

# **Introduction – Why You DO NOT Need It Works Body Wraps Or...**

Any other such product!

Dear reader, if you are reading this right now, it means either someone has introduced you to *that crazy body wrap thing* or you've found it online.

No matter where you found it, the truth is... you DO NOT need the body wrap or any such artificial product to lose weight.

Why?

Because losing weight is... easy.

There, I said it.

But it is also true.

Diet plans, calories, complex exercise programs, cheat days, burn days, "re-feed" days, and hundred other complications DO NOT WORK.

What simply works is simple. Meaning, simple habits done over and over and over and over and over... you get the idea.

So with that said, I wrote this quick weight loss guide the weekend I wrote my It Works body wrap review, so you girls can read this, get inspired from the simple things within, and start your own weight loss journey slowly, simply, but steadily.

So here are the 8 simple habits I recommend to you (or anyone wants to lose weight) without depending on It Works (it doesn't actually!), that crazy body wrap thing or the "ultimate body applicator". Sheesh, even these names sound so clichéd.

Anyhoo, let's begin... we start with the first habit...

# Habit 1: DRINK MORE WATER

An Adult human body is made up of around 60% water. We can go for close to eight weeks without eating, but we can only live for 3-5 days without water. Not only is water necessary for us to live, it is also essential in assisting us with weight loss and a healthy lifestyle.

Doctors recommend that we drink eight glasses (8 ounces) each day. This will assist our organs to function and our body to work well. If our bodies are not functioning properly it will make it that much harder for us to lose weight.

A little known fact about water is that it actually helps to eliminate fat from our bodies when we drink it. Water in our bodies assists in the breakdown of the fat which is then flushed out from our bodies through our urine. This does not mean that we can lose weight solely by drinking water, but the act of drinking water helps our bodies to lose fat quicker.

The way that our bodies lose weight is by consuming fewer calories than our bodies are able to use. This means that we want to limit our calories that we intake.

One way that we can do this is by drinking water. Water does not have any calories and is beneficial to our health and assists in weight loss. So one recommendation that I would like to make is to limit our calorie intake through alcoholic beverages and sodas.

As you can see on their labels, they all contain calories and when we are trying to reduce our caloric intake to lose weight these are areas where we often overlook. Like water a diet coke has no calories, sugar or fat.

However, it does contain sodium.

Sodium is a mineral that is used to make salt. High salt intake is associated with high blood pressure, stroke and kidney disease.

So while we are not drinking calories with a diet drink we are consuming sodium.

Water however contains very little sodium (close to 12 mg in a glass) and no calories so is effectively the healthier option.

## Habit 2: Combine Healthy Eating With Exercise

You don't need to exercise if you wish to lose weight. True, but partly.

I love exercising and look forward to working out every day. In fact, when I have not exercised I can become grumpy and I can feel like something is missing.

It is almost like I'm on drugs and having withdrawal symptoms. I was not always like this. I used to hate exercise and would avoid it like the plague. It took a lot of work to make exercise a part of my life and to the point where I enjoyed it.

Exercise helps us to lose weight because we are burning the calories that we have eaten throughout the day.

This is why exercise is so important if you are trying to lose weight naturally. Other benefits that exercise offers include as I mentioned above the boosting of your mood through the increased endorphins in your body.

It helps promote better sleep as you are physically tired from the exercise. It helps with your sex life because while you are able to sleep more easily you also have increased energy levels that allow you to perform better in the bedroom.

Exercise also improves your self-confidence, knowing that you are taking care of your body allows you to feel better about the way you look. So not only are you losing weight you have all the added benefits that come with exercising.

We are all busy people and often have hectic schedules. It is recommended that we fit in 30 minutes of exercise per day, 3-5 days a week.

This does not mean that you have to do 30 minutes of continuous exercise. Because we are so busy we need to make sure that we make time for exercise. However, if we make it so that it is a chore we are not going to be motivated to do it. So we can do a few things to make sure that exercise is a part of our lives.

