

MY WEIGHT-LOSS JOURNEY

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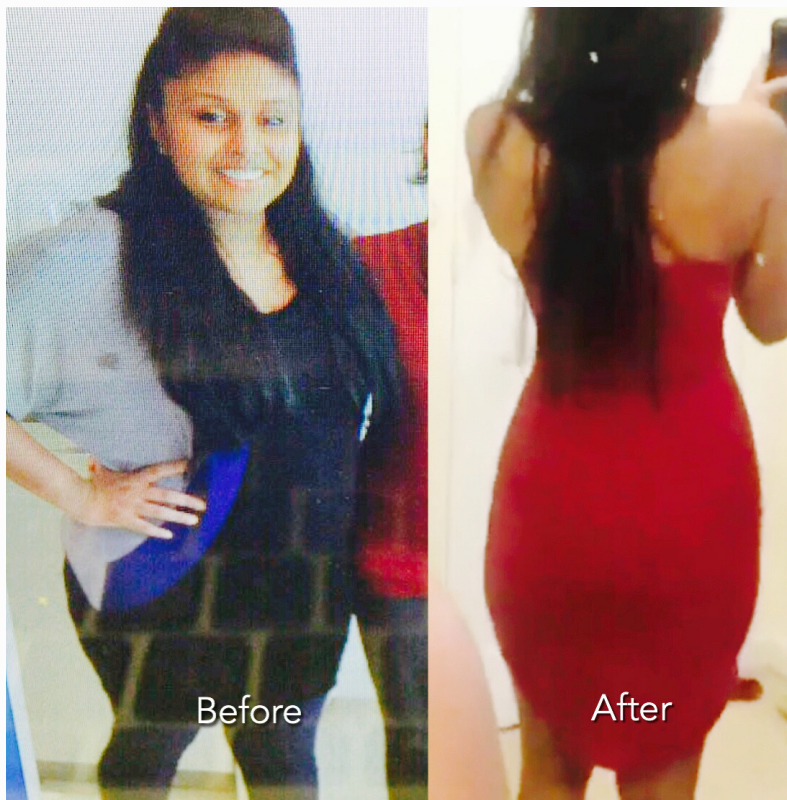


Hi, everyone I'm Nisha! I started recording my recipes during my weight-loss journey thus created Healthy Sutra. I would like to tell you about my weight-loss journey and give you some tips which helped me to lose weight and keep it off for four years. I hope at the end of this article you will be able to get some positive tips and that will motivate you to start living a healthier lifestyle.

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BIT ABOUT MY JOURNEY

All my life I was on the chubby side. I was insecure and not very happy how clothes fit on my body. I tried many diets throughout my life. I can safely say that I was addicted to different types of diets, especially, yo-yo dieting. I would deprive myself of foods for two whole days and on the third day I would binge on those very foods. I felt so guilty the next day and that I would go back to starving. This went on until my late 20's. I never lost weight nor did I feel happy. I had a negative relationship with food. Then, I completely gave up on dieting and started to overeat. I started to put on weight and it continued for another couple of years.



When I reached my largest weight, which was 78kg and as I am five feet tall and petite, I looked like a baby elephant, to be honest. I was hiding inside baggy clothes, missed out gatherings and just simply enjoying life.

The weight I had gained caused pain in my knees and back. My petite structure just could not support this extra weight. I remember going up one flight of stairs to the Post Office and feeling extremely tired and having to stop half way. This made me realise how unhealthy I have become. I felt ashamed of myself. This was the day I decided I was going to change how I felt. This time for good! NO MORE YO_YO DIETING !

I lost a total of 31 kg over a year and maintained up that healthy weight until now. I wanted to share how I did and with this blog post. I feel anyone can lose weight, but it's harder to maintain that loss. I share these tips with you to help you on your journey to a healthier you.

WEIGHT-LOSS TIPS

These tips helped me lose 31kg's

TIP NO 1

Never think of it as a diet, think of it as a lifestyle-Healthy, wholesome and fulfilling. As you think diet, your brain understands this as deprivation, hard work and goes into a negative state. When you start this so-called diet in this state, although you feel motivated to lose weight at first but most of the time you will feel, 'I need to lose weight fast so that I can start eating what I want to eat again'. Or, Oh my God! I must eat just eat salad AGAIN tomorrow!

This negative mindset will be one more challenge you will have to overcome. Your body will only crave for the foods you like, and you may end up bingeing on them after a few days and feeling guilty. Instead, think of it as healthy eating, you are doing something good for your body instead of thinking starvation or deprivation, you just need to think moderation and feeding yourself well.

TIP NO 2

Decide to lose weight and keep motivated throughout the journey. Maintaining motivation is the most difficult part of this journey, but can be done. First thing I did was to follow inspirational fitness experts on YouTube and I was motivated by them. This helped me to keep on track and kept me motivated each time I watched. Let's face it, if you don't have the right mindset, you will never be able to do this. I didn't have much family support when it came to weight-loss. I felt no one understood what I was going through. It was very touch for me. The YouTube fitness experts and instagrammers helped me keep my motivation up levels. I highly recommend you all find your own fitness gurus or instagrammers or find a friend or a family member who is willing to take this journey with you.

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TIP NO 3

If you crave for unhealthy snacks such as junk foods, sweets or deep fried foods, take some time to research your go to not so good for foods which can be made with **healthier ingredients**. Make them and keep them in your fridge, cabinet or even the purse ! This way you are eliminating unnecessary calories ! This way, you are not depriving of the foods you crave rather will end up feeling like content as you satisfied your craving !

Another way to of doing this is to eat the food item you crave, but make sure to eat healthier the rest of the day. Remember, excess sugar deposits in your body as fat. Say you had a huge piece of cake during tea time, then avoid having a huge meal at night or another sweet dessert. instead have a healthy meal with a side of fruit. This way, you ae balancing your meals.

