork.com Recipes](#)

Now, what if you can't find the recipes for which you are searching?

Not to fear! Simply visit some of the weight-loss communities in which you participate (you DO participate, right?) like:

- ✚ <http://www.3fatchicks.com/forum>
- ✚ <http://www.sparkpeople.com/myspark/mycommunity.asp>
- ✚ <http://weight-loss.fitness.com>

And ask for help.

You might be surprised at the goodies other people will be willing to share!



THANK YOU!

Thank you for your investment in **The Smart And Safe Weight Loss Edge!** I would like to close with the following story. It's not about weight-loss per se, but it does deal with the courage you require to make critical life choices.

A few months ago, I was participating in my favorite sport, Kendo (Japanese swords). Now, with kendo, you can wear this rather cool armor called a [Bogu](#) – it comes complete with a helmet, padding, protection, etc.

Well! I went up against a guy who is about a foot taller than me and 40 pounds heavier than me and is extremely good in the sport. And while the armor does protect you, my first bout had me on the receiving end of 7 strikes in (what seemed like) 5 seconds on my head.

Time was called, and the weirdest thing happened to me – I was absolutely suffused with blind panic and fear.

Not "fear of a bad guy", mind you, but fear of "no matter what I do, I am going to be pounded into the ground again." I momentarily debated with asking the guy to go lighter on me (which of course he would) when.....when my inner self grabbed me by my shirt, shook me about (figuratively speaking, of course), and yelled, you can DO this! You can fight through the fear! If you give in, nobody else will help you – you must do this YOURSELF!

And you know....I did. Not that I won or anything (as expected, I was pounded into the ground).

After the class ended, my kids (who were participating in aikido at that time) noticed something was a wee bit off with me; I was literally in shock over what I had experienced. Never ever ever before in my life had I ever had to fight through fear. Never before had I ever been pushed to the edge of my abilities. I cried while driving home.

Once I got to my computer, as is my habit, I wrote down every single emotion that flowed through me during the event. I analyzed it, pored over it, made it my own....and came to

realize, my gosh, I was blessed. **I was able to confront utter stark fear and not be swayed by it.**

The next week I participating in sparring again, and even though I was, ahem, pretty ineffective, the fear had disappeared.

Apply this now to your own personal journeys.

You see, everything that is new and different and ... you get the idea... has the potential to scare you. At sometime in your life, you will be faced with your inner demons ... how on earth will you choose to react?

Notice my wording – “**choose to react.**” I firmly believe that everything we do in life is a result of our own personal choices. Losing weight, for example, doesn't happen if you continue in life the way you've always been...you have to make a conscious choice to brave new worlds and change your current lifestyle.



Let me tell you right now, that can be scary as heck!!

You might find yourself confronted with all the emotional demons that have plagued you in the past...you might see yourself standing at a crossroads, wondering if you have the courage to keep on and continue on the right path.

It's a hero's journey, plain and simple. Whenever you feel yourself starting to waffle in your weight loss plans....give yourself permission to be strong! Tell yourself, I am committed...and nothing, no fear, no scariness, no NOTHING! will stop me now.

You do have the strength within you, you know.

Now....give yourself permission and make it so. You might be surprised at how really strong you truly are.

Enjoy!

Barbara Ling

<http://www.fabfitmom.com>

REMEMBER.....

Fortune Favors The Bold.

Go Out and

**Make Yourself
Fortunate.....**

Today!