

1      In order to succeed, we must first believe that we can succeed”  
          So don't stop believing in yourself.



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## **Simple Health & Fitness**

“OK, let's keep this simple.”

**"Health and Fitness is explained in a way that anyone can understand how to set up your exercise programme and keep a check on your diet. This simple book will help you to achieve your goals. Includes nineteen easy to prepare healthy recipes.**

by

**Prof. Stephen W. Bradeley Bsc. (Hons)**



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## **About the author**



### **Prof. Steve Bradeley BSc (Hons)**

Apart from being an author of educational, fictional and children's books, Steve has also been a personal trainer since he left university in 1996. He has abundant knowledge and experience working in Exercise Prescription and taking care of people with and preventing hypo-kinetic diseases. Central to treating or preventing hypo-kinetic disease is diet. A healthy body fat level, BMI and fitness level are

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central to a long and healthy life. Prof. Steve Bradeley is an English teacher, author and traveller. He has spent most of his life living and working in the United Kingdom. However, he has spent many years working in Australia and Brazil. He trained and studied at Staffordshire University in the United Kingdom. He is studying Health and Exercise Science and achieving an honours degree in health-related fitness and hypo-kinetic disease.

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## **Preface**

I decided to write this short book because ever since I graduated from university over twenty years ago, there are still so many misunderstandings and misconceptions about what is required when planning a lifestyle change to lose weight or get fit. Setting aside the idea of getting qualified for one moment, losing weight is a separate issue and should be thought of according to the individual's aims and desires. Yes, losing weight and exercise are inseparable, but if you aim to run next year's London marathon, your plan will be completely different from those who need to lose weight for self-image or health reasons.

In general, the dieter is less informed than the potential marathon runner. The runner will lose weight as a consequence of exercising. At the same time, the dieter may not lose weight due to dieting unless certain simple principles are considered.

The runner may not cut down on calorie intake and still lose





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## **Introduction**

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I will begin this book quite lightly, keeping the discussions as simple as possible. I think it's easy to become detached from people's real lives and the problems they face when trying to stay healthy and maintain a healthy lifestyle. Too much science and difficult terminology can turn people off and lead to misunderstandings. I firmly believe that ordinary people respond best to everyday, down-to-earth advice. Therefore, I intend to keep this book and its information as essential and relevant as possible.

Obesity is regarded as a disease and has developed into a worldwide epidemic. Around two-thirds of The British and American population are overweight, leading to the idea that obesity is normal. Technology and modern life don't help, as more things become automated and leave us less physically demanding things to do.

There are several signs that you are becoming overweight. Of course, you see and feel the fat around the middle of your body. You have difficulty breathing, can't run for more than 10 to 15 seconds without becoming out of breath, and



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$$\text{BMI} = \frac{\text{weight (lb)} * 703}{\text{height}^2 (\text{in}^2)}$$

OR

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2 (\text{m}^2)}$$

### Calculation

Weight is one way, but another more scientific and reliable method is using the BMI index “The Body Mass Index”. Your BMI is measured by dividing your weight by your height squared. Two factors derive from it. Your mass and your height. It is your mass (body weight) divided by your height squared. See the diagram above showing the maths. Whilst this isn't the most accurate method, it is the most widely used among health professionals today because of its ease of use and simplicity. Below you will see a chart showing the ideals, classifying people.

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**BMI Chart**

<b>BMI less than 18.50</b>	----->	<b>Underweight</b>
<b>BMI 18.50 - 24.99</b>	----->	<b>Healthy weight</b>
<b>BMI 25.00 - 29.99</b>	----->	<b>Overweight</b>
<b>BMI 30 or more</b>	----->	<b>Obese</b>

Ideals among humans. There are different tables for men and women. You can find both tables at the back of this book.

Variations among gender and other populations do exist, but this will give you a general idea of how it works.

A more specific chart for gender-based BMI can be found at the back of this book. This method is not very reliable as it can be misleading for some people, especially if you have a large muscle mass. Where weight is unusually high and body fat is unusually low. But among the general population, it has validity. Bodybuilders would score overweight or even obese using BMI because of their extraordinarily high lean muscle mass. Another scientific method used to assess whether you're over-fat or not is to



Calliper. The Harpenden Calliper is robust and is used in scientific studies and conditions. Callipers simply measure the thickness of skin folds at five specific points on the body. Using this method is a skilled operation and should only be performed by a trained professional.

It's important to state that this book is aimed at people who have realized that they have a problem and are looking for simple and accessible ways to address their problems.

Other than their ill-fitting clothing problems, people also need to worry about health complications such as the ones explained below.

### **Common issues related to weight gain**

**Blount's disease** is a deformity of the lower limbs caused by excessive weight bearing on the joints.

**Arthritis** is a problem where the skeleton joints are overused or diseased, causing wear and tear and eventual inflammation and pain. This is not unusual for older generations, but younger obese people can face the same



problems, particularly in the knees and hips.

**Sleep apnoea** is another serious problem obese people are known to suffer from. It's a problem where sufferers stop breathing momentarily, thus interrupting and disturbing their sleep and resulting in having too little rest. This can also lead to heart problems in rare cases.

**High blood pressure** is also another common problem obese people face. The heart needs to work harder to pump blood around the body, and it is likely to cause more pressure on your arteries and organs. Many of these common health issues are referred to as hypo-kinetic diseases. A lack of exercise causes diseases.

**Depression and anxiety** are two common mental problems obese people suffer from. Because their size is usually the primary target for bullying, jokes and criticism, and self-image issues, this can also cause them to have lowered self-esteem and lowered body concepts.

**Diabetes (Type II)** when one has too much fat in the body, the insulin will find it challenging to get glucose into the cells during cellular respiration. Thus, more insulin is needed to maintain an average blood sugar level. If there is too much resistance for the insulin (known as insulin resistance), the problem might progress into diabetes. Type two diabetes is expected in the Western World due primarily to excess body fat, inactivity and obesity.

The interconnections between these issues are complex, of course. If too much fat in the liver, the liver may suffer from scarring, inflammation or even permanent liver damage. Obese females may suffer from poly-cystic ovary syndrome, where they suffer from erratic periods or even none at all. This can lead to excess testosterone hormones that can cause acne, excess hair growth and even baldness.

The testosterone hormone can also interfere with the ovulation process and cause infertility.

Once you realize all of the health risks and complications

associated with excess eating excess body fat and the lack of exercise or activity, you won't be surprised to learn that your life can be shortened or significantly impaired unless lifestyle changes are made.

It's important to say that whilst the points mentioned above may seem a little like scaremongering, there is ample scientific evidence to show just cause and effect between the lack of exercise activity and obesity, over-eating and many other wells are known hypo-kinetic diseases. Not forgetting, of course, that certain hypo-kinetic conditions, once affected, can be detrimental to your ability to increase your activity levels. Severely obese people find it difficult and sometimes impractical to become more active. A snowball effect can soon take place.

Humans need healthy food and regular exercise as a matter of course. It is essential to a healthy existence. There is generally always away, though. So stay positive and seek advice from a professional before you begin. I worked in “Exercise Prescription” for many years, and I always  
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managed to find a way for all of my clients regardless of their condition and abilities. Look for professional advice and support, particularly from your doctor, before starting any exercise or diet programme. He will then point you in the right direction of a qualified exercise professional and, if needed, a nutritionist and, in many cases, an exercise prescription to get you on your way.

Many first-world countries now have well established “Exercise on Prescription Schemes” that offer exercise and lifestyle change as an alternative to traditional medicinal prescriptions. Drugs are sometimes the answer, but not always. Simply making a few lifestyle changes in your everyday routines and having informed professional support can dramatically affect your physical and mental health. Studies are plentiful concerning exercise and fitness. A helpful thing to do is search the internet for information before setting out on your new programme and lifestyle change. In particular, seek support from your local GP first.

## **Some Facts About Diet and Weight Loss**

If a particular diet doesn't work for you the first time, it may be because of one or more of many factors. The most common reason for *“drop-out”* stopping the programme is the lack of willpower. This, in turn, leads you to have major food cravings, causing you to lose that willpower and eat more than you are supposed to eat. It can cause you to get out of control emotionally and physically, and eventually, you give up, thinking that it won't be possible for you to achieve your goals. This is why professional help is so essential from the outset. Emotional support is as important as practical advice.

When you eventually decide to go on a diet and make those lifestyle changes, it is not so much about keeping watch on the amount of food you eat or the quality of food you eat; it's a combination of both factors.

Exercising whilst dieting is most important and is proven to be the most effective way to achieve your goal of losing body fat and weight.

There are several other factors you should understand before beginning. The problems you will be facing or how to prepare yourself physically and mentally are examples of what some diet plans fail to discuss and prepare you for.

It's a fact that whilst having good intentions, some commercially available diet organizations are more profit-driven than anything else. First of all, you are likely to encounter food cravings when you first begin your diet. This can be unavoidable for most people and is normal, but it is possible to avoid these urges and do several things to suppress them. First, you can eat healthy snacks like celery or grapes and other fruits and nuts between meals. These healthy snacks will help hide some of your cravings by filling your stomach and raising your blood sugar levels a little between meals, and stopping you from feeling hungry.

Feeling hungry is the first thing to avoid. There is nothing wrong with snacking. Or grazing as we prefer to call it.

You shouldn't avoid meals when you're on a diet. An empty stomach will just make you want to eat even more and increase the likelihood of failure. Starving yourself is also a bad idea because it can work in reverse and lower your metabolism leading to even more hunger and eventual weight gain. This will cause you to crave foods even more and give up on your diet. Sometimes your hunger can just indicate that you are thirsty, not hungry. Keep yourself hydrated or drink a glass of water or low sugar juice before you decide to look for snacks and food. Hydration is another key factor in maintaining a healthy metabolism. At least two litres of water a day.

If you have specific cravings, then do not keep any of the foods you crave in the house. Try to omit it from your shopping lists. This will only tempt you into eating them at psychologically low points in your day.

Try to do other things to keep your mind off the cravings, such as watching a movie or driving to the park or, better still, doing some light exercise whilst at the park, riding a bike, or taking up a hobby. Keep active with the kids if you have them. If not, borrow someone else's.

Arrange a treat when you arrive back home—something like a healthy snack or fruit or nuts to replace lost sugar. We will talk about exercise later in the book.

The cravings you feel usually originate from your old habits screaming at your subconscious. Your inner-self is trying to talk you into failure. Everyone has an inner alter ego that pulls and tugs at our subconsciousness. We have all experienced self-talk at some point in our lives and then having a little voice in our heads that seems to contradict the good we are trying to do and convince ourselves of.

It's alright to give in to your cravings once in a while because forbidding them completely will negatively affect your mental state, and eventually, your willpower will cave



in when you least expect it. We can't go through life like angels; it's just not how humans behave or think. It's a fact that most good things are bad for us.

Caving in from time to time will make you feel less guilty about giving into your temptations while at the same time keeping them in check. But remember, if you do give in once in a while, you can counter that moment of weakness by working it off with exercise or making a little more effort afterwards. Most things in life have a price tag on them and treating yourself now and again is no exception. It's all about “swings and roundabouts” Buy now, pay later.

Dieting can be a slow and long process for most people, and results can be slow. Patience is a virtue, as we all know. Stay focused. There are several processes to speed things up, but it would require a lot of work and motivation. This is usually not recommended as most people cannot keep up with a normal diet and exercise plan. For most, it is best to take it one step at a time and follow a well-structured plan with small achievable targets.

Achievable targets are the most reliable way to get regular positive feedback. Setting targets too high can be the quickest way to failure.

The best advice is to take it one step at a time and be patient. Most people who are on a diet cannot commit to it fully. They can also eventually stop dieting once they reach their weight goal and start gaining weight once more by returning to their old habits.

Unless lifestyle changes accompany the diet plan and proper support is found, this is commonplace. There are complicated metabolic issues to consider when dieting. The very process of dieting can lower your metabolic rate unless you take up exercise in tandem as part of the programme. In other words, diet alone can work in reverse if not accompanied by regular exercise, especially a life of “yo-yo” dieting can result. Believe me, “yo-yo” dieting is the quickest way to complete failure.

Your body goes into starvation, self-protection mode when

it realizes that there is less food available. This naturally causes the body to preserve energy as fat. Without exercise, it can put even more body fat on when you give up. This can be referred to as “creeping obesity”, defined as excess body fat as one gets older through repeated attempts to diet followed by failure after failure and a return to old habits and old body fat levels. So it is best to have a long term structured plan which includes structured sensible diet control and exercise plus support from an Exercise Professional. You do not need any exceptional food to start your diet. It is usually unnecessary and is just an extra burden to your wallet.

The fundamental philosophy of burning more calories than you'll need in a day is enough to set you on the path to success. You could spend extra cash replacing all the cookies with organic diet cookies. Don't just try to return your favourite food items with low-fat same, but try to make choices.

After all, it's primarily due to the old eating habits that you  
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are where you are now. Times I have been told that a person doesn't eat vegetables. Without veggies, you are wide open to health issues. Veggies are crucial to health.

Also, the recommended healthy foods for diets are usually cheaper than the typical fast-food meals that you may be used to. I'm not talking about special dieting foods; I'm simply talking about the foods nature provides. If it's processed, leave it. If it's natural, eat it. Keep it fresh and keep it natural. It's no more complicated than that.

Returning briefly to the subject of exercise, we know that dieting will not work if you do not exercise, and that is a fact. A rough average of the daily caloric needs for a sedentary male adult is around 2,000 kcals without exercise.

This varies between people as they have different metabolism rates.

Bodybuilders and recreational athletes, for example, need a lot more calories. If you are one of those kinds of people

that just sit at home and don't exercise (sedentary) at all, then you are not likely to see a significant result from dieting. Physical activity is essential to success. I'm not talking about running a marathon or taking up squash and simply taking up walking to the shop instead of going in the car and getting off the bus a few stops early etc., or parking the car at the furthest distance from the entrance of a supermarket instead of finding a space as close to the door. Don't use a trolley but carry your bags. It's not going to kill you—every little help. Many small changes make a significant change at the end of the day.

You may be consuming 2000 calories a day but only burning off 2500 calories a day without regular exercise, a deficit of only 500 calories. So it will take a long time to see a visible result from your diet.

One startling fact is that one pound of fat has a calorific value of 3,500 kcal, so bear in mind that an hour walk

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whilst becoming a little out of breath is only likely to burn between 200 to 300 kcal, if not less, depending on the difficulty level. See the chart on the next page.

If you are the type of person who needs to reduce your body weight by a couple of stones, that may well be 28 pounds.  $28 \times 3600$  kcal, which is a lot of calories and a lot of 20 minutes walk (150 kcal's)  $28 \times 3600/150$ . You do the maths.

Activity S M L

Playing with kids: Moderate effort	120	149	178
Playing with kids: Vigorous effort	150	186	222
Child games: hop-scotch, jacks, etc	150	186	222
Jumping Rope	300	372	444
Walking 4.5mph (13 min/mile)	150	186	222
Walking 3.5mph (17 min/mile)	120	149	178
Cleaning: washing car, windows, etc	135	167	200
Gardening: general	135	167	200
Gardening: weeding	139	172	205
Planting seedlings, shrubs	120	149	178
Raking Lawn	120	149	178
Mowing Lawn: push, hand	135	167	200
Cooking	75	93	111

The chart indicates 30 minutes of effort.

The chart above indicates thirty minutes of effort for small, medium and large build men. You are reading left to right.

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The figures are only estimated general. So you can see that it is essential to combine calorie reduction through moderate exercise and calorific restriction in terms of what you eat. Combining dieting and exercise can have a dramatic and much quicker effect. Of course, throughout this book, I will repeat this general equation many times hoping that it will sink in eventually.