Deprivation is an awful feeling, don't deny yourself life's simple pleasures. The more you deprive of food, more your body will crave that very food and more likely you will binge after. This is what is called yo yo dieting. PLEASE do not get into this vicious cycle.

TIP NO 4

Drink water ! yes its simple as that. This is a very important step in this journey. Water is nature's champagne.it fills you up, flushes our toxins from the body and make you refreshed. Even though the water intake differs from person to person depending on their activities levels, on average a person should consume about 8 glasses per day. Unnecessary snacking can be prevented by drinking water.How? well, at times when we think we need a snack, we are just dehydrated and all what the body is asking for is hydration. So, instead of eating whatever is handy , drink some water and see if you are still hungry.

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TIP NO 5

I personally cut out foods which doesn't add any nutritional value to my body, in other words food items with empty calories. I eliminated (as much as I can) White bleached flours, sugars and trans fats.

Some food items with empty calories:

Packaged potato chips
Sugary drinks
Sugar sweetened packaged juices, milk
food made with corn syrup
Chocolate syrup, syrups
packaged donuts, cakes, cookies
Deep fried items
Deep fried French fries

I understand its iunrealistic to cut off all of the above items. However, remember to have these in moderation. **Remember that these foods do not contribute to your health instead will contribute to weight gain, bloating and other health issues.**

TIP NO 6

If you are eating out follow these simple hints. This is what I followed during my weight-loss journey and I can safely say, I am still following these hints and it has helped me to stay on track.

Have baked food instead of fried food
steamed or grilled instead of battered food
have sautéed instead of glazed
skip the appetiser if not opt for vege platter, steam items, olives, cheese etc
Always ask for sauces on the side, so you can control portion size
Enjoy one glass of alcohol , preferably wine or a spirit.
Skip the high sugary, fat desserts after a meal opt for a fruit platter or
after dinner coffee.

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TIP NO 7

To maintain your weight-loss and continue a healthy life style, you will have to plan your meals. Don't tell me that you're too busy, because I'm sure you spend about 1 hour browsing through Facebook or instagram and you somehow find time for that don't you? This is your life and your health so take 1-2 hours during the weekend and plan your meals for the next one week. This way you will avoid eating unhealthily during the week. I made healthy snacks for the whole week. Most of us ruin out diets with unhealthy snacking. We tend to grab a packet of crisps, that chocolate bar or leftover cake ! These are filled with refined sugars and loaded with trans-fat. Instead of opting for an unhealthy snack, make some healthy snacks at home. I will be coming out with a healthy snack eBook sometime in July 2019, I will have lots of healthy meal prep type of snacks that you can make beforehand and store in the fridge. But for now, I have loads of recipes on my website: www.healthysutra.co.uk, check it out.

TIP NO 8

Losing weight is about how much energy you take in vs how much energy your burn in a day. So if you are taking more than required, you will gain weight, if you are eating less than required, you will lose weight. If the equation is balanced, you will maintain your weight. I lost a total of 31 kg's over a year and I did this before I became a Weight Management consultant. At that time I followed this simple step for my meals.

Breakfast was high carbs, proteins and fat - e.g oats with some nuts , and chia seeds

Lunch was moderate carbs, proteins and fat -e.g Whole wheat sandwich with an omelette.

Dinner was Mainly proteins- e.g Veggie stir fry with Grilled fish, or spicy chicken curry with some quinoa.

Snacks would be nuts, cucumber, boiled eggs, coffee dates, cherry tomatoes etc.

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TIP NO 9

Pay close attention to food labels. Some sugar-free items may seem innocently healthy but in reality, sugar-free, fat-free items can be deceiving as they may contain many other additives which are harmful to the body or more fattening. If there are more than 4 ingredients on a labels, its probably unhealthy and full of chemicals.

Do not buy pre packaged juices, instead make juice at home.

Do not buy pre-sweetened yogurt, instead add fruits, honey, maple syrup etc to plain yogurt.

Try to avoid white flour opt for whole wheat flour, oat flour, almond flour , coconut flour or quinoa flour.

Try to avoid white sugar and opt for coconut sugar, honey or maple syrup . (make sure to make the healthy alternatives in moderation)

Try to avoid store bought salad dressings and opt for making your own healthy dressing at home (Greek Yogurt, olive oil, vinegar, honey)

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TIP NO 10

Working out! They say losing weight = 80% of what you eat and 20% of workouts. It's true, workout at least 20 mins a day. Make it a habit. It was very difficult for me to get in to working out. At first, I would just do 10 Jumping Jacks at home and feel tired, lazy and would give up. Slowly, I started to add 10 more Jumping Jacks and by the end of the month, I was able to do 100 jumping jacks and started to like it. Honestly, this was the only workout I did during the first three months of my weight loss. You can burn some serious calories by HIIT workouts at home or at gym. If you don't like to run for long time, HIIT training on the treadmill be of an interest to you. HIIT means, High Intensity Interval Training. This is how a 20 min HIIT workout on a treadmill would look;

5 min warm up

1 min running fast as you can

1 min walking at a normal pace

You should repeat this sequence for 20-25 min. This can be done on a stair master, bicycle or even the rowing machine. I am not a qualified personal trainer, but this is what worked for me. Google some home workouts and allocate 20 min in your day for working out if you are a busy person.

Currently I aim to work out 5 times a week and I do a combination of cardio and weight training each time.



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I sincerely hope these tips and tricks will help you with starting your journey. I know what that journey is like, get in touch if any of this resonates and if you want to start that on the path to a healthier life. Please do not hesitate to contact me if you have any questions.

Nisha

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