Many people will break their workouts into 10 minute intervals. This means that they can do a 10-minute set of exercise while waiting for a client or in between meetings. Some people have found that it is easier to wake up an hour early to do their exercise. It is not what other people are doing that matters, it is finding the right fit for you that is important.

Another area that will require your trial and error is the type of exercise that you will do. If the type of exercise you do is not one that you enjoy you will not continue with it. This does not

mean that you should give up on every type of exercise that you don't like. If you keep with an exercise that isn't that bad, then you will most likely learn to enjoy it.

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*One of the best ways is to try a bunch of different exercises and trial them all for around a month. At the end of the month you will see which ones you enjoy the most.*

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**It is also important to include some weight training into your exercise regime.** I know many of you are saying that weights will make you look like a man, make you bigger and bulkier, this is incorrect!

While cardio exercises will help you to burn calories weights will build your muscles which makes it easier to burn fat and we all want to lose weight fast and safely.

You don't even need to go to a gym to do weight training; you can be at home watching television while lifting cans of food, dumbbells or stretch bands.

In fact, people have been known to do pee-squats. This is where you do a set of 10-20 squats after you have used the toilet. You can even use your own body weight for exercises such as pushups, sit ups and lunges. There really is no excuse for not exercising.

# Habit 3: Form Solid Sleep Habits

I can stress this one enough!

My son can testify that if I am tired then you need to keep far away from me, that or come bearing lots of chocolate.

Not only am I usually in a foul mood when I am tired I find it extremely difficult to concentrate and to do my work. What many of us don't realize is that sleep not only affects our concentration levels and our moods it also has a huge impact on our weight.

Our bodies have many (read: MANY) different hormones. Two such hormones are Leptin and Ghrelin. These hormones are often referred to as the hunger hormones because they tell us when we are hungry and when we are full.

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*Leptin is the hormone that tells us we are full and ghrelin is the hormone that tells us we are hungry.*

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It would be amazing if we were all able to harness the full feelings that the Leptin hormone provides while limiting the effect of the ghrelin hormone.

Research is still being undertaken on how this may assist us in the future but there is a way that we can ensure that these hunger hormones are working properly and helping us with our weight loss goals. Research has shown that when we do not get enough sleep these two hormones are going crazy so to speak and it leaves our bodies being tired and hungry.

This means that we are more likely to over eat when we are tired based solely on the fact that we are tired, not because our bodies are in need of nutrients.

It is recommended that as adults we get AT LEAST 7-9 hours of sleep daily. I am fine with 8 hours of sleep and some people are able to function on only 6 hours of sleep. Sleep like exercise and food is dependent on what works for you.

The recommendations are just that, recommendations. You are the one who decides how much sleep you need to function well throughout the day. So find the right fit for you.

# Habit 4: Treat Yourself!

Yes!

My mother always kept a jar of cookies in the kitchen for when visitors came to visit. She would always tell me that I was not to touch the jar of cookies.

Being told that I could not eat the cookies made them that much more desirable and I wanted them even more! Diets are much like my mother in that they restrict us from eating things that could have an adverse effect on our weight loss goals.

This way of thinking sets us up for failure because we will always want that which we cannot have.

So if we tell ourselves that we can't eat chocolate or have some ice cream or eat a burger then we are going to want to eat these items even more and instead of just having a small portion of such treats we over indulge and are left feeling guilty and bloated.

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*Losing weight naturally means that we need to allow ourselves to enjoy foods that we love.*

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This does not mean that we eat them three times a day every week in double portions. This means that we allow ourselves a small amount whenever we need to. For me my weakness has always been chocolate.

I can easily eat a 220g block of milk chocolate in one sitting all by myself and still want more. There is no doubt that I love my chocolate.

So to try and tell myself that I can no longer eat chocolate when it is something that I clearly love will not work. I have tried it. I went a whole day of no chocolate only to end up the next day at the shop buying three blocks of chocolate that I scoffed down like I had not eaten in a week.

It was not a pretty sight. I now allow myself to eat two pieces of chocolate a day. This allows me to get my fix of the food that I cannot live without, while not hindering my weight loss goals.

We also need to remember that trying to live a healthy life is not an all or nothing situation.