There can be various reasons for failure and drop-out, but you shouldn't give up or lose heart if it happens to you. Pick yourself up and start again. It may take more than a single attempt to find the perfect diet and exercise plan for yourself, and it's important to consider past mistakes to understand what you can learn from past failures to avoid making the same mistake twice. Knowing that you can be an inspiring role model to your family and friends who want to take up dieting and exercise may motivate you.

You should support them in their plans, too, so that their success will help give you more confidence in your plan.

Support from significant others is so important. The process

of losing weight is a simple concept, burn more calories than you consume.

Putting theory into practice may not be so easy for most.

It's no more complicated than putting less into your body and increasing the energy you are using. We eat because of necessity, but sometimes we eat more than is necessary. The food we consume will be processed by our bodies, breaking foods down into glucose and other nutrients and only keeping what is needed while disposing of or storing the rest. We do tasks daily, and our body uses calories and nutrients from our food to fuel those tasks. But our bodies only need a certain amount of calories to do those tasks. By functions, I mean walking, working, breathing and every other regular activity and bodily function we perform each day. However, all the unused calories will be stored in your body as fat—both under the skin and within the organs. The problem with this is that there is no way to stop our bodies from storing calories if they are in excess. If we don't use it, the body will store it.



All excess calories will be converted into fat no matter how much fat you have in your body already.

Most of us usually eat more than we need, taking in all those extra calories and thus becoming overweight at some point in our lives. Middle age is the most at risk point in most people's lives. A diet is a structured eating plan where you attempt to control the number of calories consumed compared to those needed for daily life. Eating less is not the only way to diet since the goal is to eat fewer calories than your body requires. So why not increase the number of calories our bodies require.

So, foods like fruits or vegetables, which are low in calories and high in nutrients compared with other foods like meat and sugary foods, are the way to go. When you are dieting, you will be eating less food than you normally do.

So you are likely to feel more hungry throughout the day and feel less satisfied when you finish your meal. It cannot be avoided since you are, after all, trying to lower your

calorie intake. Although snacking with healthy foods can help.

Do not skip meals or starve yourself. This will only make life more complex, and failure will increase. Always prepare yourself psychologically first before starting a diet plan. This is to ensure that you will stay focused on the diet plan for the whole duration and reach your goal weight and achieve success. Many structured commercial diet plans will offer you alternative branded snacks that you can eat to suppress your cravings whilst keeping the calorie intake in line with your project. When you start a diet, don't mistakenly think that you will have water and vegetables to last for the whole day because dieting and changing habits can be a great and exciting experience. Dieting promotes eating balanced nutritional meals. The foods you eat whilst dieting are the foods you should have been eating in the first place. It would help if you only aimed to have a lower calorie count each day, but the rest of the nutrients shouldn't be ignored or neglected. So when avoiding certain kinds of

foods, you could also be preventing essential nutrients such as vitamins and minerals. There is no need to take supplements if your foods are healthy and natural.

Professionals generally say that if a healthy person has to take supplements, there is likely to be a deficiency in the diet that needs addressing. Don't supplement; simply modify your diet. So a good diet plan should offer you alternative foods that you can eat to replace those missing nutrients and maintain a healthy balance. Something that can be easily continued once your diet ends. A good diet also contributes to your natural metabolism. Each person has their rate of metabolism, as previously stated.

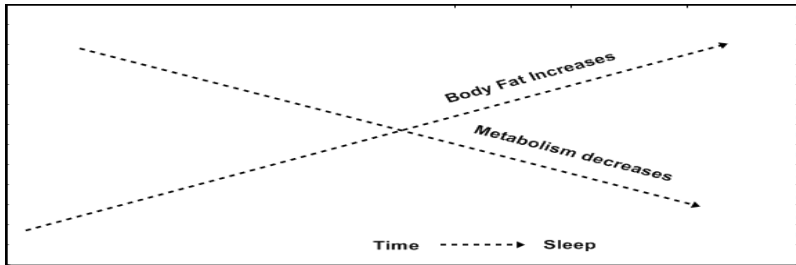
A person with a higher rate of metabolism will be able to burn more calories a day. A good diet and exercise plan will help people with low metabolism fully utilize and raise their metabolic rate, like having a proper breakfast to jump-start your metabolism at the beginning of the day. Breakfast is the most important meal of the day. It does jump-start the metabolism. Eating can increase your metabolism, which in

itself sounds contradictory.

Each time you put something into your stomach, your metabolism increases as a matter of urgency to process and use that fuel. It keeps the energy going and thus helps you to eat less for lunch and then eventually dinner in the evening. It's important not to overeat in the evening since you don't burn as many calories at night, and if you were to go to bed with food still in your stomach, this is one of the reasons people gain body fat in the first place. This is to be avoided at all costs during your diet. During sleep, your metabolism drops dramatically, and thus you are more prone to store the calories you ate a few hours ago during sleep.

Eat early and allow your body to process and metabolize the food before sleep. A good rule of thumb is never to eat later than three hours before bed.

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### Effects of eating late at night

When attempting to maintain a diet plan, discipline is one of the most important factors. Weight loss through a proper diet can take months to achieve your target weight. Dieting time after time can be referred to as **“yo-yo dieting”**. Yo-yo dieting is a term used to describe a person who follows a diet for a short period and manages to lose a little weight but eventually gives up and returns to the old habits and, more often than not, gains even more weight leading to the term we use **“creeping obesity”** This usually happens because the diet followed was too extreme, limiting the food intake too much. So the dieter cannot maintain the programme or the new habits after the diet has finished.

Or, of course, it can be due to the lack of discipline after the  
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targeted weight is achieved and the person returns to the old habits. Lifestyle changes for the good should be changes that can be maintained without thinking about it, and it becomes difficult or a task. Extreme diets can cause the dieter to drop out eventually. This is pointless.

Changing a habit is hard at first. You must stick to your diet plan daily at first until those changes feel natural. Day by day, one day at a time, at least for the first few months. This will set the foundation later on when going on and further into the diet. Then your willpower will be at its peak, and you will feel stronger mentally. Give your body time to adjust. When in the middle stages of your programme, your willpower may not be as strong as before and may slip, but your new habits will kick in and begin to support you without you noticing.

**No one should diet alone.**

You should have a friend and or family member to help and support you or even accompany you on your diet. Do not,

however, enlist help from friends who are likely to lead you into those old habits, like drinking partners, for example. Workmates who have the bad habits that you are trying to kick. It would be like trying to give up smoking whilst living in a house full of smokers.

By having someone beside you for encouragement, you can also slowly see the results in each other's efforts. It also helps to have someone to confide in when you think that the diet is not working out for you or you are at risk of slipping back. When you first pick a diet to follow, you should consider and explore a few diet plans first to find the one that best suit you, and don't be afraid to change to another plan for the same reasons. There are many commercial plans available these days but as previously stated, be careful that the habits and foods they promote don't cost you a lot of money.

High costs will only contribute to drop-out.

The advantage of following a commercial plan is that there

will be many others on the plan that you can draw support. I prefer to advise my clients to make lifestyle changes that are simple and easy to achieve and maintain. This is because relying on commercially available plans can be difficult to let go of once you have achieved your goal weight, can be expensive, and can be too demanding. Not all, of course. One option is to diversify your diet plans, using plans from more than one company, this way, you will find diet plans that you'll like and won't feel bored watching what you eat on a day to day basis. Plus, of course, two diet plans mean double the support. You can cycle diet plans by week or month, keeping the diet plans fresh. If you are offered food that you know doesn't fit in with your plan, try to politely refuse the food offered, first by explaining to the host at a dinner party that you are watching your weight.

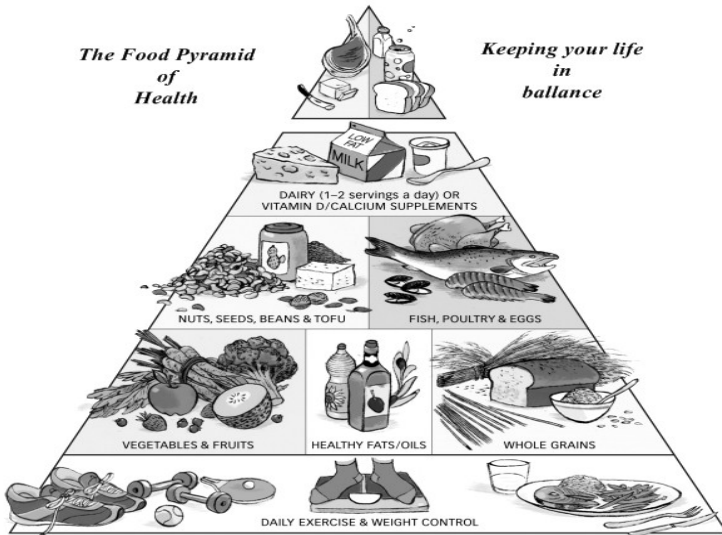
They would generally understand and respect your situation and aims and not pursue it.





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simple way of learning to understand the portion and proportion of food balance.



## Preparation Time

**Constantly evaluate yourself.**

***“What was it you said you wanted in the beginning?”***

Preparing yourself psychologically before you begin your diet is of the utmost importance. Of importance is that you understand what you are getting yourself into. As they say,

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up each morning and get stuck in.

***Did you know that “Failing to plan is planning to fail”***

This is a great little saying and is so true. Of course, with this in mind, you will “now”, not later, decide what exactly you want out of yourself and what you want to achieve.

Tell yourself at the beginning of your journey what you want to achieve and your outcome. Then write it down.

Write it down on a piece of paper stating exactly what you want to achieve, and pin it on the fridge door where you can see it each time you go into the kitchen.

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Make sure you do this before you start; then, as you progress, pin progress notes on the fridge. In fact, why stop at the refrigerator.

### **Four questions to ask yourself as you progress.**

- Does it feel good to have started your diet programme?
- Do you feel energized to begin?
- Do you feel strong and motivated and in the mood to succeed?

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- Do you feel good about yourself? Is your confidence high?

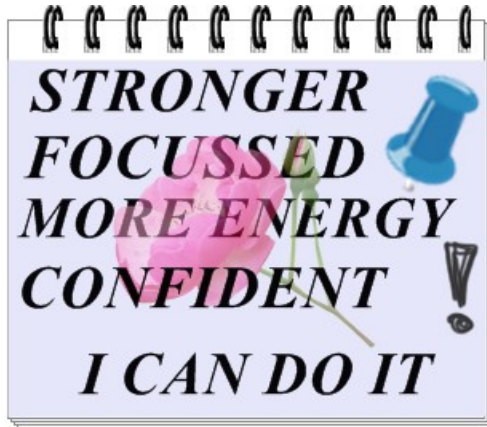
Make a note of your feelings right from the start in a diary because your feelings of self-concept and confidence will change as your body changes. As you begin to feel fitter and more muscular, slimmer and thinner, you will change your view.

Keeping a daily diary is a good idea. Looking back on those comments and measurements will help you as you progress.

Your confidence will increase, and your concept of yourself will change. Simply write a word on the piece of paper for each feeling to quickly remind you how it feels at the moment.

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Do this daily as you progress. Then as you pass by the fridge each day, it will remind you how you felt last month



or yesterday or at set points during your programme and remind yourself that today is another day.

Yesterday has gone. What we have just discussed will be your pillars of hope in achieving your future goals. Once completed, congratulate yourself.

Each morning when you wake up, begin your day by reading those notes and reminding yourself of your progress so far. As you pass by the fridge door with a coffee or cup of tea in your hand, just stop and stand there and

scan over what you have written just as a gentle reminder for the day ahead. Keeping notes like this will slowly affect your confidence.

Positive feedback is vital in this process, and one of the best ways to get it is by recording it. Diaries, notes and reminders all play their part in driving you forward. Bear this mind as you progress:

### **Eating to succeed, succeeding to eat.**

The next time you wonder why you can't think straight and get everything you need in life, “consider blaming your food” It's a scary concept that our thoughts and ability to succeed can be so affected by what we eat. For millions of people worldwide, it's a day to day war between their bodies and mind. The more we know about nutrition, the more we deny the facts in our actions. In less than ten years, nearly three-quarters of the western world has been classified as overweight or obese. The number of people who ask their doctors for pharmaceutical relief for  
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depression and addictions or cosmetic surgery is growing fast. It seems to me that the more informed we become about health and nutrition, the less we act on it. How can we be sure that what we are putting into our bodies is healthy? The short answer is we don't. For most of us, the kinds of foods we eat now are very different to the foods we grew up on.

If we aren't eating fast food, sugary or fatty foods, we are eating foods that have been processed and added to preservatives and colourings. In the past, we didn't have so much advertising on the TV about food. Takeaways used to be a real treat, and no one did deliveries. Nowadays, we go online with our iPads, laptops, or iPhones and order and pay without leaving the house or seeing the money. I don't know about you, but my mother tended to be at home and did the cooking for the kids. Food was always nutritious and traditional, meat and two vegs.

She always baked too and the foods she prepared were made with natural ingredients that didn't have things like corn syrup and fancy chemicals to keep the food edible for longer. Supermarkets were not open twenty-four hours a day in those days as they are today. In those days, Sundays were tranquil days of rest. We had to walk down to the corner shop to get bread and milk if it was open, and that was all we got because the food was expensive relative to people's earnings.

That simple walk down the shops kept us fit, even to get dad his fags. The difference between sitting watching TV and ordering from the laptop and getting your shoes on and walking down to the shops was the difference between the health of people nowadays and people then. People also have more disposable income these days too. Fathers tended to grow food in the veg garden at home and in the greenhouse, and there were sometimes fruit trees if you were lucky enough to have the outdoor space. Apple, pear

and damson trees. If they weren't yours, you could always go scrumping and steal some from next door. Not that I did, of course! It wasn't all food heaven, though. If you can remember, we cooked our fish and chips in lard. We ate a lot of fat in those days; we loved butter, we hated spam, and we had a lot of fry-ups. All foods laden with animal fats were tastier. The fruit was more expensive in those days because importation wasn't what we have today. We generally didn't have it if it wasn't from our own gardens or trees.

Of course, these days, supermarkets stock every kind of fruit known to man from all over the planet. We didn't have huge portions of meat either. We weren't obsessed with food like we are today. If you asked mum what was for dinner, she would always shout, “what you can catch,” which meant not much. Or “bubble and squeak”, representing yesterday's left-overs fried up in a pan. Those were less stressful times in more ways than one too.

These days on top of worries about finances, jobs, family issues and stress, we worry about food. The adage, we are what we eat has never been more accurate than when talking about our ability to focus at work these days. With the heavy use of computers, cell phones, and televisions, we don't move so much these days as we did in the past. We spend our days behind the wheel travelling to work, sitting behind a desk and then on the settee when we arrive home at night watching TV.

We are expending less energy, but we're eating more in terms of quantity and unhealthy foods. More refined sugar, more saturated and trans fats. More processed foods and preserved foods. No wonder we don't know what's happening to our bodies. Fast foods, processed foods, and foods with preservatives and colourings are challenging to avoid. Choice and wealth have become our worst enemies, don't you think? Most of us understand nutrition these days and what is good and bad for us. The problem is that there

are just so many things to choose from in the supermarkets. Yes, you can't deny choice is fantastic, but it does seem to be working against us in other ways; so much choice from around the world, every vegetable, fruit and meat from every corner of the planet. Even if we want to, how have we got the time to read every nutritional label and make the right choices? Sometimes it's just easier to order pizza, a curry or a Chinese a couple of times a week, especially if you have arrived home late from work. Not only have the food choices we need to make grown hugely, but all the supplements and vitamins we are told to take to stay healthy have grown too. The buses, trains and tube stations are covered in vitamin advertisements supported by well-known sportsmen and women. I was always taught that your diet is deficient in that particular nutrient if you need supplements. Natural food has everything we need, and we need to bear that in mind when dieting.

