



**Weight loss for the
Busy Woman**

Weight loss for the BUSY WOMAN



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I claim no ties to the medical profession, or even to the health and fitness profession. I'm not a doctor or even a health professional. I am merely someone who has endured the trials and tribulations of weight gain and weight loss for most of my life.

As such, any advice or information contained within these pages are solely my findings and experiences. Before you begin on any weight loss regime or routine, you are strongly urged to consult with your primary medical practitioner or care giver.

Forward

Weight loss. Hmm...that's a familiar theme. It doesn't seem to be something that many of us can avoid. Wherever we go, diets, foods, exercise, weight loss or weight gain seems to be in our faces. We just can't escape it.

Many of us have to deal with weight gain issues at some point in our lives or other. Even if it is only to lose a few pounds or inches off our waist lines, or even if it is only to become fit and healthy, we would have looked at our options for shedding excess weight.



Speaking for myself I can say that I have been on a diet or weight loss plan for most of my life. It has only been very recently that I have managed to contain my weight gain problem and also stop the constant yo-yo dieting which was a constant part of my life.

My secret was not really a secret per se. It is merely an idea which has been around almost since the dawn of time, and which most of us tend to ignore in favor of fad diets and fad gadgets which help us lose weight.

I finally wized up and realized that the only weight loss plan that would work for me would be the sensible, no-nonsense approach of having a well-balanced diet plan.

No cutting out carbs or eliminating them completely, no eating of only one type of food group to the detriment of other foods, and definitely no diet pills or anything along those lines. I plain and simply changed my lifestyle to become a healthier one.

It took time to do this however, it wasn't something that I managed to do overnight, that would have been an impossibility with the grueling schedule I had. I barely had time to eat a good meal let alone even *think* of having one.

But once I finally figured out for myself what I needed to do to lose the weight, what I needed to do to keep it off, and where I was going



wrong all these years, it was simply a matter of implementing it into my life.

Or rather, once I realized all these things for myself, it was simply a matter of going about making small and gradual changes in my lifestyle to help me achieve my goals.

It took me well over a year to do this successfully, but then again, I did begin with a goal of nearly eighty pounds to lose.

To help me on my way, and to keep my spirits up through what I knew would be trying times, I went about changing things in a manner which would allow me to at least lose some weight to begin with, so that I would not become disheartened.

And this is really where my plans worked for me, because despite the fact that I had barely enough time for myself, I managed to change things around so that I was eventually the winner, and all without the normal discouraging lapses I suffered during my other attempts at weight loss.

Before we proceed any further though, I would just like to state that I am not a qualified practitioner of medicine, nor am I a dietician, a fitness coach or a nutritionist of trained, qualified or otherwise.

All the advice and information contained within the pages of this book are simply my own findings and experiences. They are not scientific evidence, nor are they exact guides to losing weight.

I strongly urge anyone who is seeking to lose weight, to consult with their doctor or other such person before proceeding on a weight loss course.

For the busy woman

You might be busy, and like me, have time enough for yourself only to sit down for a second or two to catch your breath. But if you are serious about losing weight, and since you are reading this book I will assume that you are, you need to look at how to go about changing things so that you can lose weight more easily.



There are one or two things that you will need to come to terms with before losing weight, and it is these things which will ultimately help you to lose the weight and keep it off.

I have gone through these in more detail throughout the book, and hopefully you will find these pointers to be of help to you in figuring out what you need to do to change your own lifestyle to lose weight.

Having said that I would just like to say here, that *you* will need to find the method and the combination of foods and exercise which will work for you. My own methods might not work for you, and it is always best to tailor these things to suit your own unique body and personality (not to mention your own unique hectic life!).