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“Why Is My Bum So Big?
... and how to make it smaller!”

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PART I

THE PROBLEM

(which you probably already know!)

Chapter 1

Why Is My Bum So Big? “Oh No, Not Again!”

It generally starts with a shock.

You may have looked in the mirror and asked yourself “Have I put on some weight?”

You may have even seen yourself in a photograph and hated what you saw!

Or, you may have asked your partner “Do you think my bum looks big in these jeans?” Their reply determines whether they live or die!

You may even wonder where all this extra weight has come from. After all, it only seems like yesterday that you looked good and felt great.

Reality hits. You now look and feel “big” and you know you need to lose some weight.

And, if you are like most people, you hate the fact that you have put on weight and have to go on some sort of weight loss program.

Here is what generally happens ...

The Common Weight Loss Plan

You have decided it is time to lose some weight. The most common reasons you would like to do this are:

- ✓ A New Year’s resolution.
- ✓ An important event is coming up - like a wedding, an engagement party, a reunion (it is important to impress) or a holiday to the beach and you want to look great.
- ✓ Doctor’s orders. This is often associated with the next reason.
- ✓ Fear. You have been told you will have a heart attack or get diabetes if you fail to lose a certain amount of weight.
- ✓ Partner or someone you admire commented on your increase in weight (ouch - they’re game!).
- ✓ Your wardrobe does not fit. You have run out of clothes.
- ✓ You suddenly realize you can’t keep up with your children.
- ✓ You have seen a photo of yourself and are not happy with your size/shape.

Now that you have a reason for losing weight, you select a good diet (either one you have read about or one someone has suggested) and you begin this new program. You know you should be exercising so you decide to buy a pair of joggers, start walking or join a fitness centre. If you do the latter, you will probably enter the centre and feel threatened by the “good looking” people.

You may even decide to join a weight loss centre where they monitor your weight and the food you eat. Some may even supply you with the food.

You now feel enthusiastic as you dream of being trim, taut and terrific. You stand on the scales daily and live in hope they will indicate what you want - you have lost some weight. Any weight will do so long as it is a loss!

After a few weeks on this new program, you begin to wane as you tire of the food you have to eat and the commitment to exercise. It’s all becoming hard work.

You push on. Temptations begin to arise as you sneak the odd chocolate and cut back on exercise. Your weight is stable or you may have gained some. You now get the guilt’s as you are disappointed all this hard work is for nought. Feeling depressed, you think “What the heck!” so head back to the chocolates to console yourself, thinking “I will start again tomorrow”. Tomorrow only brings a similar routine.

You realize losing the weight is going to be difficult.

If you are lucky enough to achieve your target weight by the designated time, you enjoy the moment. You now relax as you consume those foods you love (but weren't allowed to eat while on the diet) and reduce, if not cut out, the exercise. Before you know it, the weight has "magically" re-appeared.

As your weight slowly increases to a point where either you, or another person notices it is a problem, you wonder how you put it all back on. It is time to begin the cycle again!

You know any diet and exercise program you embark on is going to be tough because you know how hard it is to lose the weight and keep it off.

A new diet comes on the scene. It is written up in all the glossy magazines and promoted on television. An anorexic movie star has lost pounds from only eating three lettuce leaves twice a day. You now embark on their program with renewed enthusiasm. Well, for the first week. You have lost weight but you feel awful. You begin to miss that "nice" food you used to eat.

Feeling awful drives you to the "yummy" good tasting high calorie foods. They're proven to make you feel good - and they do!

You begin to think: "Maybe it's time to look at 'why' I have put the weight on. Na, couldn't do that. It's too hard and I might see something I don't like". Back to the yummy food.

If this sounds familiar, it is time to break the cycle. Before we examine how to do this, let us talk about ...

Some Facts

Fact: Diets do work - short term. A diet has the function of reducing the amount of energy you put into your body. Talk to people who have been on one of the hundreds of diets on the market and most get some result. I consult with many who say "I've tried every diet and they work to some degree".

Fact: While diets work, most people are unable to sustain them for any length of time (and you will see why as you continue reading this book).

Fact: Research shows that 95% of people who go on a diet have put all the weight back on, and maybe more, within 12 months of finishing the diet. While most people can initially lose weight, they have much trouble keeping it off.

This clearly indicates diets don't work in the long term.

Therefore, there has to be more to weight loss than diet - and there is.

Fact: There are three things you need to consider in order to achieve weight loss:

- Energy in - the food you eat.
- Energy out - exercise.
- Attitude - what you think (including motivation).

Fact: In order to lose weight, the energy in has to be less than the energy out. If the energy in exceeds energy out, you store this extra energy.

Fact: Just as you can put weight on, you can also lose weight (as long as you don't have a medical condition that stops you from doing so).

Fact: Your thinking plays a huge part in your ability to lose weight. Your thinking determines:

- ✓ What you eat and how much
- ✓ When or whether you exercise
- ✓ How motivated you feel
- ✓ Your self image
- ✓ The stress in your life.

So, while eating and exercise play a part in weight loss, the greater part is played by your thinking as that determines the result you receive.