If we have a bad food day or we miss a workout it does not mean that we have to give up on our goals. It just means that we have to accept that we have gone away from our goals slightly

and we need to readjust and put ourselves back on course.

It is the ability to make the readjustment and continue towards our goals that will make the difference better achieving and not achieving our weight loss goals.

# Habit 5: If You Smoke... Stop It Yesterday!

I smoked for a week or two when I was in high school. That seems like a lifetime away but even to this day I do not see the seduction that cigarettes have.

Nicotine in cigarettes have been shown to reduce a person's hunger so it is not surprising that many smokers are reluctant to give up smoking when they believe that it makes them skinny. Recent research has shown that smoking can alter a person's ability to taste sugars and cream.

This means that as a smoker it may mean you over indulge on fatty and sugary foods because smoking has changed your ability to taste these foods.

Like all things if you look for it there will be research to say that smoking will help you lose weight and research that says smoking will make you put on weight.

What you cannot dispute is that smoking is not healthy for you and others around you. It affects your lungs, can cause cancer, damages your skin, teeth and nails, and can cause heart problems. Smoking is not healthy.

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*The main undisputed reason that smoking deters you from losing weight is that it makes it difficult for you to exercise.*

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How do you expect to feel good about losing weight naturally and being healthier if you can barely breathe? If we cannot exercise we cannot lose weight naturally it is as simple as that.

So the decision is yours, make it ten times harder for you to lose weight by continuing to smoke or be healthier and lose weight faster?

# Habit 6: Get The Food Part Right

There is a saying, which many of you might have heard, that says *“Abs are made in the kitchen, not in the gym.”*

Meaning getting fit is not all about exercise it is mostly about what you eat. Many say that you should eat clean. What does that even mean? Eating clean means eating foods that have not been processed are whole grain and contain little to no additives or preservatives.

You should follow the adage that the longer it stays on the shelf the more preservatives that it has.

I have a love hate relationship with food. I love to eat it but I hate that food makes me put weight on. As I mentioned earlier I am a chocoholic but also love burgers, fries, shakes and macaroni and cheese.

All of the processed food that you can think of has been on my daily list of foods that I used to eat regularly. It took a while to make the switch to eating healthier foods but once I did I never turned back. Like I said before I didn't deprive myself of eating my favorite foods, but I learned to eat them in moderation and less often than I used to.

This suggestion was made because if we don't have immediate access to the unhealthy options then we are less likely to eat them. I took this into consideration and instead of throwing away the foods I ate them all because I was raised not to waste food. Once I had eaten all of the food I felt sick and was happy to have vegetables and fruit in the house. I would not recommend this because not only did I feel sick I was also constipated for a week.

It was extremely hard at first to adjust to the change in foods. This is because I was used to being able to go to the pantry and open a bag of chips or a packet of cookies and a can of soda when I was feeling a little hungry.

Now I would walk to the kitchen to find fresh fruit and vegetables. I lost weight in the first week because I would see the food then walk away and not feel hungry.

It was only when I became ravenous that I started to eat the healthier choices. I was feeling better about myself because I was making healthier food choices and I could feel the benefits it had for me, by body and my overall demeanor.

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*One of the easiest things that I discovered was having a bunch of vegetables cut up and prepared for me to snack on whenever I*

*wanted.*

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It also allowed me to grab a few and pack them and go to work or the beach and not worry about having to feel hungry or stopping at a fast food place where the healthy choices are limited.

Some examples of healthier choices include:

- nuts
- vegetables
- fruit
- seeds
- Skinless chicken
- Tortilla chips
- Unsweetened rice, almond or soy milk
- Ginger
- Skinless fish
- Oats
- Eggs
- Mint
- Extra virgin olive oils
- Part skim mozzarella cheese
- Unsweetened cocoa powder
- Brown jasmine rice
- garlic
- Reduced fat plain Greek yogurt

- Raw honey
- Whole grain lasagna noodles

These are just a few of the many healthier options that we have available to each of us today.

Make sure to take advantage of the fruits and vegetables that are in season so that you make the most for your money at the same time.