Everything is meant to be essential for our well being. Of

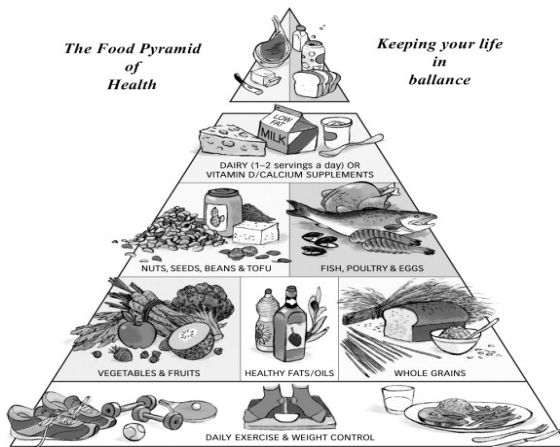
course, there is a time and a place for these things, just like there is a time and a place for pizza, curry and a Chinese takeaway. The issue isn't that we are overeating but how and why we are eating. We need food. It refuels us, gives us the energy we need, and works with our bodies to keep us alive and healthy. If done right! The best diet is not so much about making sure you eat an apple a day and never touch another chocolate bar. It's about basing our diets on balance, quality, input and output.

All things sensible and in proportion. Keep this in mind and we won't go too far off track.

## **Three Things To Consider**

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In designing and organising a diet that works for both your body and, more importantly, your mind, we need to examine three main areas. 1). Balance in our food intake. 2). The quality of the food we consume. and 3).Output. Output means the physical things we do each day during our everyday day-to-day lives. Let's first address “The balance in our food” Let's also take another look at the food pyramid.



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**Nutrient balance in your diet:** This is one of the more difficult areas to discuss because everyone has a slightly different approach to exactly what balance is. Having the right kind of food at the right time is so important. For most people, this can mean significant changes in their eating habits. The most important meal of the day should be our breakfast. The next of course is our lunch and then dinner in the evenings. Dinner needs to be taken early enough so that the food we have eaten has time to be metabolised before we go to bed and asleep.

We consume far too much refined sugar these days, salt, and drink too much alcohol. The amount of sugar and salt, colours and additives added to our food these days is ridiculous. When you sit down and look at what's listed on those packets and do a little research on what those additives are and the possible side effects, we should be worried. We often don't eat enough fresh fruit and vegetables, and our daily intake of fibre can be below. This



is one of the causes for modern digestive diseases and other health problems such as bowel cancer. We don't get enough high-quality protein without saturated fat accompanying it. We need to find the right balance for our bodies. We all have different needs, but the basis of healthy eating is the same for 99% of people. While we all need to reduce the junk food in our diets, Supplements in today's diet can help if needed and do have a place, but diet changes need to be made if we have deficiencies before turning to supplements. Realistically speaking, there is enough varied and excellent food available in modern supermarkets that taking supplements should not be necessary. We shouldn't rely on vitamin and mineral supplements. You can use a multivitamin in times of health need, mainly if you are in a stressful period of your life or recovering from a severe illness or operation.

So how do you know if you are eating the right diet?

You have plenty of energy and vitality. If that doesn't describe you, your intake is probably unbalanced. So now let's look at food quality.

**Food quality in our diets:** Years ago, shops tended to be full of produce from the land around us and fresh produce from our gardens, but things and life have changed. It came from the farms that were on our doorstep or from dads back garden. That was generations ago, and things have changed.

I remember as a young boy going across the fields with my dad to collect a bucket of cow muck to put in a trench ready to plant green beans or rhubarb. Nowadays, many of us don't even have a garden or space to grow things, so a lot of our food comes from all corners of the world, and modern storage systems and transport systems have changed. A banana can be in the tropics one day and in our lunch box the next day.

This is, of course, good from a consumer's point of view in terms of choice. It has given us much more choice across all seasons. It's not that the new foods we have access to in supermarkets these days are bad for us. Indeed we now have fruit and veg unheard of not fifty years ago. We have fruits and vegetables in seasons that would have been impossible just a generation ago. However, the most accessible foods to find are processed foods on the opposing side. Foods that have a lot of salt, sugars and preservatives and added fats. Thus, a diet full of these foods can be deficient in the many nutrients essential to good health. We need quality protein to maintain our muscles, repair cells and organs, and form antibodies that fight off ill health. Carbohydrates are essential to give us energy and fibre to aid digestion. Diets deficient in fresh vegetables will be deficient in fibre and those much-needed vitamins and minerals. A diet lacking fibre is at risk of many digestive health problems, including some cancers.

**Bowel cancer** is a significant problem in modern times.

Yes, carbohydrates are broken down into sugar. If we choose good carbohydrates, they'll be low in sugar and fat, but they will have a lot of essential nutrients such as fibre. Many people, particularly women, are so worried about fat in their diet that they try and cut it out completely, which is a mistake. We need good fat to keep our bodies working.

Essentials fats, particularly those with omega three and omega six, have been proven to help with the thought process and brain function. Good fats also aid in the absorption of some vitamins. We need those vitamins, such as A, D, K and E.

**Water (H<sub>2</sub>O)** is The most crucial component of our diet and daily lives. Without it, we will surely die. If we think carefully about the essential nutrients our bodies need, we will soon realise that water is a critical component in our

diets. Yet, many of us tend to spend our lives dehydrated. I prefer to consume soft drinks, tea and coffee. Water is so essential in digestion and cellular respiration.

**The importance of Energy and its the source:** Body shape and body fat levels are the best indicators of whether we have this balance right. Of course, if you have the balance right, you wouldn't be reading this book. If you have it out of balance, you can see the excess on your body. Our bodies store the excess foods we eat as fat, and our bodies are very efficient storage tanks. It's a natural and essential process. Without it, we couldn't function properly. It's the over storage that's the problem here. To reduce it, we need to eat fewer calories (or kilojoules, depending on your preferred counting method). Many food labelling uses kilojoules to display the amounts of energy in foods. Let me explain.

A calorie is approximately four kilo-joules. If you have ten

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kilograms of excess fat, you will have to work off 80,000 calories or 320,000 kilo-joules. Most males and females need around two to two and a half thousand calories per day or more if you exercise. The best way to get your body to get rid of its excess stored fat is to look at portion sizes, the type of food you are eating and track how many calories you are consuming by keeping a diary.

Exercise is vital if we burn off the amounts of calories needed to reduce our body fat.

<b>Thirty minutes of exercise</b>	100 lbs	120 lbs	140 lbs	160 lbs	180 lbs	200 lbs	220 lbs	240 lbs	260 lbs	280 lbs
Aerobic Dancing	115	138	161	184	207	230	253	276	299	322
Aerobic Step Training	145	174	203	232	261	290	319	348	377	406
Backpacking (20 lb load)	200	240	280	320	360	400	440	480	520	560
Basketball	130	156	182	208	234	260	286	312	338	364
Bicycling	200	240	280	320	360	400	440	480	520	560
Dancing	100	120	140	160	180	200	220	240	260	280
Gardening	90	108	126	144	162	180	198	216	234	252
Golf, walking without cart	100	120	140	160	180	200	220	240	260	280
Housework	90	108	126	144	162	180	198	216	234	262
Jogging (5 mph)	185	222	259	296	333	370	407	444	481	518
Mowing	135	162	189	216	243	270	297	324	351	378
Skipping Rope	285	342	399	456	513	570	627	684	741	798
Stair Climber Machine	160	192	224	256	288	320	352	384	416	448
Swimming (25 yards per min)	120	144	168	192	216	240	264	288	312	336
Walking (15 minute mile)	100	120	140	160	180	200	220	240	260	280
Weight Training (90 seconds between sets)	125	150	175	200	225	250	275	300	325	350

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## **A simple activity energy chart**

We are choosing which activity to take up when dieting can be daunting. Many people signing up for the gym or buying a bike is just not what they want or intend to do. But there is a way to increase the levels of activity each day. We can make our lives more active by doing more things we do during our ordinary days, walking to the shops, doing the housework faster, and carrying items rather than using a supermarket trolley: gardening, fast walking.

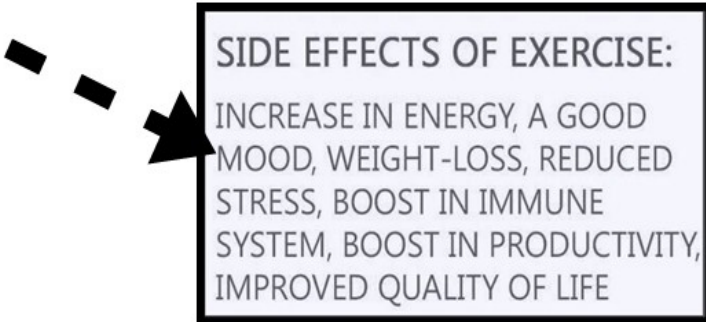
This list and modifications we can make are endless. Of course, our mood will affect our motivation and ability to succeed. So let's now look at the mood.

## **Mood swings and food things.**

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Depression and other psychological symptoms can

**Exercise is know to have positive effects on mood.**



negatively affect your ability to diet and make lifestyle changes. It isn't easy to remain motivated and focused when suffering in this way. Instead, there is a tendency to lose focus and comfort eat. By comfort eating, people often try to resolve their issues by eating more and eating the wrong kinds of foods. Such as chocolate. No one ever eats a banana after a moment of disaster in their lives, do they? It's like a self destruct button we all seem to have. It's usually chocolate or a stiff drink.

Tiredness can increase the risk of overeating or the wrong



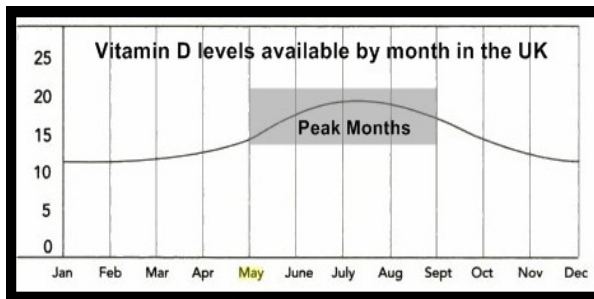
kinds of foods. Humans have this massive mix of hormones circulating in their bodies, dictating when and what to eat. Suppose you suffer from depression or are chronically tired or think you are prone to Seasonal Affect Disorder (SAD) where you feel more depressed in winter because there is less sunlight available. In that case, there are several things one can do to counter this common problem. It's more common for women to report these feelings than men.

Though this may be because men are less likely to report their depression to health professionals or family and friends.

Large amounts of stress in our lives can have negative effects on health, it's a fact, and we are all victims at some point in our lives. Tiredness can lead to low motivation and, weight gain, even more depression. It can be a vicious circle with a feeling of no way out. In the winter, we can be even more susceptible to stress because of the reduced

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sunlight hours during the day. We need sunlight to keep our vitamin D levels at a healthy level. Our bodies produce their vitamin D when sunlight is available. When you don't have enough vitamin D in your body, you feel down, tired, grumpy, and irritable. However, we need the energy to get through life. We need to eat just as we need to breathe.



**Peak vitamin D levels are available during the summer months in the UK.**

Vitamin D is essential for mental health. In the winter months in countries in the northern hemisphere where

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winters are long and severe, some people can fall into depression or at least lower mood levels. Your mood levels will directly affect your ability to continue your diet or exercise programmes. Managing your energy will help you become fitter, more energetic, feel good about yourself, look better, lose weight and improve your health.

## **So how do I find that extra energy to be able to make the changes?**

If you want to achieve your goals, certain things need addressing from the beginning—both psychological and physiological issues.

### **First of all, get your mind in the right place.**

You won't be able to focus on the job if you can't think clearly. You need to clear your head and focus right from

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the outset. We have already discussed the idea of keeping diaries and pinning notes on the fridge etc. Using those strategies already discussed is so important. Mentally set your goals. Right them down and then pin them on prominent places around the house. The fridge, the door, mirror, etc., where you comb your hair every morning. I learned a perfect strategy whilst taking up marathon running by leaving my running shoes by the front door. They not only acted as a reminder when I came in from work tired and fed up after a long commute home, but they acted as a nagging torment and screamed “put me on and go out running” every time I looked at them. Strategies such as these are so crucial in all walks of life. Before you get up in the morning, lie in bed for a few minutes and remind yourself of all the things you have to be thankful for and the things you must do today. Self-talk is also very, very important. Try and repeat the same thoughts before you go to sleep at night.

This self-talk practice will help motivate you and keep you focused on no the positive things that matter in life.

## **Focus on breathing correctly.**

It's a fact that many of us don't breathe properly. Oxygen is not only the essential nutrient our body needs, but it's essential to life. This might feel like stating the obvious, but it's surprising that many people don't focus on what is necessary and get overwhelmed with life's difficulties. If you aren't breathing correctly, you aren't feeding your body with its most important input.

If you can learn how to breathe effectively deep, you'll be able to reduce your body's response to stress and can cure all manner of ills from insomnia to headaches and sore backs. It can lower high blood pressure and give your body more access to the endorphins it needs to make you feel

good and increase the positive feelings and thus motivation. Instead of breathing in a shallow manner, take long, deep breaths, controlling the spread at which your breath goes in and out.

## **Rest**

Up to now, we have focused on activity rather than rest. But rest is as important as the activity itself. Not getting enough quality rest will be detrimental to your levels of tiredness. You arrive home, and you are too tired to work out. Your exhaustion leads to low motivation and slows your progress, and then eventually, you drop out. This isn't about hitting the sheets as soon as it gets dark and having no life, but getting in bed around two hours before midnight will help.

Getting a total of eight hours of sleep at night will help. Our

bodies often sleep better before midnight. Getting up most mornings around the same time helps too. Try to give yourself one morning off.

## **Hydrate yourself properly.**

You are returning to water (H<sub>2</sub>O) again. We all know that we should drink two litres of water a day. But do you? I know I don't, and I have to remind myself much of the time. It's pretty easy to see if you are dehydrated, though. Look down the toilet pan after you have finished. Clear fluid is a good indication that you are properly hydrated. Coloured (greenish) fluid is a good indication that you are not. If you feel like you are retaining water or bloating, you often try to drink less to stop the bloating sensation, but this isn't good. The more water you drink, the more it flushes out your system. Nothing makes you tired faster than dehydration. It can drastically affect blood flow and thus nutrient distribution to the body's cells. Instead of a cup of tea or

coffee, try a glass of cool water with a slice of lemon instead. Many people think they are hungry when they are simply thirsty.

We need at least two litres of water each day and more during a hot summer, especially if you are exercising in the heat. Our bodies will get the water any way they can, so if you aren't putting water through your body, you will tell yourself to eat so it can get water that way; it's an autonomic response. Water keeps everything flowing, the blood, the nutrients and waste products away from the sites of work, but it carries all that oxygen we are breathing to our cells, along with the nutrients from the food we eat if you are a caffeine drinker, whether coffee, tea or coke, try to cut it down.

Coffee doesn't count in your water intake; if you are drinking a lot of it, you need to counteract it with more water as caffeine has a diuretic effect on the body. It is also



a stimulant and can affect your body's natural cycle.

## **Let's now look at reducing our body fat levels.**

Our body stores the excess energy we consume as fat, and our bodies are very, very efficient at this. However, if you are carrying too much fat, the last thing you probably need is a diet.

