

DAY 4: BUILD WEIGHT LOSS HABITS

**Get rid of unintentional
weight gain & stop its
reoccurrence**

DAY 4 WORK-FROM-HOME WELLNESS MINI-SERIES

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Today I 'm going to talk about a subject in which I am an expert of –

Weight-loss.

No, not because I'm a best-selling author on this subject.

That happened only after I wrote the book 😊

My answer begins with a question to you first /

What is the chance of people losing weight successfully, long term?

I mean losing weight and keeping it off for rest of their life.

What do you think?

50%?

20%?

10%?

5%?

No.

It is

Just

1%.

Yes, just 1% people lose weight.

And do you know the most tragic part?

99% of those people who lose weight, regain it back within 3 to 5 years.

Only 1/100th of 1% people, which is **.01%, lose weight permanently**, for more than a decade as per the statistics and control studies done in US.

Do you know any person like this?

One who was obese, lost weight, became slender and remained slender for more than a decade.

Still thinking?

Take 5 minutes and think about if you have seen a person like this in your life.

It is rare to find such a person.

And you are reading this document written by 1 such person.

That is what makes me qualify to call myself an expert in weight-loss.

Not the mere book I wrote which became a best-seller.

Have a closer look at this statistic.

2 Billion People are obese and try to lose weight desperately within .01% rate of success.

Do you know how does it look like in real life?

It is like 10000 students giving admission exams and 9999 students failing.

And it keeps happening every single day.

How would you react to this statistic?

Weird & Crazy, isn't it?

And It is not like people do not want to lose weight.

They are desperate.

In fact losing weight has been topping up as the No. 1 New Year resolution for many decades.

WORK-FROM-HOME WELLNESS MINI-SERIES

Let's look at couple of more startling statistics.

A recent survey in US says that during lockdown, people have gained an average weight of 4 KG and now do not know how to get back in shape.

Another study is shocking and it was done on morbidly obese people in US.

Once they were cured of their obesity, they were asked whether they'll opt to go back to the similar physical body if given USD 1 Million dollar.

39 out of 40 people out rightly said NO.

1 Person thought for a day and finally said NO.

In fact when given a choice between being blind and being morbidly obese, everyone chose being a blind . When asked why, 1 person replied "Everyone wants to help a blind person. No one wants to help a fat person."

Let's now understand and discuss about building **weight-loss habits**.

Firstly, motivation is a wave. It is temporary.

If you do not take advantage of it, the motivation wave'll go down soon.

So when you are riding this wave, you need to build systems so that your habits can be formed on automated basis.

Let's discuss 8 systems or processes you can build:

Point No. 1, **Build a weight-loss supporting environment.**

Your environment is more powerful than your temporary will-power.

We get 15 minutes of will power each day and it gets shortened by decisions we take on daily basis.

How do you do that?

Clean your kitchen, clean your refrigerator.

Remove the power –struggle.

We know we need to eat real foods, the way we were eating 100 years back.

When your will power fades, you will reach out to factory food again, so remove those fake foods well in advance.

Point No. 2, **Protect yourself from Food Marketing**

Food companies spend millions on their deceiving marketing. Do not get

Manipulated by Food labels. Learn to read **food ingredients**.

You can [check my blog here](#) for details on food labels.

Another tactics used by Food marketing is “**anchoring**”, where they label their brand with positive emotions . Remember, Coke = Happiness?

You can read more about this [on my blog here](#) .

Point No. 3, Exercise **is not a way to weight loss**.

It is temporary.

Don't you know your school mates or college mates who were sports star in their youth and now have become fat Joes.

Couple of reasons why exercise does not work for weight loss.

First, you need to fill your body with nutrition otherwise you may injure yourself. Exercise is a way to improved health, not fundamental health.

Second, you crave reward when you use will power and hence end up eating more.

So start with movement, not heavy exercise and build systems.

Examples of some systems:

- 1) Get your tracking dress ready near your bed in the night or you can even sleep in your tracking suits
- 2) Have an accountability partner
- 3) Reward yourself non-food ways

Point No. 4, **Are you hungry or are you thirsty?**

Food which our forefathers used to eat few centuries ago was real food and it was full of water and fiber . Chances are if majority of the food you are eating is made in a factory , it is fake food marketed to you as **“healthy”** . and it is processed so it does not have natural water in it .

Ensure you are hydrated well throughout the day. Check your urine color.

If should never turn yellow. For your afternoon 4 PM “hunger”, just drink couple of glasses of water first and the hunger to binge snack will subside.

Point No. 5, **Adds sequencing to your food intake.**

Our body is 70% water. Eat watery & fibrous foods; i.e. fruits & vegetables.

Eat those food first which has lots of fiber and water and can fill up your Stomach. So have a big bowl of salad first before moving to your main course.

Point No.6, **Be a mindful eater**, and not a mindless eater.

Eat technology free and distraction free.

Do not wolf down the food, Chew it .

Put your spoon down in between or plan to have at least 25 minutes for your meal with a timer.

Eat with mindfulness. After all , this food is a nourishment for billions of your Cells.

Point No. 7, **Invest in your food & nutrition education.**

Doctors are helpful in medical emergency conditions, Gym trainers can teach you good exercise routines , but for food & nutrition , learn from somebody who has got a real life experience and invested in his education.

Point No. 8 , **Rewire your brain .**

Your brain is a pleasure seeking machine and it works on “rewards”. If you find Yourself helpless for food addictions and sugar cravings, You ‘ll learn how to rewire your brain by registering into my [masterclass here](#) . I am going to discuss 3 step strategy to tame food addictions & sugar cravings here.

Lastly, **be a role model first.**

I respect the feeling that you want to help your spouse, your kid, your family also.

But when you are starting this journey, do not preach.

Just lead yourself.

Achieve results yourself.

And you will be stunned to see people flocking up to you to learn when they see you achieving results.

So be a role model.



See you in the LIVE Workshop soon.

Vineet