# Habit 7: Fail to Plan, Plan to Fail

I was always told that eating after 8pm would make me gain weight faster than had I stopped eating earlier.

The idea was that because in the evenings after 8pm you are less likely to be involved in physical activity that would help you burn the calories that you are eating.

This made sense to me and a study by the Brigham Young University supported this theory. Their study found that runners who stopped eating between 7pm and 6am lost more weight weekly than they normally did.

While the rule is easy to say the reality is really hard. As a writer and a parent I found that I get a lot of my work done in the evenings when the kids are in bed. I am not sure about other writers but I snack a lot when I am writing.

So having the cut off time in the evening was difficult. I had to adjust the rule to be more flexible when I was working.

I also tried to adjust the times that I work so that I was able to lose weight faster.

I found that instead of cleaning the house or doing the laundry while the kids were at school I wrote and did actual paying work. I even learned to include the kids in some of the chores so that I was not neglecting the home.

My point in sharing this story with you is that this is a good idea if you want to lose weight. But you need to maintain your flexibility and make the rule fit into your life and how you do things. If you don't allow the flexibility, then you are setting yourself up for failure.

Some other suggestions to make not eating in the evenings less of a struggle include having a closed sign on your fridge so you know that it is that time and you really shouldn't be eating. But if you are really hungry then make sure that you make a healthy choice and not one that you will have to spend five hours working off.

Another suggestion is to brush your teeth or eat a mint. The act of brushing my teeth signals to me that I can't eat again, not because I am not hungry but mainly because I am too lazy to brush my teeth again. This may work for you for different reasons but it is definitely worth a try.

# Habit 8: Reduce Your Stress

Pamela Peeke, MD, author of *Body of Life for Women* says, “Even if you usually eat well and exercise, chronic high stress can prevent you from losing weight-or even add pounds.”

Reducing stress is a major way that we can help ourselves lose weight naturally. Yet many of us don't take the time out to deal with stress and find ways to lessen or alleviate it completely.

I am a worrier and so I will worry about every detail of a project no matter what time of the day or night.

This has taken time to overcome but I found that proper planning and not waiting till the last minute has helped to ease this concern.

This means that I may take longer to do things in that I make time for the planning. My work is always on time so that is not what I am referring to. I am referring to the pre project planning and design.

Taking the time out earlier to plan and know who is in charge of what allows me to know that things will happen when I want them to happen and if an issue arises then I have time to rectify it. This is one way that I have learned to reduce my stress.

I have also had problems with emotional stress.

I used to lock myself up in my room and not talk to anyone.

This was not a good idea as I felt isolated and it enabled me to have suicidal thoughts that I would never have had if I had the support of my family and friends. So I changed the way that I dealt with my emotional stress. I began walking and made myself go out and spend time with family and friends.

The walking allowed me to have my alone time to my thoughts and to think things out. The exercise increased my endorphins which made me happier and in a better mood. Spending time with family and friends took my mind off what was happening in my life.

It also allowed me to form relationships where I trusted people enough to open up to them. Sharing what was happening in my life allowed me to get a lot of feelings off my chest instead of holding them inside.

Stress and how we deal with it is an individual thing.

We need to find out what is causing the stress then discover ways by which we can stop the

stress. This again is not an easy thing to do.

Many of us will need the assistance of our friends, family or even professional assistance. Stress happens to everyone and we should never be ashamed to ask for help.

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*Losing weight is never an easy thing especially if you are hoping to do so naturally, but yes, it is SIMPLE.*

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And the rewards that come with this weight loss are not only beneficial they are also long lasting as these are not just steps for losing weight they are steps to living a healthy life.

This is better than losing weight because it means that you are enabling your body the best solutions for it to function and for you to live a happy life.

## **Conclusion**

Thank you again for reading this quick weight loss habit guide.

Living a healthy, natural lifestyle requires more than just diet and exercise. It requires solid eating habits, exercise, efficient sleep schedules, and stress-busting habits.

I hope this helped you. If you enjoyed this guide, then I'd like to ask you for a favor, would you be kind enough to [leave a comment on my site?](#)