Diets often promise fast results but set us on a further path of constant exhaustion. If you need to decrease your fat stores, change your energy intake slowly and incrementally, and look at a long term rather than a short term solution. As discussed already exercise and form new eating habits. Not less but better quality foods. Remember that if you drastically cut your calorie intake, your body will likely go into starvation mode and start to preserve what it thinks it has and needs for later. This makes the diet much harder,

simply slowing the processor drastically interfering with it.

## **Fuels for the body**

Food is our body's petrol. Unlike petrol, though, we need to top up at the right time to see benefits. Start your day as you mean to go on. That old line your mother used to throw at you as you rush out the door in the morning is actual. Breakfast is the most important meal of the day. Every morning, I can hear her now! “Steve! Have you had your breakfast?”

You are starting the day with a couple of pieces of bread smeared with jam, or a bowl of sugar masquerading as cereal isn't the best way to begin the day if you want energy.

## **Metabolism Defined**

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In its most basic sense, Metabolism is the body’s conversion of the calories from the food you eat into energy. It is a series of chemical reactions that give your body the power to do what it needs to do to keep functioning – and consequently, for you to keep living. Without metabolism, you would not be able to move or think. Metabolism provides energy for your body and your organs to work smoothly.

To better understand the importance of metabolism, consider this: you die if your heart stops beating.

Likewise, if your metabolism stops, you die because without metabolism, you will not have the energy even to breathe or for your heart to beat!

## **How Metabolism Works**

First, let us start with the act of eating. As you chew and swallow your food, it goes down to your digestive tract. Digestive enzymes then break down your food – carbohydrates to glucose, fats into fatty acids, and protein into amino acids.

After the nutrients are effectively broken down, they are absorbed by the bloodstream and are carried over to the cells. Other enzymes plus hormones then work to convert these nutrients into cells or building blocks for tissues or release them as an energy supply for the body's immediate use.

## **Metabolism Types and Component**

There are two basic metabolic processes – one is constructive and is responsible for building and storing energy for the body. The other is destructive, though in a positive sense, as it breaks down nutrient molecules to

release energy.

The constructive metabolic process is called anabolism, while the destructive process is called catabolism.

**Anabolism** promotes the growth of new cells, the maintenance and repair of tissues, and the storage of energy – usually through body fat – for future use. Small nutrient molecules are converted into larger protein, carbohydrates, and fat molecules.

**Catabolism**, meanwhile, is responsible for immediately providing the body energy to use. Instead of building up, it breaks down the nutrient molecules to release energy.

These two processes do not co-occur but are balanced by the body.

Catabolism, in particular – through some attribute this to overall metabolism – has three components:

**Basal metabolism**, Sometimes called resting metabolism,

is the metabolism component responsible for keeping you alive by ensuring normal body functions. Even if you were bedridden the whole day, basal metabolism is still at work. Basal metabolism is metabolism's main component, as 60 to 70 per cent of the calories from the food you eat are used for this. People who want to lose weight usually aim for a higher basal metabolic rate (BMR).

**Physical movement** This can range from a simple moving of your fingers to strenuous exercise. Usually, 25 per cent of the calories you consume go here.

**The thermic effect of food** ◇ indicates the digestion and processing of the food you take in. Typically, ten per cent of the calories of the food you eat are burned through this.

**Thus, taking all this into account, here is our  
metabolism formula:**

**Calories From Food** = Calories Expended From Basal Metabolism (60-70%) + Calories Expended By Physical Movement (25%) + Calories Expended Digesting Food

(10%)

## What Affects Metabolism?

Your metabolic rate, or how fast or slow your metabolism works, is influenced by several factors:

**Genetics** Yes, metabolic rate is also inherited. Sometimes, this makes a difference between a person who can eat almost everything and not gain an ounce and a person who easily balloons after indulging just once.

**Age** The younger you are, the faster your metabolism is. Metabolism slows down as you age. Women’s metabolic rate starts falling at the age of 30; for men, the decline starts later at the age of 40

**Gender** Men have a faster metabolic rate – usually 10-15 per cent faster – than women because their bodies have a larger muscle mass. Muscle plays a key role in fast metabolism, as discussed in the chapter on exercise.

**Amount of lean body mass:** As mentioned above, more muscle = faster metabolism.

**Diet** Some foods will help you; some will only harm you. While timing is not everything, when you also eat dramatically affects your metabolism. The difference is discussed in the chapter on eating right.

**Stress level** Stress is inversely proportional to metabolism. The more stress you are subjected to, the lower your metabolism. You will better understand this when we move on to the chapter about stress.

**Hormones** Specific hormones metabolize specific nutrients. How well the hormones work, then, directly affects metabolism. To a certain extent, diet and stress levels affect the hormones involved in metabolism, as you will find out later.

Hormonal disorders or imbalances can affect metabolism as well.

Looking at all these factors that influence metabolism, you now probably have a general idea of what you need to do to increase your metabolism – accept the things you cannot change, and work on those you can!



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But before we get into the detailed program for firing up your metabolism, first, know what’s in it for you! And find out the kind of resolve you need to achieve the level of metabolism you want.

## **WHY YOU SHOULD FIRE UP YOUR METABOLISM**

It's not all about weight loss, though discussions on metabolism seem to focus almost exclusively on this concept. Even if you feel that your weight is excellent, you have a lot to gain by increasing your metabolism. Following is a list of the benefits you stand to gain by applying the advice in this book

**Lose weight.** Let's start with the most apparent benefit. By increasing your metabolism, particularly your BMR, you will burn more calories just by doing your usual activities. Even while lying in bed and staring at the ceiling or even while sleeping, your body is working to burn the calories you consume. With an increase in metabolism, you can shed one or two pounds a week. Best of all, the results are long-term, unlike a quick-fix diet! Now, isn't that more satisfying – and easier – than going on a fad diet?

**Eat more without worrying about it.** Since you burn

calories faster now, you can eat more without feeling guilty. This does not mean overindulging or snacking on junk food, though. But in general, you can be less concerned about the quantity of food you eat.

**Feel more energized**—people with faster metabolism report having more energy. With a faster metabolism, your body performs efficiently to release the energy you need to get going.

**Look better.** The skin of people with a fast metabolism is brighter and more radiant. Their faces are pinkish, more alive with colour. With a faster metabolism, you will feel good and look good!

**Be healthier overall.** Your body functions more efficiently with a faster metabolism. Digestion, absorption of nutrients and blood circulation are improved. And you won't need as much sleep as you did before to feel refreshed the next day.

Expect a faster metabolism to make you look and feel more

fabulous.

## **Don't forget or skip meals in the name of your diet. That's a bad idea!**

This would be a mistake. When you are busy, stressed, or trying to lose weight or any combination of the three, it is easy to skip a meal and think it's all part of the diet. It's not. This will work against you in the long term. Skipping meals plays havoc with your blood sugar levels, and it makes that bar of chocolate so much harder to resist when the mid-afternoon craving comes on. **“The best results come from the best planning”.**

OK, it's time to introduce the idea of exercise as a part of the overall plan to slim down.

**All exercise is beneficial. All movement is exercise. Even the most simple movement is still beneficial.**

The more we move, the more energy we have to move. It feels weird, and certainly, the first few times you start to move, it doesn't feel that way. Try to get your heart rate going around twenty minutes a day, five days a week. The old exercise prescription used to be three times each week of structured exercise. But in more recent times, professionals have realised that this doesn't suit everyone and may be too demanding in our busy lives. So it was changed to five times a week, but instead of structured exercise, they recommend any form of movement, including gardening and housework. We were getting off a bus two stops early etc. These are things we can all do.

The next time you are going on an underground train, just note how many people are riding the moving stairs and how many have chosen the steps. I can tell you that I am usually the only one on the stairs. You don't need to stick to the same sort of exercise. It can be anything. Any movement is a good movement. There is no need to take up sports, park your car at the back end of the supermarket car-park and carry your shopping instead of a shopping trolley. It can take around three weeks to see and feel any noticeable change in your fitness levels and body shape, so try to persevere with the programme for at least a month before you decide it's not working for you. Do you know what they say? “Rome wasn't built in a day” More on exercise later.

## **Hormones are the fluids of our control centres.**

Maybe you were a perfect teenager, and your mother never said that to you, but it was probably in our teens we first became aware of how much our hormones affected our thoughts, life, health and energy. It never really changes. We are just a whirling cocktail of hormones that control our desire for food, sex, activity, and how we feel about ourselves. They look after our joints and help us feel good. If you are a woman, your hormones also control your menstrual cycle. Our body has over a hundred different hormones running around, bossing our body about all manner of things. We need hormones to keep us moving, thinking, feeling and growing. What we eat is essential as it helps keep our hormones in balance.

If you eat foods that your body is designed to love, your hormones will generally stay in balance. If you eat mainly processed foods, your hormones can get entirely out of

whack and tell your body weird and beautiful things. The nutrients we eat are the chemicals we need to create the hormones our body needs.

## **Hormones**

### **Insulin**

What is insulin, and how is it related to exercise? If you have a problem keeping your insulin levels in check, increasing your protein intake and eating processed carbohydrates may work best. The amount of insulin in the blood during exercising is critical for performance. Insulin is the hormone responsible for getting the glucose from the circulating blood and into the cells, where it can be used as fuel. Remember, don't do a thing without your doctor's blessing. An impaired insulin system will have a detrimental effect on the cell's ability to perform its



functions. It is possible to take certain supplements in the diet to improve this process. The tiredness in the muscles we feel during exercise is partly due to hypoglycaemic A lowered blood sugar level. Insulin could be described as a carrier hormone responsible for attaching to a glucose molecule and taking glucose through the cell membrane. Of course, it's much more complicated than that, but it is good enough as an explanation at this level.

## **Thyroxine**

Your thyroid gland is responsible for producing thyroxine, a hormone responsible for metabolism. Many cells in the body need thyroxine to function correctly. An impaired thyroid system can result in weight gain, fatigue and depression.

## **Oestrogen**

Oestrogen is another crucial hormone which has a role in metabolism. It is also involved in growth. It is produced in the ovaries.

### **Hormones are involved in brain function.**

Some foods are important in keeping our brains functioning healthily. Therefore, depression may be improved by diet. Let's look at some of those foods and nutrients involved.

## **Quality Proteins**

Protein is responsible for rebuilding and replacing our bodies. Our bodies are proteins. Essential proteins are needed for a healthy brain and the mind.

We can get those quality proteins from fish, eggs, nuts, seeds and pulses. Without good quality Protein in our diets, we can't repair our bodies after cellular breakdown after exercise.

## **Carbs (Carbohydrates)**

Carbohydrates can be classified into two types. Complex carbohydrates and simple carbohydrates. Both are broken down into glucose (sugar) in the body.

The difference is that complex carbohydrates tend to be slower to break down (metabolize) and, therefore, longer lasting as an energy source. Simple sugars break down quickly and can affect our blood sugar levels swiftly and dramatically. Of course, this isn't a bad thing at the right time. For example, if we need a quick boost during exercise, there are many products we can consume that are

simple in structure that will raise the blood sugar levels quickly and get us home when fatigue has set in. If the diet is full of simple sugars, your body fat will increase, and you are at risk of developing diseases such as diabetes.

## **Dietary Fat**

Fat has the most energy. That is the terrible fact about fat. Carbohydrates have 3.5 kcal per gram, whereas fat has nine kcals per gram. **There lies the problem.** Furthermore, fat adds taste to our food or satiety as we call it. This is why overeating fat is detrimental to health. It has a habit of clogging up our arteries, stacking up under our skin, and many more negatives.

Of course, we need some fat in our diets to fulfil our calorific needs. But too much, and it soon begins to mount up. Bear this fact in mind. One pound (about 0.6 of a

kilogram) has a calorific value of about 3,500 kcal. If you need to lose ten kilograms of weight (22 lbs), you effectively need to burn 80,000 kcal. That's a lot of walking and a lot of burgers.

## **What about Coffee (caffeine)?**

Can I have coffee? The short answer is yes. But, bear in mind that, on average, five cups of coffee can cause you to gain weight and be a significant factor in the development of diabetes. A cup in the morning for breakfast is not going to hurt anyone. Some studies have found that too much coffee can lead to you not being able to lose body fat and indeed lead to insulin resistance.

## **What are Antioxidants?**



## **Magnesium. Do we need it?**

In short, yes. Our brains are protected from toxins that affect the brain, specifically magnesium. To ensure your brain has the protection it needs, we should eat nuts, seeds, leafy green vegetables and any unprocessed whole grains such as whole rolled oats and whole wheat. All of these foods contain magnesium. Magnesium is an essential nutrient required by the body to function correctly. It is involved in over 300 bodily processes and is vital in normal muscle and nerve function. It is also essential in the immune system in humans.

More importantly, it is essential to produce energy from Protein in our discussion here. It is also thought to be involved in preventing high blood pressure, heart disease and diabetes. But research is still ongoing. Below is a short table of foods that supply magnesium.

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So don't stop believing in yourself.

Almonds	Ginger	Peppers
Apples	Green beans	Pineapples
Asparagus	Breen lettuce	Pineapples
Avocados	Kale	Pinto beans
Bananas	Kidney beans	Potatoes
Black-eyed peas	Lentils	Pumpkin seeds
Broccoli	Melons	Spinach
Brussels sprouts	Oranges	Strawberries
Carrots.	Papayas	Sunflower seeds,
Cauliflower	Parsley	Tempeh
Cilantro	Peaches	Tomatoes
Edemame	Pears	Turnips

## **Foods rich in magnesium**

### **Vitamin B. “The anti-stress nutrient”**

Vitamin B can be described as “the feel-good vitamin” High levels of Vitamin B, particularly B6 and B12, help keep our memories sharp and our moods stable. It is involved in creating serotonin in the brain and other feel-good hormones such as dopamine and epinephrine (adrenaline). Protein can be a good source of B12, particularly chicken, fish, beef and pork.

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If you are a vegetarian, it may be advisable to take a Vitamin B supplement. Although I will say that I am a vegetarian, I haven't found the need to take supplements. Of course, this may be different for vegans.

### **The importance of water. Again.**

We have discussed hydration before and how important water is to our survival. Did you know that our brain is made up of around eighty per cent water, so it's essential to keep it well hydrated? Concentration is often impacted just by a few glasses of water. Proper hydration improves almost every function within our body. The stress hormones increase when we are properly dehydrated. If you want to liven up, then drink some green tea. Green tea is caffeinated so still, watch your intake. Herbal teas can make the water intake feel a little more enjoyable too.

## **Foods that help you to focus.**

Some foods can be helpful in helping you focus when you are feeling a little tired but are trying to work. It's difficult to focus on the job when you are hungry.

Some foods such as tuna, nuts, and chicken can help you re-focus and get going again. Fish is another re-focusing food. However, a bag of nuts will be more practical whilst sitting at your desk in front of a computer.

## **“Grazing” Eating small amounts but often.**

Grazing has long been considered the best way to eat during the day. Try not to have large plates of food, but eat small amounts often. This will prevent you from feeling hungry and having to wait for meals.

It also keeps your blood sugar high so you won't suddenly want to crash and eat something you shouldn't.

## **Some facts to shock you into action**

Foods and facts to scare you into action.

Without exercise, drinking a can of beer every day makes it possible to gain a half kilo per month. Before you know it, after twelve months, you are six kilograms heavier. Bear in mind that that is 6 x 3,600 kcal's to lose. Harder to lose than to gain! Right?

A hundred grammes of beef contain 167 kilocalories, whereas a hundred grammes of celery contain only 18 kcal. No contest. Of course, we all know which is preferred. It's a choice when dieting.

