

Put the spring back in your step and lose weight for the Spring

“With 50% of us currently deemed overweight, now is the perfect time to shape up, declutter your life and get fit for the future.”

Mark Shields Explains

As the long Jersey winter draws to a close, the air seems warmer and it no longer seems dark and cold on our walk to work in the morning.

I feel a sense of inner happiness and relief as we all prepare for the spring in eager anticipation and earnest.

Our senses are reawakened with Strolls along the beach, enjoying the Alfresco dining experience in one of the islands many cafes and restaurants, or simply going for a Sunday cycle ride with the family along many of the islands green lanes.

60% of islanders seriously consider losing weight and getting fit, so what better time to start than now and focus those renewed feel good feelings into getting in shape for the spring.

THE FACTS

60% Of us seriously consider losing weight every year.

50% of us are overweight at any point in time.

35% of us that's 1 in 3 are deemed obese.

DIET AND CONTROL?

There are many different ways to lose weight the most common is dieting with these days even surgical options available.

If we think about dieting for a moment the power and control we are giving to food by the sheer fact of our submission to ignore certain types of food, empowers the dieting process with a lack of control and ultimately results.

If we avoid a situation we are in fact submitting and acknowledging the power that situation has over us. It's the same with dieting.

At the Life Centre we believe in following a natural approach to weight loss.

We see the body as a computer and the brain is the nerve centre of all programs. We believe in reprogramming the brain, changing your food and eating program, so your approach to food and eating, changes forever. But first lets look at some of the biggest contributors to weight gain.

HEALTH AND FITNESS

EMOTIONAL EATING

Emotional eating is Primary cause of obesity. It's a Mistake to confuse emotional and physical hunger. Emotional hunger is sudden and urgent. Physical is gradual and patient.

Emotional hunger results in sudden cravings. Moments before hunger arrived you were thinking of something that was troubling you. Food makes you cover this up and feel good. This is known as a serotonin high.

METABOLISM

Our metabolism is the speed our bodies produce energy. The Faster the Metabolism the quicker your body does everything. The main example of this is the bodies speed in burning off fat. Your Current Metabolism is called the basic metabolic rate. This rate constantly changes throughout your lifetime and tends to mirror your overall levels of fitness and wellbeing.

The quicker your metabolism the fitter you tend to be and the more energy you seem to have.

EXERCISE

A lack of exercise has always been a major contribution to obesity and weight gain. Over half of gym memberships go unused so we all have good intentions but simply fail to follow through. That's why its important to keep things as simple as possible.

SOLUTIONS

This process has been running for

at least 10 years and has a 75% success rate.

There is no dieting involved, and we thoroughly recommend against using scales, or avoiding the foods you love.

Stop dieting. Dieting calls on fat reserves, unbalances the body's metabolism, and subsequently makes you feel tired and lethargic. We work on the principle Imagination is stronger than will.

Our solution is based on four main principles:

1. When your hungry eat!

This will reset the body's innate wisdom to eat whenever you're hungry. You will then simply follow your body's signals which will ensure a balance in the respective brain chemicals and avoid any emotional hunger. Never wait until you are starving before you eat and never eat if your not hungry.

2. Eat what you want, not what you think you should.

We are returning once again to the control element in any diet. Remember if you follow your body's signals and eat when your hungry you have a 75% chance of not only losing weight but keeping it off.

3. Eat Consciously.

An interesting test in Switzerland proved by blindfolding people when eating their evening meal with an instruction to stop eating when they

were full reduced food intake by 30%.

So, simple things like slowing your eating down, putting your knife and fork down between bites, even chewing for 15 seconds before digesting all apply and reinforce the principle of eating consciously. Often we eat so fast our brain doesn't have time to register with our stomachs we are full hence we over eat and become "stuffed."

Be prepared to leave food on your plate. You don't have to eat it all. Simply stop when you are full.

4. When you are full stop.

It obviously goes without saying the fourth and final principle is stop when you are full. When you become hungry later on you can eat again.

It all sounds very simple doesn't it however I have successfully adopted these principles with weight loss for many years and they never fail me.

So what better time to give it a try.

If you couple the four principles with long walks along the beach and regular exercise, you'll be enjoying a much fuller life, full of energy and renewed enthusiasm for making the most out of our beautiful island summer.

Mark Shields
Channel Islands Life Centre
Head office 01462 451473
www.channelislandslifecentre.com