

CELEBRATING SINGLE WOMEN: MIND, SPIRIT & STRENGTHS



The Inspirational Resource Guide for Single Women

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Premiere *Valentines* Issue 1 Vol. 1
www.solowoman.net



How to Stop the YoYo Dieting

By Wendy Ida (ee'da), Trainer Coach Author

Have you been on a diet that dropped your weight quickly only to find that the weight keeps returning? Does it feel like you're always in a recycle bin and can't move forward? It could be a case of yo-yo dieting.

Weight loss is definitely a major topic of concern these days. Many people (especially women) are overweight. The average American lives a very sedentary life style. There is also an overabundance of processed foods and fast foods that make it easy for most people to gain weight. A large amount of people suffer from low self esteem due to a poor body image. The desire to fit in and look thin can cause people to drastically and quickly lose weight and then gain it back. This is very unhealthy. So let me help you understand why we yo-yo diet, explain problems it causes and offer some solutions.

Gaining weight is a process that happens over a gradual amount of time. As excess food is eaten, the body begins to store it as fat. Unhealthy food choices and lack of exercise cause weight gain. This process cannot be reversed overnight. The body needs time to gradually remove the excess fat.

A Set up for failure

I have found that women especially want to make drastic changes to quickly remove fat. Some popular reasons are because they are getting married and want to look good in their wedding dress or they are going on vacation and want to feel and look good in a bikini. (I'm 59 years old and I have been there and done all that!) This can lead to starvation and excessive exercise. Some women will impose very strict dieting regimens on themselves to lose weight. They are then unable to maintain this unnatural sort of diet and eventually succumb to temptation and gain the weight back again.

Yo-yo dieting is very unhealthy for the body and the emotions. This behavior sets up a repeated pattern of failure. This can

cause depression and a sense of despair as well as an addiction that leads to an eating disorder such as anorexia or bulimia. Even though some initial weight may be lost, it's neither the right kind of weight loss nor is it permanent. Don't wind up with what I call the "fake out" which is the mere loss of fluids and precious muscle. As a result, the scale will show a 3 to 8 pound weight loss that will return with the blink of an eye as soon as you sniff a doughnut and replace those fluids. The body will always win the fight for survival and you will need to eat again.

A reasonable approach to a permanent solution:

1. Build muscle with weight training
2. Support the muscle by eating protein
3. Add activity to your daily regimen that challenges the heart
4. Add more green and red veggies to your meals to encourage sustained energy needs
5. Watch your food portions
6. Use the 21 day rule. Change one thing in your life that is healthier than before and repeat it for 21 days straight. At the end of that time you should have developed a new and permanent habit.

In this way the body is able to maintain health and slowly use its stored fuel without feeling like it is being starved.

We live in a world of quick, fast and I want it now. Our lives are so busy and our minds so preoccupied that we become impatient with everything, even our most precious asset – our bodies.

A healthy balanced diet is always the best way to make sure that your body stays balanced and your emotions remain calm.

There will always be new fad diets that promise quick weight loss, but if we are more knowledgeable and patient we can discover our true potential.

To learn more go to: www.wendyida.com.