A small piece of cake contains about 360 kcal

Avoid biscuits and chocolate bars; they too are high in calories.

Avoid crisps; they are laden with fat.

Avoid all fast foods. Fast foods are one of the problems in all ill-health issues.

Sausages of all kinds are usually the discarded parts of the animal and are full of harmful fat.

A single doughnut has nearly 250 kcal

Eat no more than one egg a day. Besides the fat, they are high in bad cholesterol. Of course, if you are a vegetarian, eggs may be an essential component of your diet for Protein. So consider this. A vegetarian is less likely to be overweight.

Ice creams can be high in fat too. But let's face it, we all need a treat now and again.

**“Not all nuts are the same”** Some are good for your diet while others have a lot of calories packed in them.

Be sure to check first which nuts you should eat during your diet.

## **GOOD NEWS! At last, foods you can eat.**

OK. At last, here we are. We have had the bad news and the explanations of “why not” Let's now talk about what we can eat.

Like it or not, the main constituent of our diet should be vegetable matter. That's not to say that we all need to be eating veggies until we are sick of them or that we all need to change into vegetarians. Although, I must tell you that I did just that and found it easy. I didn't do it because of health reasons either. I did it more for ethical reasons after watching several videos about animal welfare.

I became very concerned about animal welfare. I realised that this is something that many people aren't worried about. They believe that animals are simply foodstuffs. Let me tell you.

So do I, except that I find it so disrespectful to live when animals are mistreated or kept in inhumane conditions.

I believe that if we are to consider animals simply as foodstuffs, we should at least respect their short lives while they have them. Also, I became concerned about the hormone issue. Injecting animals with growth hormones seems unfair to the animal, and I feel unsure about the long term effects on humans—things to consider. Many, many foods are low in fat. Most brands offer low-fat alternatives these days. So there is no need to eat high-fat products. Dare I even say fast-food restaurants, while questionable in their content and origin, some offer low-fat alternatives nowadays. Mainly due to public opinion and pressure from governments concerned with its populations' health. It's all about educating yourself. Start reading labels and asking your grocer questions when you go shopping. The internet is an excellent source of information.

Unless you have been living in the dark ages, you can find anything on the internet these days.

Food information and diet options are abundant.

## **Keeping a Food Diary**

Let's return one last time to food diaries. Once you begin your diet, keeping a food diary is such a good idea. Most of us are creatures of habit. Whilst we would never admit to eating the same foods every day. We do. So keeping a food diary means that we can look at the patterns of our eating habits and do some simple analyses to calculate our calorie consumption. You would be surprised just how quickly you gain knowledge. Things to include in your diary are:

Approximate serving size.

The foods you eat in list form. Don't forget the sauces and extras.

The circumstances in which you dined. Alone or in the company.

Where you are, at home or out.

Did you eat whilst working or watching TV?

Your mood before and during your meal.

Keep your food diary with you at work and while you are out. This may seem a little excessive, but you will soon get into making a few notes. It will quickly become part of your life. Just pop it into your bag or briefcase.

### **One last look at exercise?**

Exercising and dieting go hand in hand. If you just diet without exercising, you may not see any result at all because you are not losing calories fast enough in your diet. It's true that most adults that diet don't exercise while dieting. Think about this. The diet industry is a multi-million-pound industry. This means there is no shortage of new and returning customers. Dieting without lifestyle change that includes exercise never worked for anyone.

You will simply become a long term or even intermittent customer of the dieting company. Remember this fact.

All businesses, whatever that business is, rely on returning customers.



There is no business without return or repeat business.

### **Stick at it even when the going gets tough.**

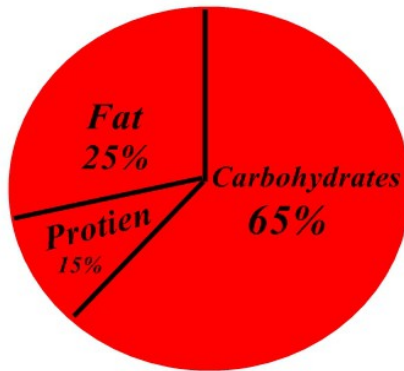
Sticking to a diet once you have started is the key to success. Following the strategies already discussed will help you do just that. Like giving up smoking, dieting is a struggle at times and much harder initially. But there is a suitable time for you to start and succeed, just like giving up smoking.

### **I am returning briefly to food.**

#### **“The good, the bad and the ugly”**

Foods that we consume are digested. Beneficial nutrients are extracted and then absorbed; the rest is disposed of. Carbohydrates and fats are the two main nutrients you would want to avoid.

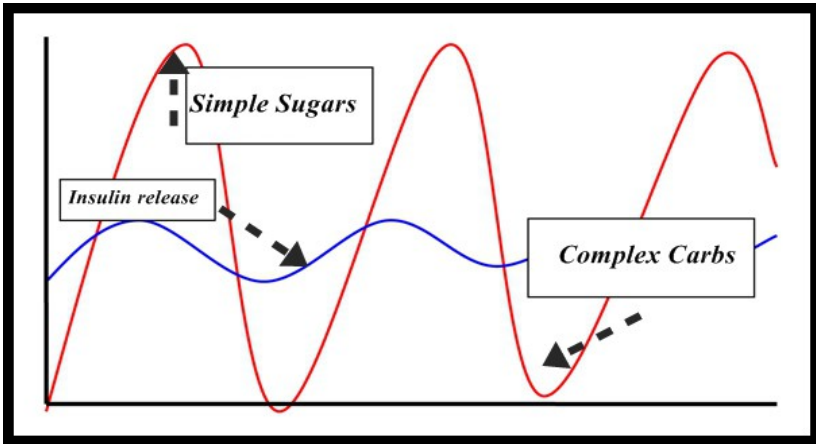
Our diets should consist of 60% carbohydrates, 25% fats, and 15% Protein. Below is a diagram showing an ideal distribution.



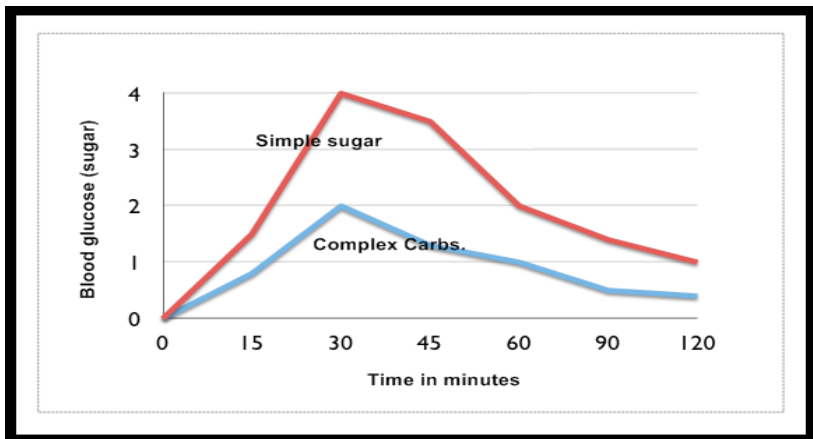
**Ideal distribution of the three primary nutrients. Fat,  
Protein and Carbohydrates.**

Carbohydrate is one of the primary sources of energy. It will be broken down into glucose and absorbed by the cells from the blood as energy. If you introduce too much carbohydrate into your body, you will get an insulin spike, and a prolonged effect will cause diabetes.

In order to succeed, we must first believe that we can succeed”  
So don't stop believing in yourself.



**Insulin release with simple or complex carbohydrates.**



**Sugar spikes after eating**

Despite fat being the bad boy in this book it is very important in the supply of Vitamins A, D, E, and K. Without fat, we can't receive those vitamins. So it's essential to understand and accept that we need it; it's a critical part of our diet. The control of that fat is the key—moderation, moderation, moderation.

## **Good Carbohydrate**

Good carbohydrates will always be found in natural products. When we eat processed foods like bread, cakes, and sweets, we get into trouble.

The key is simple. It will generally be OK to eat if it's one of nature's products and no one has messed with it.

## **Bad Carbohydrate**

Bad carbohydrates can be found in foods that are already refined. Most of the time, the nutritional value is removed, and they are loaded with colourings, preservatives and flavourings to make them last longer. Avoid!

## **Good Fats. Yes! Good fats.**

Like carbohydrates, fats also exist in their excellent form and bad form. There are monounsaturated fat and polyunsaturated fats, and saturated fats. Mono-unsaturated fats have lower total cholesterol and LDL (low-density lipo-Protein) cholesterol that clog and accumulate in your arteries. While high in HDL (high-density lipo-Protein), cholesterol carries cholesterol from the artery walls and into your liver to be disposed of. Most nuts and olive oils contain a lot of monounsaturated fat. Polyunsaturated fat also has lower total cholesterol than LDL cholesterol. The beneficial Omega -3 fatty acids belong to this category. We cannot produce the Omega-3s, so we have to eat them in our diets to get them. Foods like salmon and linseed oil contain a lot of polyunsaturated fat.

## **Bad Fats, and there are many!**

Bad fats are divided into two categories, saturated fat and trans fats. Saturated fat is mainly found in animal products

like meat, eggs, dairy, and seafood. These fats are solid when cold. They have a lot of total cholesterol and LDL cholesterol. The worse fat of all is trans fatty acids, to use the scientific term. Trans fatty acids are fats that have gone through a hydrogenation process in manufacture (added hydrogen) where liquid vegetable oil is converted into solid fat. These fats have been connected to some forms of cancers.

### **Time to Take the first step.**

It's time to begin our programme now. We are now armed with some basic but important do's and don'ts. Can we remember the first step? **“Our aims”** Write them or it on a piece of paper now and pin it to the fridge door. Buy your food diary and open it and write today's date. So let's begin.

Below is a general list of foods containing bad carbohydrates to avoid today, our first day.

- White Pasta
- White Rice
- White Bread
- Instant Oatmeal
- Fruit Juices
- Bagels
- Doughnuts
- Muffins
- Sweets and Candies
- Processed Breakfast Cereals

Make sure that none of these foods is on your shopping list. Look inside your fridge and get rid of all those high fat, processed foods. Don't feel wasteful about binning food. It's necessary to get a good start.

Foods to put on your new list today and put back into your fridge.

Go shopping today and buy these items. Put the new foods where the old foods were. Here is a list.

- Any fruits or vegetables
- Oatmeal
- Brown rice
- Potatoes
- Wheat products
- Wholegrain cereals
- High fibre breakfast cereals
- Grits
- Muesli
- Corn
- Olive Oil



Once these initial tasks are in place, feel good about yourself. You just started your new life and made your first fundamental changes.

**Replace, replace, replace all that bad food with good food.**

Get rid of the butter off the table and from the fridge and lard in the chip pan, and add margarine and vegetable oil to your shopping list for tomorrow. A list of good fats is below. See how much choice there is?

When cooking, you can use the oils listed below:

- canola oil
- flaxseed oil
- peanut oil
- olive oil
- non-hydrogenated soft margarine
- safflower oil

- sunflower oil
- corn oil

## **Don't forget the veggies!**

One of the best ways to eat vegetables and get the best nutritional value is to eat them raw. A massive movement these days professes that raw vegetables are the best way to be healthy.

If this doesn't attract you, then buy a pressure cooker. Pressure cookers were very popular in the 70s and 80s but have recently returned to cooking. They keep the nutrients in whilst cooking and save a great deal of energy and thus money when using.

## **Twenty Recipes to help you get started**

It's important to state here that I'm no cook, and thus these recipes aren't mine or original. As such, I can't take responsibility for their success. I do know, however, that the ingredients in them are healthy and natural and fall within

the philosophy of this book. They are healthy choices I have researched on the internet.

## **Idea One**

### **Simple Tomato and Spinach Soup**

A simple tomato with spinach soup. What could be simpler to do after a long day at the office?

The Ingredients needed are:

- Two cans of tomatoes
- Four ounces of fresh chopped spinach
- One cup of finely chopped onions
- Half a cup of chopped celery
- Three finely chopped garlic cloves
- Two tablespoons of olive oil
- A quarter of a cup of chopped basil
- One tablespoon of dried thyme
- One tablespoon of dried oregano
- A minor can of low salt and fat-free vegetable soup
- One tablespoon of balsamic vinegar
- Ground black pepper to taste

First, heat the oil in the pot and add garlic, celery and

onion. Then saute them until they are softened.

After that, sprinkle the oregano and thyme over them. Then add in the diced and crushed tomatoes along with the vegetable broth. Also, add in the spinach and basil. Stir until wilted.

Then bring it to a boil, reduce the heat and let it simmer for 20 minutes. After that, add the balsamic vinegar and season with black pepper.

There you have it. A simple and very healthy soup on a cold winter's night, a simple, quick dinner when you are too tired to do anything else.

## **Idea Two**

### **Tasty and Simple Cauliflower Soup**

Like the other vegetable in its family, Cauliflower makes a good base for soup and is a natural carbohydrate full of minerals and vitamins.

The Ingredients are as follows:

- One medium-sized potato, cut into one-inch cubes

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- One medium-sized cauliflower, trim it and cut into smaller pieces
- One thinly sliced celery stick
- Three crushed garlic cloves
- One medium-size onion, chopped finely
- One tablespoon of dried thyme
- Two tablespoons of canola olive oil
- A quarter cup of chopped fresh parsley
- Four cups of fat-free and low sodium broth
- Grounded black pepper

First, heat the oil in a saucepan. Then add in the garlic, celery and onions so you can sauté and cook until they are softened, which usually takes around 5 minutes. Then sprinkle thyme over the vegetables.

After that, add in the potato and cauliflower, followed by the broth. Bring the mixture to a boil first before lowering the heat. Then add in the parsley and stir. Cover the pot and let it simmer until the potato and cauliflower are softened, which takes around 30 minutes—another easy alternative to a burger on your way home.

## **Idea Three**

### **Wonderfully Green Broccoli Soup**

This broccoli soup is low fat but filling. You can add more body to it by adding sweet potato and low-fat milk.

The Ingredients are as follows:

- Half an onion, finely chopped
- One stalk of finely chopped celery
- One medium-sized potato, peeled and turn into cubes
- Four cups of chopped broccoli, including their stems
- Two tablespoons of olive oil
- One and a half cups of low-fat milk or non-fat milk
- One can of fat-free and low salt vegetable or chicken broth

First, pour the oil into the pot and heat it. Then add the celery and onions and sauté them for a few minutes until the onions softened. After that, add in the broccoli and potato first, then the milk and broth. Bring the mixture to a boil. Then reduce the heat, cover the pot and let it simmer for 20 minutes to allow the vegetables tenderize. After that, turn off the heat and let the mixture cool down. Pour them

into a blender and blend until they become smooth.

Then pour them back into the pot to heat them before serving. What more do we need. A heart rich, tasty soup and a chunk of full-grain bread to dip into it with?

## **Idea Four**

### **A lovely Carrot and Tomato soup**

A carrot with tomato soup mixed with zucchini. Yummy!

These are our Ingredients:

- Four medium-sized carrots, already peeled and sliced, two garlic cloves, chopped finely
- One medium-sized onion, chopped finely
- One medium-sized zucchini, cut into half following its length and then sliced
- Two cans of cans diced tomatoes with their juices
- One tablespoon of coriander
- One cup of fresh, roughly chopped cilantro
- Three cups of low salt and fat-free chicken soup

First, heat two tablespoons of canola oil in a pot with medium heat. Then throw in the garlic and onions to saute

them until they are softened. Then add in the coriander and mix them well. After that, add in the zucchini and carrots first, followed by the broth and canned tomatoes. Continue mixing until the mixture boils.

