

# 10 Secret Tips of Getting And Staying Thin

*By Ron Kness*

Most thin people share some common healthy strategies they use to lose weight and keep it off, or to maintain their weight, if they have always been thin. Below are 10 of their secrets you can use to join their ranks.

## 1. **Don't diet.**

Diets usually fail because most of them are so radical that most people can't stay on them for the long-term. Instead, make permanent life-style changes – changes you can live for the rest of your life. In its most basic form, to lose a pound of weight, you have to burn 3,500 more calories than you take in. A one-pound-per-week rate is a safe loss rate. Thin people tend to eat a diet high in fruits, vegetables and fiber – healthy foods providing more volume for the number of calories consumed- and they drink lots of water.

## 2. **Keep track of your weight.**

Many people don't know how much they weigh because most home scales don't weigh over 300 pounds. Consequently, people can gain 20 pounds and not even know it. Other people avoid the scale because they don't like the number they see, so they too can gain 20 pounds and not know it, if they don't frequently weigh. However, one trick of thin people is knowing how much they weigh because they weigh frequently. They know if they gain 5 pounds, have an action plan to put in place to start losing those 5 pounds immediately. Know your number and know how to address a small weight gain before it becomes a large weight gain.

## 3. **Exercise Regularly.**

If you want to burn those 3,500 calories per week, you have to increase your activity level and decrease the number of calories consumed. It's never too late to start; look at joining a gym, join exercise classes or even start using some DVD exercise programs you can exercise in the comfort of your home. Park at the other end of the parking lot away from your work and walk in instead of trying to park as close as you can. Take the stairs instead of the elevator. Aim at walking 10,000 steps per day; buy a pedometer to track your progress. Plus, you will enjoy the “feel-good” high you get after exercising from the endorphins released while you were working out.

## 4. **Don't solve problems with food.**

Many people try to solve their problems with food. When frustrated, bored, angry or lonely, they head for the refrigerator and eat. Afterward, the problem is still there and now they feel guilty for eating the food when in the end, it did not solve anything.

On the other hand, when thin people experience those same emotions, they take a walk, go to the gym, take a bubble bath, go to a movie or call a friend – anything but consume food. Losing weight is not so much as getting a handle on your eating as it is getting a handle on your emotions – the ones causing you to eat indiscriminately.

#### **5. Stop eating when you are full.**

Thin people do not belong to the clean-your-plate club. This is a bad habit many of us were exposed to while growing up. Our mothers always told us to clean our plates; it is this very advice that started many of us down to excessive weight gain in the first place. While we should not waste food, we can cut down the portions. Aim for portions about half the size of what you currently eat. If you are still hungry, eat some raw vegetables. They fill you up with a minimal amount of calories. Keep in tune with your body. It will give you signs when you are getting full. Slow down your eating and watch for the signs. If you eat fast, by the time your body tells you it's full, you are already done with your meal.

#### **6. Eliminate the temptation.**

Many times, people sabotage their weight-loss program by keeping unhealthy food in the house. In a weak moment, these foods can be disastrous. Instead, stock your pantry and refrigerator with healthy foods. If you like to bake, give most of your baked goods away to friends or bring them to work keeping only a small amount at home for yourself; you have to allow yourself treats. Thin people often eat treats, but they do it consciously, enjoying them by eating them slowly and then stop. If chocolate is your weakness, don't deny yourself by eating other foods aimed at replacing it. Instead, eat a little chocolate to satisfy your craving and then stop.

#### **7. Don't skip meals.**

Successful weight losers eat breakfast, because they know the value of eating the meal that "breaks" the fast of the night. Until you break that fast and eat something, your body doesn't kick up the metabolism. Jump-start your metabolism by having a healthy breakfast within 30 minutes of getting up.

#### **8. Stay active.**

Thin people don't sit around; they are constantly moving. Beyond their fitness routines, they are taking the stairs, walking, cleaning the house, fidgeting, getting up often and moving – all activities that burn calories. A recent study found that thin people sit two hours less per day than other people. This translates into burning an additional 350 calories per day. In a week, that is 2,450 extra calories, or about  $\frac{3}{4}$  lb. burned by just sitting two hours less per day.

### 9. **Eat small meals more frequently.**

Thin people are grazers; they eat a little bit every three to four hours. They strive to keep their stomachs  $\frac{1}{4}$  to  $\frac{3}{4}$  full all the time during their waking hours. By going six hours between meals, you get overly hungry and you will grab whatever you can find with little thought about if it is good for you. Plan out both what and when you will eat.

### 10. **Set realistic goals.**

Many people trying to lose weight set unrealistic and un-attainable goals and when they don't meet their goal, they give up. If you are overweight, you didn't gain that weight overnight, so don't expect to lose it overnight. If you are trying to lose 100 pounds, keep in mind that at a pound-a-week, that is 100 weeks or about 2 years.

Use these 10 secrets of thin people to start your new year toward losing weight. Moderation is the key. Don't over indulge, but don't deny yourself either. Both will sabotage your weight loss plan. Start today to a thinner you tomorrow. You **can** do it.