Then you reduce the heat, cover the pot and let it simmer for around 20 minutes. After that, the fresh cilantro, stir and let it simmer for another five more minutes. Then take the mixture into a blender. Blend the mixture until it becomes smooth in batches. Mouthwatering!

## **Idea Five**

### **A sweet and sour Pear with Butter-nut Squash Soup.**

This is a mildly sweet soup with a taste of spice. An excellent soup to drink during the autumn and winter. It's warming and filling.

Our Ingredients are as follows:

- One pound of butternut squash, chopped into one inch cubes



- Two medium-sized pears that are peeled, cores cut out and chopped into one-inch pieces
- Two tablespoons of olive oil
- One cup of finely chopped onion
- One tablespoon of curry powder
- Three and a half cups of low salt and fat-free chicken soup

First, heat the oil and add the onions. Sauté them until they become soft. Then add the curry powder and saute it with the onions for one minute. After that, add in the pear and butternut squash pieces and saute them for 4 minutes. Then add in the chicken broth and bring the mixture to a boil. After lower the heat, cover the pot and let it simmer until the pears and squash become tender, which takes about 20 minutes. Then pout the mixture into a blender and blend until it becomes smooth. This is so easy, guys! Cook it, eat some, store some and eat again tomorrow. Time-saving and life-saving.

## **Idea Six**

### **Light and Nutritious Cucumber and Cantaloupe Salad.**

Salad made from cucumber and cantaloupe, of course.  
What else?

Ingredients:

- One cantaloupe, roughly chopped
- Half a large cucumber, peeled and roughly chopped
- Three scallions, sliced thinly
- A quarter cup of lime or lemon juice
- A quarter cup of chopped cilantro leaves
- Salt and pepper

First, take a small bowl and mix the salt, pepper, and lime juice properly. Leave it aside. Then take another bowl and add the cilantro, green onions, cucumber and cantaloupe. After that, mix in the juice mixture little by little. How easy was that, guys? Cheap and cheerful and full of health.

## **Idea Seven**

### **Our Old Favourite. Tuna Salad**

A light tuna salad that can be made quick

The Ingredients are:

- Eight cups of hearts of romaine, chopped
- Two medium tomatoes, diced
- Two small cans of chunky light tuna, drained
- Half a cup of green olives, sliced
- A quarter cup of lemon juice
- Half a teaspoon of garlic and salt
- Three tablespoons of extra virgin olive oil
- Pepper

Mix the oil, garlic, lemon juice, salt and pepper in a bowl.

Then add in the romaine, olives and tomatoes.

Toss to coat them. Lastly, add in the tuna and toss again. It doesn't get much easier than that.

## **Idea Eight**

### **At last, a Barbecued Salmon with Herb Mayonnaise. (Don't you just love fish!)**

Healthy fish coated with low carb mayonnaise to keep the moisture.

You Ingredients will be as follows:

- One salmon fillet weight may vary from half to two pound
- Two tablespoons of lime or lemon juice
- One-third of a cup of light mayonnaise
- A quarter teaspoon of herbs you like
- Coarsely ground black pepper and coarse sea salt

First heat up your barbecue grill. Then wash the salmon fillet and pat it dry with a paper towel. Put the salmon skin down on a piece of aluminium foil. Take a small bowl and whisk in the lime juice, mayonnaise and herbs until it becomes smooth. Then spread it all over the top of the salmon. After that, sprinkle some salt and pepper lightly.

Take the aluminium foil with the salmon to your grill.

Cover the salmon with the lid but open the vents.

Cook it for around 10 minutes, where the salmon will be slightly opaque at the thickest part. Then take the salmon out, and it is ready to be served. Are you having a baby? Well, here is your alternative to burgers and sausages. Burnt sausages are so predictable anyway.

## **Idea Nine**

### **Summertime Salmon Burger**

An excellent tasting salmon burger dressed with lemon cream sauce. My mouth waters at the thought.

The Ingredients for tonight's BBQ are:

- One small can of salmon, flaked and drained
- Half a cup of onion, chopped
- Three-quarter cup of bread crumbs
- Two egg whites, slightly beaten
- One tablespoon of butter
- Salt and pepper

### Lemon Cream Sauce:

- One teaspoon of grated lemon zest
- One cup of fat-free sour cream
- Two tablespoons of freshly-squeezed lemon juice
- Half a teaspoon of granulated sugar
- Lemon wedges

First, make the lemon sauce. Take a bowl and put in the lemon juice, lemon zest, sugar and sour cream. Mix them until they are properly blended. Then, mix in the salmon, onion, egg whites, bread crumbs, salt and pepper. After that, shape them into six patties. Heat the frying pan over medium heat and melt the butter. Then cook the salmon patties until they are brown on both sides. After that, take them out of the pan and onto the plate. Cover with lemon cream and garnish with lemon wedges. Serve them. Easy Peasy, Lemon Squeezy!

## **Idea Ten**

### **Sweet and Sour Tuna Steak with Apricot. A combination straight from heaven.**

A hearty meal of tuna with its nutritional oil with apricots and tomatoes.

You Ingredients are for tonight's healthy treat:

- One tuna steak, around 150g of weight
- Eight dried apricots
- One medium-size tomato
- Half a small red onion
- One tablespoon of balsamic vinegar
- One tablespoon of brandy
- Two tablespoons of extra virgin olive oil
- A few leaves of lettuce
- Half a teaspoon of dried thyme
- Ground pepper

First, chop finely half of the tomato and dried apricots. Then put them into a blender with vinegar, olive oil, brandy, thyme and a good helping of pepper. Then blend the ingredients until fine. Use the mixture to marinate the tuna for 30 minutes.

If you plan to marinate it for a long time, keep it in the fridge and take it out 30 minutes before cooking. After the tuna is marinated correctly, slice the onions into strips and fry them lightly for 2 minutes. Then chop up the remaining tomato and fry them with the rest of the apricots. Then place them on the lettuce leaves. Then take out the fish with the marinate sauce and fry it in the same pan you used to cook the tomato and apricot. Cook each side for 3 minutes, and it is ready to be served.

## **Idea Eleven**

### **Traditional and Very Italian Vegetable**

#### **Ratatouille With Pasta**

A healthy Italian dish served with pasta

Our Ingredients are:

- One large-sized aubergine
- One green bell pepper
- One red onion
- Two medium zucchinis
- A quarter bottle of red wine



- One teaspoon of dried thyme
- Two bay leaves
- Three garlic cloves, crushed
- A can of chopped tomatoes
- Two tablespoons of balsamic vinegar
- Pepper

First, chop the aubergine, zucchinis, onions and peppers into square pieces. Then fry the onions in a little olive oil for a few minutes.

Then add the rest of the vegetables with garlic and fry them again for a few minutes. Then add the thyme and the wine and slowly stir them in low heat. Add in the tomatoes after that and put the bay leaves on top. Then, over the pan, let it simmer at low heat for 45 minutes. Stir it occasionally. Then 10 minutes before you serve, stir in the balsamic vinegar. Then do with around 60g of pasta, sprinkle low-fat Parmesan cheese and put on pasta. I love the idea of red wine. What I don't use in the recipe goes in my glass.

## **Idea Twelve**

## **Hot Mustardy Chicken**

A simple dish of chicken cooked with mustard. Easy!

Ingredients for this one are as follows:

- Two tablespoons of mustard
- Four halved chicken breast, boneless and skinless
- Half a cup of non-fat plain yoghurt
- A quarter cup of bread crumbs

First, preheat the oven to 350 degrees Fahrenheit. Then coat the baking dish with a vegetable spray. Take a small bowl and mix in the mustard and yoghurt until they are well blended. Then brush the mixture on both sides of the chicken breast. Then sprinkle bread crumbs on both sides of the chicken and pat them lightly. Then put the chicken on the baking dish, cover it and put it into the oven—Bake for around 25 minutes. During the last 10 minutes, open the cover so the chicken breast can go slightly brown. Then take it out of the oven and serve immediately.

### **Idea Thirteen**

## Winter-Warming Red Wine Beef Stew

This beef stew will warm you up on a cold winter's night.

Ingredients are:

- 450g of lean beef
- Seven celery sticks
- Four carrots
- Five garlic cloves
- Two tablespoons of balsamic vinegar
- Half a bottle of red wine
- One stock cube
- Some fresh basil
- Salt and pepper

First, peel the carrots and chop them into one-inch long pieces with the celery. Then chop the garlic into fine slices. After that, chop the beef into the around one-inch chuck and remove any fat you see. Then take a pot, and heat it at high temperature with a tablespoon of sunflower oil. Braise the beef for 30 seconds first, adding the carrot, garlic and celery. Let it cook for another minute. After that, pour in the basil, vinegar, wine, salt and pepper. Dissolve the stock

cube in the pot as well. Then turn down to the lowest heat and cover the pan. Leave it to cook for at least 1.5 hours to 2 hours. Then it is ready to serve.

## **Idea Fourteen**

### **Light Chicken & Spring Vegetable Stir-Fry. Let's go Chinese for a change.**

A simple chicken with spring vegetable dish for your daily diet.

Ingredients for our “Chinky Chicken Dish” are:

- Two chicken breasts, around 150g each
- 100g broccoli
- 100g baby sweetcorn
- Two medium-sized carrots
- Bunch of spring onions
- 34g of ginger
- One tablespoon of olive oil
- Four blocks of egg noodles
- One jar of black bean sauce

First, boil some water and add the noodles. Let it boil and simmer for around 4 minutes until the noodle is ready.

Drain and keep warm. Then slice the chicken breast into one-inch sizes. Cut up the broccoli into florets. Then peel the ginger and carrots and cut them into matchsticks. The spring onions should be trim and sliced diagonally. Take a second pot, boil and blanch the sweetcorn and broccoli in the water for 2 minutes. And then drain them well. Take out a pan and heat some oil. Add in the chicken and stir fry them for around 8 minutes. Put them on a plate and keep them warm. Then heat the pan again and add the spring onions, ginger, and carrot. Stir first for 2 minutes before adding the broccoli and sweetcorn and stir fry them for another 2 minutes. Then add in the chicken, black bean sauce and noodles. Stir fry them to coat and heat through. Then they are ready to be served.

## **Idea Fifteen**

### **Mediterranean Warm Chicken & Sun-Dried**

## Tomato Orzo

A combination of sun-dried tomatoes and Romano cheese delivers a flavourful dish.

Ingredients are:

- One tomato, diced
- Half a cup of sun-dried tomatoes, chopped
- Four chicken breasts, boneless, skinless and trimmed
- One garlic clove
- Three teaspoons of marjoram, chopped
- One tablespoon of red wine vinegar
- Eight ounces of orzo
- One tablespoon with two teaspoons of extra virgin olive oil, divided
- One cup of water
- Half cup of Romano cheese, finely shredded
- A quarter teaspoon of salt
- One package of frozen artichoke hearts, thawed
- A quarter teaspoon of ground

First, cook the orzo in a large saucepan with boiling water until it becomes tender. Usually, it takes around 10 minutes. Then drain and rinse the orzo. Then get a blender and put in a quarter cup of sun-dried tomatoes, tomato cup of water,

garlic, vinegar, two teaspoons of marjoram and oil. Then blend it until a few noticeable chunks are remaining.

Then season both sides of the chicken breast with salt and pepper. Heat the remaining oil in a large skillet with medium-high heat. Then put in the chicken and adjust the heat. Cook it until it is golden outside and not pink inside, which takes around 3-5 minutes on each side. Then put it on a plate and cover it with foil to keep it warm. Get a pan, pour the tomato sauce in and heat it till it boils. Then pour half a cup into a small bowl. After that, add the last cup of sun-dried tomatoes, orzo, artichoke hearts and six tablespoons of cheese into the pan. Stir the mixture until it is heated through, which takes around 1 - 2 minutes. Then divide among four plates. Slice the chicken. Put sliced chicken on the divided sauce and two tablespoons of the reserved tomato sauce, and sprinkle some marjoram and cheese.

## **Idea Sixteen**

### **Sweet and Sour Fishy Roasted Halibut with**

## **Banana and Orange**

A fruity fish dish for a change.

Your Ingredients will be:

- One pound of halibut or any white-fleshed fish
- A quarter teaspoon of kosher salt
- Half teaspoon of ground coriander
- Two oranges, peeled, segmented, chopped
- Two ripe bananas, diced
- Half teaspoon of grated orange zest
- A quarter cup of fresh cilantro, chopped
- Half teaspoon of ground coriander
- Two tablespoons of lime juice
- A quarter cup of kosher salt

First, preheat the oven to 450 degrees Fahrenheit. Then get a baking sheet and lightly coat it with cooking spray. After that, cut your fish into four portions; mix the salt and coriander in a small bowl first before sprinkling them evenly on both sides of the fish. Then place the fish on the baking sheet. Please put it in the oven and let it bake until it is ready, which takes around 10 minutes depending on the



size of the fish. While the fish is cooking, get a bowl and mix the orange zest, bananas, cilantro, chopped oranges, lime juice, salt and coriander. When the fish is ready, put it on the plate and spoon the fruit mixture over the fish.

## **Idea Seventeen**

### **Typically Italian Gorgonzola & Prune Stuffed Chicken**

A simple recipe of chicken breast with a healthy stuffing

Ingredients, let's go!:

- A quarter cup of whole wheat breadcrumbs
- A third of a cup of Gorgonzola cheese crumbled
- Half a cup of chopped prunes
- Four chicken breast , boneless, skinless, trimmed
- One teaspoon of thyme, minced
- Half teaspoon of salt
- Half teaspoon of ground pepper
- One shallot, minced
- One tablespoon and one teaspoon of extra virgin olive oil
- One cup of chicken broth, low sodium
- Half a cup of red wine

- Four teaspoons of all-purpose flour

Get a small bowl and mix in the breadcrumbs, half teaspoon of thyme, a quarter cup of prunes and Gorgonzola. Then make a horizontal cut along the thin edge of the chicken, almost through the opposite side—stuff about two and a half spoons of the mixture into each chicken breast. Use toothpicks to seal the opening. Season each side of the chicken breast with salt and pepper.

Then heat a non-stick skillet with one tablespoon of oil over medium-high heat. Then put the chicken in to cook until it is golden, which takes around 4 minutes per side. Transfer the chicken to a plate. Then add the last oil, shallot, and the last teaspoon of thyme onto the pan and cook. A minute later, add the wine and the final cup of prunes. Reduce the heat to medium and continue cooking while scraping up any browned bits. After 2 minutes, the wine should evaporate. Pour the broth and some flour into a small bowl and whisk until it becomes smooth. Then pour it back into the pan and continue to cook and stir it until it is thickened,

which takes around two minutes.

Then reduce the heat to low, put back the chicken with any sauce into the pan and turn it to coat it with the sauce. Cover the pan and cook the chicken until it is fully cooked. Put it on a plate, take out the toothpick, slice the chicken and top it with the sauce.

## **Idea Eighteen**

### **Our Baby Tiramisu Satisfaction**

This healthy dessert will make sure you have your cravings satisfied once!

The Ingredients are:

- Half teaspoon of vanilla extract
- Two tablespoons of confectioners sugar
- Half a cup of ricotta cheese, non-fat
- Four tablespoons of strong coffee
- One-eighth teaspoon of cinnamon, ground
- Twelve ladyfinger's
- Two tablespoons of bitter-sweet chocolate chips, melted

Take a bowl and mix vanilla, ricotta, cinnamon and sugar.

Then place six ladyfinger's on a loaf pan, then drizzle them with two tablespoons of espresso. After that, spread the ricotta mixture over the ladyfinger, Then place another layer of ladyfingers and drizzle them with the remaining coffee.

Then drizzle with the melted chocolate. Put the mixture into the fridge until the chocolate is set, which takes around 30 minutes.

## **Idea Nineteen and last but not least. Simple and Hot Spicy Vegetable Omelet**

A dish filled with Omega-3 that donna requires a lot of washing up duck. There's my Potteries slang creeping in!  
Yes, I'm a Stokey!

### Ingredients:

- One tablespoon of golden linseed
- Two tablespoons of milk
- Two large eggs or three medium eggs (discard the yolk of the third egg)

- Half a teaspoon of ground turmeric
- One teaspoon of dried mixed herbs
- Half teaspoon of ground cumin
- One ball of frozen spinach
- A bunch of frozen peas
- One medium cup of mushroom
- Two tablespoons of grated cheese
- Salt and pepper

First, put the linseeds into a coffee grinder and pulse the seeds until they are loosely ground. Then whisk the egg in a bowl while adding the ground linseed, milk, herbs, spices, salt and pepper. Keep on whisking until they are all mixed in. Then heat a non-stick pan with a bit of oil. Pour some mixtures in and wait 30 seconds before whisking the mixture again. Add in the frozen spinach. Keep the omelette loose at the edge of the pan. Then add the frozen peas and sliced mushrooms on the same side of the spinach in the omelette. When the omelette is almost cooked, sprinkle moist cheese over the mushroom and fold the empty side of the omelette over the cheese.

Let it cook for another one minute before serving.

## **A final word on Increasing your metabolism**

### **Why is exercise important?**

Exercise is essential because dieting alone will just result in decreasing your metabolism. Remember we discussed how consuming less food will send your body into starvation mode, and it will autonomic-ally start to preserve energy rather than use it. Exercise counteracts this process. It does the opposite. Exercise actively increases both your working metabolic rate and your basal metabolic rate BMR. Which is the rate at which you consume energy at rest. A program of regular exercise (if begun early enough) can also help slow down the inevitable ageing process. Exercise will make the body more robust, which equates to a more resistant body to illness and injury. Taking regular exercise improves your overall quality of life as well. It makes you feel better physically and mentally.

### **Precautions you should consider before starting**

## **to exercise**

Exercise is good for us; there is no doubt about it. But you need to make sure that you are in a condition to handle whatever you plan to do before you start. Especially if you have not taken regular exercise for some time. Take the time out to go and see a doctor. Have a thorough physical check-up before you begin any exercise regime.

### **Simply start walking.**

Walking is, without a doubt, the best form of exercise. It requires no more than a comfortable pair of shoes. It is low impact. It requires no special skills.

### **How far, how fast?**

Simply put, as much as you feel comfortable doing at first. Start easy and at a pace that you can just start to feel “a little out of breath” don't overdo it yet. You need to break the ice first. Sweat can come later.

### **Take the stairs, not the lift or moving stairs.**

We touched on this early in the book. Instead of getting on the escalator, take the stairs. Yes, I know you are the only one walking out of the underground train station on the stairs. But this is about you not them. Get over it and feel different. Be different.

## **Housework and gardening**

Look at your housework tasks in a different light. It's all work, remember. Just do it a little fast to get the exercise effect. A little hot and a little out of breath. That's all that is required.

## **Getting there even quicker**

Maybe walking isn't your thing, or time is an issue. So buy a bike. Or another great idea is to go to work on the bus or train and get off at a stop early or late and walk the rest of the way.

## **Swimming**

“Food Things & Mood Swings” Author: Prof. Stephen W. Bradeley Bsc (Hons)



Take up swimming. Most swimming centres offer late night or early evening fitness sessions. You can take the kids and have some fun too. If you can't swim then make lessons as part of the programme.

### **Don't skip meals; skip for fitness.**

Skipping is an excellent form of exercise. Boxers use missing as it's a great fitness mode and effective. But don't forget that it can be high impact. So watch those knees.

### **Stretching and warming up**

The essential part of all fitness programmes. Preparation is everything in life and exercise. Always start your session very easy, then after 5 minutes or so, stop and do a few legs stretches.

## **Yoga**

Yoga is great, probably one of the best forms of exercise

available. The best thing to do is check out the local papers or visit one of your local sports clubs and check out the timetables.

## **Let's add some detail about exercise.**

First of all, it's not necessary to understand exercise physiology to succeed in dieting or running a marathon, for that matter. But I thought it might be helpful to add a little more detail and theory for those interested in taking their knowledge a little further. Let's say a word about exercise prescription first.

### **Exercise prescription.**

Exercise prescription schemes have been around for a few years now in The United Kingdom, The United States, Canada and Australia. I'm not sure about the rest of the world, so I shan't comment. An Exercise on Prescription Scheme operates either within the sports centre or the medical centre. Either way, they are usually controlled and run by your local Health Authority and are a matter of

policy to aid in the economics of operating state-run health services. They aim to help people help themselves, replacing the traditional system of prescribing drugs for ailments and illnesses and switching from treating disease to preventing it. The old exercise prescription advice used to be to exercise three times a week for twenty minutes at an intensity that gets you slightly out of breath. This could include any mode you chose, so long as the recommended duration and intensity were reached. It soon became apparent that for most, this was impracticable. So, a new philosophy was adapted to allow for those with time constraints due to work, etc., including activities that we do during our day. For example, a typical prescription may be as follows: exercise five times a week for thirty minutes at an intensity that gets you slightly out of breath but includes activities such as using the stairs instead of taking the lift or escalator.

Doing the housework a little more intensely. Spending more time in the garden, gardening. Take the dog for walk every

night but do all of these normal activities to a level or intensity that you can benefit from training. This made a lot of sense because people didn't have to make special arrangements or join gyms or clubs. They simply went about their daily routines but in a different way. Let's go to the supermarket but instead of looking for a parking space as close to the door as possible, let's deliberately park the car further from the door and carry the shopping in boxes or bags instead of using a trolley. This makes physical activity available to all, if not most, people. So what are the parameters of duration and intensity? Let's deal with duration first, as this is the easiest to understand.

### **Duration**

The old prescription used was three times a week for twenty minutes. This didn't fit in with the majority of people's lives. So try to look at your daily routines.

If you travel to work on the bus or train, set out 30 minutes earlier, catch an earlier bus or train, and then get off a stop

or two before your usual stop. Then walk briskly to work, or on the way home at night when you have a little more time, do the same. If you work up a sweat, you can shower before settling down for the evening. In conclusion, as long as it's around thirty minutes each day and you feel as though you managed to get quite warm whilst doing it you have done your exercise for the day. The last important point is that the exercise doesn't have to be done in one go each day. You could do fifteen minutes on the way to work and fifteen minutes on your way home. Or better still, you can count the five minutes on the stairs going from one office to the other during your working day. Add it all together to make thirty minutes, and you have met your target for the day. Oh, and don't forget to write it down in your diary. This is important.

## **Intensity**

We have already touched on intensity in simply feeling hot

and slightly out of breath. Power is a little more complicated than this, mainly if you aim to achieve something specific. Let's first look at the basics of energy systems. There are three primary energy systems that all contribute to how our bodies function during activity.

### **Aerobic metabolism**

As we refer to it, aerobic respiration releases energy for cells from glucose. This is called “aerobic” respiration because it needs oxygen to function, whereas anaerobic respiration does not. Aerobic means oxygen, and anaerobic means without oxygen. The critical sign of noticing whether you are working aerobically or not is just how out of breath you are. Please also remember that all three energy systems operate simultaneously, and all three contribute to the task being performed. But, and it's an important “but” fat needs oxygen to metabolize in the body during exercise; therefore, the more out of breath you are, the less fat you will be burning and the more blood sugar you will be burning. You have to find a balance and that

balance is to be slightly out of breath, as previously stated. Slightly out of breath means “to chat without too much difficulty whilst you are exercising. If you can't chat at all, you are burning blood sugar predominantly, and you should slow down a little until you can. In summary, Aerobic metabolism is the function of breaking down fat, carbohydrates and occasionally protein into energy when you exercise.

## **Anaerobic metabolism**

Anaerobic metabolism is used when the energy in your body is produced without oxygen. As a metabolic process, it requires no oxygen. Anaerobic metabolism can be delivered into two distinct sections 1). The lactic acid system and the ATP system. The system of breaking down food by anaerobic metabolism (without oxygen) produces waste products, and they are very evident in how you feel. Firstly it has gas in the form of carbon dioxide. We breathe out carbon dioxide when we are breathing quite heavily.

When we get out of breath, and it feels difficult, we use predominantly anaerobic metabolism and produce gas out of our mouths. Of course, it's much more complicated than that, but it is as complex as I would like to get at this level. Furthermore: the second form of anaerobic metabolism is called the ATP adenine trio-phosphate system. See below.

### **The ATP Anaerobic system**

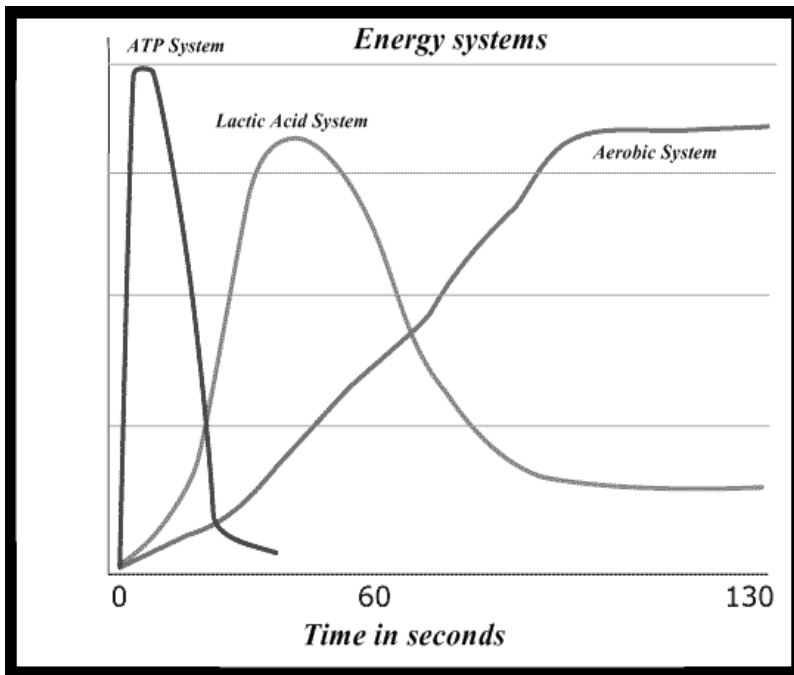
If we think about movement in time whilst exercising, let's say from 0 minutes to 5 minutes. This energy system is responsible for swift activity from 0 to about 6 seconds. So let's use a scenario of an 800-meter runner running in the Olympic final in Rio Janeiro, 2016.

The runner is on the start line 5 seconds before the starter fires the gun. The gun is fired, and the runner moves his leg forward, then his other leg. This is the moment that ATP is being used in anaerobic ATP metabolism. Then for the next ten or so strides, he is working anaerobically (without



In order to succeed, we must first believe that we can succeed”  
So don't stop believing in yourself.

oxygen). Oxygen still has not had time to reach his legs. Then after the first six or so seconds, he starts to run very fast. But still, there is not enough oxygen available to feel the aerobic (with oxygen) part of his metabolism kick in.



**Energy systems as they kick in during exercise.**

So at this point, just ten to fifteen seconds into his run, all

three energy systems are playing their part in helping his legs to move. At this moment, the anaerobic systems are beginning to play a lesser role, and the aerobic systems are becoming the dominant system delivering energy to the working muscles.

Of course, this is much simplified than it is. As the event goes towards the three-minute finish line, the aerobic component is taking over but still with assistance from his anaerobic systems. This is evident now by the pain he is feeling in his legs and the increased amount of gas (carbon dioxide) he is breathing out. As he throws himself over the finish line in a mad effort to finish first, his ATP system probably helped him find that little extra. So, as you can see, energy production is a complex process. If we want to burn predominantly fat from our bodies, it's best to keep the intensity to a low to medium pace (70% of your maximum). This way, you can be sure that the effort you are putting in walking home from work today is causing your body to burn fat and not the stored sugar in your muscles, liver and

blood. Keep your exercise aerobic (with oxygen).

Think about this concept before we finish. Let's say we are cooking something in the kitchen, and the cooking process is using oil or animal fat. Suddenly the pan catches fire, and your pan is burning with black smoke and flames. What do we do? Firstly, get a wet towel and “wet” the towel under the tap with water, then we throw it over the flames in the pan. Instantly the fire goes out. Why?

Simply put, fire needs oxygen to burn. Without oxygen, fire cannot exist. The same is true for your muscles. Think of your energy burning in your legs as millions of little fires. No oxygen means no fires. It's as simple as that.

## **Intensity**

Before we draw our discussion to a conclusion, a little more on intensity, there are two simple ways we can learn to assess intensity. I use the term intensity rather than measure because one of these methods is a perceived measurement and the other a more exact mathematical measurement. The



feeling of somewhat hard equates to about 70% of your maximum exertion capability through research. Maximum means the point you can't possibly continue without blacking out (10). A level of 70% is known to be enough to achieve a training effect and keep your metabolism in the aerobic “zone” If you stray over into a 5 or 6, you know that you need to back off a little. A 2 or 3 on the scale means that perhaps you aren't working hard enough, and maybe you need to step on the gas just a little as you can see you completely perceive the system. As we are all different, I feel this is a great way to control intensity.

## **Heart Rate**

The second method and more common way to measure intensity are by measuring and monitoring your heart rate. This is very simple. We can either take a pulse rate from our wrist or neck or purchase a heart rate monitor. A simple device that works around the chest during exercise and is read from the wrist from a watch-like device.

The calculations are pretty simple. Let's have a look at some examples.

## Subject One

A 30-year-old female. The first thing we need to measure is her at rest pulse rate (RPR). Measuring her wrist or neck whilst at complete rest. Her heart rate is 70 beats per minute. (70 bpm). The formula is as follows:

$$(226 - \text{age (30)}) - \text{resting heart rate (70bpm)} = 126$$

$$126 \times 75\% = 88$$

$$88 + 70\text{bpm} = 158 \text{ bpm (beats per minute)}$$

Our female subjects working heart rate whilst exercising should be around the 158 bpm level. This will ensure that the woman, working at around 75% of her maximum, which we know is a level of exertion in the aerobic zone, will be performing at a safe and effective level without over-exerting herself. At this level, she stands the best chance of getting fitter aerobically while burning off some of her fat stores.

## Subject Two

A forty-year male.

The calculation is slightly different in this case.

$$(220 - 40 (\text{age})) - 55 \text{ bpm (resting heart rate)} = 88$$

$$88 \times 75\% = 66 \text{ bpm}$$

$$66 \text{ bpm} + 55 \text{ bpm} = 120 \text{ bpm}$$

Therefore our male examples working heart rate during exercise will be 120 bpm. As you can see from the equations, the calculation will change in both instances as the subject gets older and just as important as they get fitter. As they get fitter, their resting pulse rate will lower too. So there are three factors to consider here.

- 1). Is the subject male or female (220 or 226).
- 2). The subjects resting pulse rate.
- 3). The subjects' age.

It's important to state here and now that both systems of assessing intensity have validity and are reliable. The RPE scale is perhaps much easier to understand. To remember,

the critical thing is that you must be a little out of breath to achieve a training effect and burn a little fat from your waistline. It would help if you also watched you don't work too hard to stay “in the zone”, the fat-burning zone.

### **So now, let's look at exercise in more detail.**

Though some exercises here may be high-intensity and may indeed be hard for you, you need not work as long and as hard as you may think. The goal is to fire up your metabolism with an exercise program that takes the shortest time and the least effort possible without sacrificing results.

The two elements in this exercise program are strength and resistance training for building lean muscle mass and interval training to speed up the metabolic process.



## **Strength and resistance training**

The exercises in this training programme have been designed to build strength and resistance. Tension is applied to the muscles to achieve this. The result will be increased muscle mass, thus increasing the fat burning capacity of your body.

Building muscle is very important as the more muscle mass your body has, the more calories will be burned. It's like increasing the engine size in your motorcycle; a bigger engine requires more fuel. The larger the engine, the more power is required. Another analogy might be by calling muscles fireplaces in the body that burns fuel; meaning calories are the fuel being burned on the fire. So the more fireplaces in the house, the more fuel is needed to keep them in. Did you know that for every kilogram of muscle added to your body through exercise, almost 40 to 50 calories extra are burned every twenty-four hours? Women needn't worry about gaining large muscles because their

bodies are different from men's. Your muscles will only add definition to your shape and make you look more shapely or toned. In my experience, a personal trainer women don't want power; they generally only want toning. Building muscle in either a man or a woman takes a lot more than simple weight training so don't be afraid to get stuck in and work hard in the gym.

While building muscle is usually associated with weight training, this is not always the case. Several exercises do not require weights or machinery at all. If you are on a tight budget, you can easily perform the exercises with no weights or equipment but by simply using your body weight as resistance and the furniture in your home. For best results, though, do strength exercises with equipment and without equipment.

For a clearer understanding of what we need to do, let's first discuss weight training exercises.

### **Resistance training explained**

Resistance training is a convenient set of muscle-toning exercises as they apply tension to your muscles through an external force, the resistance weights. You can also easily measure your progress as the number of pounds or kilos is indicated on each weight. As your body adjusts and strengthens, you can add more weights or replace your current weights with heavier ones. Remember that feedback is most important as you progress, so keep those diaries going. In the same way, as you record your dietary habits and progress, record your progress with your exercise too.

To determine how many pounds or kilos your weights should have, simply try them out first. The best consequences for you are those that put tension in your muscles but do not make you feel fatigued or stress the muscle group too quickly. The best exercises for achieving

faster results for boosting metabolism are those that work several muscles in your body simultaneously. It's not a problem if you want to focus on a particular strength, though, for example, if you want to tone a specific part of your body. There are many weight training exercises you can choose from to include in your routine, but here are some basic examples.

### **The classic bench press (chest & arm)**

This is one of the most common and popular exercises, working the major muscles of the shoulders, chest and triceps, and many of the synergists involved.

**Instructions:** To do this, lie on a bench on your back and hold the weight over your chest with your elbows bent at 90 degrees.

“Press” the weight up until your arms almost straighten, then lower it slowly back to your starting position just a centimetre above your chest.

### **Chest flies (pectorals)**

This works the chest, emphasising the pectorals (chest muscles).

**Instructions:** Lie on a bench with your weights held overhead, central above your chest, palms facing inward. Lower the weights to your sides up to shoulder level, with your elbows slightly bent. Slowly bring the consequences up, back to starting position. Remember to keep your arms bent at the elbows, similar to forming a circle with your arms at all times.

### **Biceps curl (Biceps)**

This is one of the most basic weight lifting exercises. As the name suggests, this puts stress on the biceps (upper front part of your arms).

**Instructions:** Hold the weights with your palms facing out to do this. Bend your elbows to bring the consequences towards your chest without touching it. Slowly lower the weights down, but do not straighten the arm out totally to keep a level of tension and keep the stress off the elbow

joints again.

### **Concentration curl (Biceps,**

This also works the biceps.

**Instructions:** Kneel on one leg using the leg opposite the hand you are working with. Hold one weight with your working hand and put the other hand on your waist. Place the back of the upper arm of your active hand on the inner thigh of the other leg. You can lean into that leg to raise your elbow a little. Raise the weight to the front of your shoulder and then slowly lower the arm until almost straight.

### **Overhead press (Deltoids)**

This works the shoulder muscles (Deltoids).

**Instructions:** Stand or sit straight and hold your weights with your elbows bent and your hands in front of your eyes. Bring the weights over your head while keeping your back straight. Slowly bring the weights down to starting position.

Strength exercises without weights can be combined with weight lifting exercises for your routine. Here are some examples.

### **Squats (multi-muscle exercise)**

A squat is a multi-joint exercise working the hamstrings, quadriceps, gluteals, and the lower back. This is one of the most effective strength exercises without using weights.

**Instructions:** From a standing position, slowly lower your body until your knees bend at a 90-degree angle. Keep your feet flat on the floor while doing this. Return to a standing position slowly as well.

### **Push-ups (Biceps, Triceps, Deltoids)**

This is also a widespread but effective strength and resistance exercise. While the basic one works well, adding complexity can work more muscles. For example, you can do push-ups between two chairs. These work the chest and the triceps.

**Instructions:** Place both feet on a stable chair and place

both hands on separate chairs. The two chairs your hands are resting on can have a gap of 60 centimetres. The chair with your feet should align with the middle of the other two chairs. Your body should be stretched naturally from the chair at your feet to the chairs in front. Slowly bring your chest down – beyond the surface of the chairs if you can!

### **Crunches (Abdominals)**

Yes, the basic crunch is a strength exercise, although it only works for the abs. But though the crunch is well-known, not everyone knows how to do it properly.

**Instructions:** To do this correctly, lie on the floor or on a mat with your knees bent and your feet flat on the floor. You may put your hands behind your head. Raise your upper body – but lead with your chest – upwards until you feel your abs contract. Do not raise your body up to 90 degrees to keep the tension. Again, to keep tension, do not let it rest on the floor when you bring your body down. Instead, keep yourself a bit elevated from the floor. For variety in exercises and working different sets of muscles,



you can also try working out with different equipment like exercise balls.

In planning your routine for strength exercises, refer to the body's muscle groups below and determine which you want to work on. Remember that multi-joint exercises are still best to achieve faster metabolism.

Explanations of where these muscle groups are:

### **Biceps**

These are found at the front of your upper arm.

### **Triceps**

These are at the back of your upper arm.

### **Deltoids**

These are the caps of your shoulders.

### **The Pectorals major**

This is the large, fan-shaped muscle on the front of your upper chest.

### **Rhomboids**

These are muscles in the middle of your upper back and

located between the shoulder blades.

### **Trapezius**

This is on your upper back, sometimes called ‘traps.’ The upper trapezius, in particular, runs from the back of your neck to your shoulder.

### **Latisimus dorsi**

These are large muscles that go down the middle of your back. When exercised well, they give your back an attractive V shape, giving the illusion of a smaller waist.

### **Lower back**

This comprises the erector spine muscles that enable back extension. This also helps in maintaining good posture.

### **Abdominals**

Of course! This is where the belly fat usually goes, the flab

you want to banish forever. The abdominals are composed of the external obliques, which trace paths down the sides and the front of the abdomen, and the rectus abdominus, a flat muscle running across the abdomen.

### **Gluteals**

Also called “glutes,” the main muscle here is the gluteus maximus, the muscle on your buttocks.

### **Quadriceps**

These muscles go up the front of your thigh.

### **Hamstrings**

These are on the back of your thighs.

### **Hip abductors and adductors**

These are located at your inner and outer thigh. Abductors are on the outside, moving the leg away from your body. On the other hand, adductors are on the inside, pulling the leg to the centre of your body.

### **Calves**

The calf muscles are on the back of the lower leg. The two

calf muscles are the gastrocnemius and the soleus. The former gives the calf a stable, round shape, while the soleus is a flat muscle below the gastrocnemius.

After choosing your exercises, you must think about the intensity and the duration of your exercises. The number of repetitions and sets depends on your tolerance level – fatigue is a sign that you have overtaxed yourself. Let yourself feel the “burn” in your muscles or the soreness but do not push yourself more than you can go. In general, though, the American College of Sports Medicine recommends three sets or more of strength exercises with six to eight repetitions for each set for building muscle. If you are a beginner, though, it may take time before you reach this level. Not more than a 45-second rest should be taken between sets for best results in increasing metabolism.

Your exercise routine can last for only 30 minutes or less and still achieve optimum results.

At this point, I want to emphasize that strength and resistance exercises are the best *and* healthiest ways to build muscles. Do not ever look for shortcuts, like performance-enhancing drugs or steroids with growth hormones. While they may help increase your muscle mass, they can have side effects like heart attacks, liver damage, and even premature death. It would help if you stuck to the healthy and proven methods in building muscles.

The benefits of strength exercises are also numerous and not merely confined to boosting metabolism. They lower blood pressure, improve balance and flexibility, increase your stamina for other activities, and reduce your risk of injury as these are *strength* exercises; they strengthen your muscles and bones!

### **Interval training**

Yes, these exercises are about “intervals,” particularly the



running, the rest period can be brisk walking; for biking and swimming, the activity can be done at a slower but moderate pace. The high-intensity and moderate-intensity exercises can also be slightly different. For example, the high-intensity exercise may be briskly walking up the stairs, while the low-intensity exercise may be brisk walking on a flat surface.

Each interval should last between one to four minutes. Depending on your condition, the rest period can be shorter or longer than your high-intensity exercise. Doing your interval training routine for 30 minutes already achieves optimal results.

Just ensure that your moderate-intensity exercise has intensity while allowing your body to rest for the next burst of high-intensity activity.

Perform your personal best for the high-intensity exercise – being almost out of breath is a good sign.

A more accurate way of determining the highest level of intensity you can manage is by calculating your maximum heart rate. To get your maximum heart rate, simply subtract your age from 220. A heart rate monitor will come in handy during exercise, although this is optional. To monitor your heart rate manually, find your pulse on your wrist, then count the number of beats within six seconds. Put the number zero at the end of that. If you measured 16 moments, your pulse rate is 160 beats per minute.

Your pulse rate after high-intensity exercise should be 75-85 per cent of your maximum heart rate. Your pulse rate during moderate-intensity exercise should always be greater than your resting heart rate or your average heart rate when you are not doing any activity.

Again, to get your resting heart rate, get your pulse rate while not doing exercise.



For those who want to boost metabolism primarily to lose weight, here's the good news: after a few weeks of interval training, expect even your regular exercise with moderate intensity to burn more fat than usual.

Also, after interval training comes to the “metabolic after-burn”, which means your body continues burning calories for 48 hours after your workout.

Interval training sure beats regular cardiovascular training. Also, routine cardiovascular exercise usually takes longer as the objective is endurance.

Contrast this with interval training which only requires 30 minutes or less and delivers significant results in just a few weeks.

### **Let's put it all together**



In order to succeed, we must first believe that we can succeed”  
So don't stop believing in yourself.

## **Day 1: Strength and resistance exercises**

## **Day 2: Interval training exercises**

## **Day 3: Strength and resistance exercises**

## **Day 4: Interval training exercises**

## **Day 5: Strength and resistance exercises**

## **Day 6: Interval training exercises**

## **Day 7: Rest**

As you can see, strength exercises and interval training are done on alternate days. This is to facilitate the recovery of the muscles you use.

Do not ever do your strength exercise workout right after your interval training workout – this will slow down the

process of muscle building.

One day without exercise during the week is also crucial for your body to fully recover.

Again, I would like to emphasize that you should never push your body to fatigue. Doing so would trigger a stress response in your body, which may seriously affect your metabolism. (The link between stress and metabolism will be discussed in a later section). Also, make sure that you breathe normally throughout the exercises so that your body is not stressed.

Always perform warm-up exercises before your routine and cool-down activities after. A cardio of moderate intensity and arm circling would be an excellent example for a warm-up.

For a cool-down, a total body stretch will relax your muscles. Breathing exercises will also help in relaxing.

You can apply variety to your exercise routines to work different muscles and for your enjoyment, especially if you get bored with the same exercise routines.

### **Talking about metabolism again.**

Here are some more things to think about as you plan your exercise program to fire up your metabolism:

### **Of course, age doesn't matter**

Whether you are 20 or 60, you can trust that the exercise program we discussed will work for you. For older people, your interval training may not be as intense at first, but you might be surprised how far your body can go after some time.

### **Other exercises are good**

I recommend you apply the exercise program discussed

here. While it is true that any physical activity burns calories, it only has a one-time effect. The exercises here, however, are guaranteed to have a long-term impact. Also, endurance training is good, but you will get more and faster results from interval training.

### **More exercise does not mean a faster metabolism**

Logically, more exercise means more calories burned. But as your goal here is a long-term increase in your metabolism, you should not be obsessed with how much you exercise but with the quality of your exercise. Again, this deserves repetition – do not push yourself beyond your limits, as it will drive your body into a stress reaction. Stress has a severe effect on metabolism.

I hope this short book has given you an insight into the best ways to lose a little weight and improve your fitness levels. Remember that “To succeed, we must first believe” Believe in your self and you can achieve anything.

In order to succeed, we must first believe that we can succeed”  
So don't stop believing in yourself.

## **Conclusion**

Achieve your dreams with just a little effort and the correct information. Good luck with your planning. If I could offer you one more piece of advice, it would be this:

**Decide to change. Plan what you are going to do. Set a date and then do it. People will always try to put you down and find reasons not to do something. Don't listen, do it.**

**Good luck**

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Thank You & Good Luck

## **Appendices**

### **BMI by Gender**

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So don't stop believing in yourself.

Gender	Age	n	P5	P10	P15	P25	P50	P75	P85	P90	P95
Males	10	180	14.69	15.29	15.61	16.42	18.18	20.80	22.17	23.44	25.41
	11	891	15.09	15.70	15.99	16.78	18.69	21.15	22.66	24.16	25.84
	12	997	15.16	16.00	16.43	17.27	19.22	21.56	23.39	24.67	26.89
	13	1106	16.28	16.98	17.34	18.15	20.00	22.24	23.95	25.32	27.49
	14	961	16.61	17.34	17.89	18.83	20.81	22.95	24.59	25.73	27.63
	15	234	17.40	18.02	18.53	10.31	20.65	22.50	24.11	25.31	27.79
Females	10	134	15.16	15.66	15.92	16.48	17.77	20.63	22.55	23.67	25.93
	11	765	15.22	15.63	16.01	16.70	18.49	21.45	23.24	24.53	26.15
	12	816	15.06	15.73	16.18	16.88	18.71	21.64	23.64	24.91	27.02
	13	902	15.55	16.40	16.89	17.70	19.50	22.31	24.26	26.04	28.30
	14	786	16.44	17.02	17.57	18.27	19.71	22.22	23.86	25.76	27.70
	15	242	16.61	17.24	17.67	18.65	20.36	22.47	24.00	25.62	29.84

## My Food Diary

Use these pages to keep your food diary.

In order to succeed, we must first believe that we can succeed”  
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## Monday

Time	Foods	Qty.
	Totals	

## Tuesday

Time	Foods	Qty.
------	-------	------



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Time	Foods	Qty.
	Totals	

Thursday

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Time	Foods	Qty.
	Totals	

Friday

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In order to succeed, we must first believe that we can succeed”  
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Time	Foods	Qty.
	Totals	

Saturday



In order to succeed, we must first believe that we can succeed”  
So don't stop believing in yourself.

Time	Foods	Qty.
	Totals	

Sunday

In order to succeed, we must first believe that we can succeed”  
So don't stop believing in yourself.

Time	Foods	Qty.
	Totals	

### Exercise Diary

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Day	Exercise done	Notes

Notes to myself

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## Notes to myself

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## Notes to myself

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A final note to myself.

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So don't stop believing in yourself.

“I didn't give up. I achieved my goal”