



***Let's Lose Some  
F\*ckin' Weight***

**MONSTER LONGE**

# **Let's Lose Some F\*ckin' Weight**

*Actionable Tips To Melt The Pounds Away*

## **MONSTER LONGE**

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# Introduction

Gaining weight is easy. So easy in fact that according to the Centers for Disease Control and Prevention (CDC), almost 75 percent of U.S. adults are overweight or obese.<sup>1</sup> What doesn't appear to be as easy is losing weight and keeping it off, as most people fail to adhere to a weight loss attempt long enough to see results and when they do, some estimates suggest that 60-90 percent of people who lose weight regain the weight back or more

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<sup>1</sup> The National Health and Nutrition Examination Survey (NHANES) is a research program that assesses the health and nutritional status of the U.S. population annually through a series of interviews, physical exams, and lab tests. Based on results from the 2017–2018 data, 42.5 percent of U.S. adults aged 20 and over were obese and 31.1 percent were overweight. That adds up to 73.6 percent of the adult population being either overweight or obese, of which 9 percent fall into the category of severe obesity. For more, see Fryar CD, et al. “Prevalence of Overweight, Obesity, and Severe Obesity Among Adults Aged 20 and Over: United States, 1960–1962 through 2017–2018.” *NCHS Health E-Stats*. 2020.

within a few years.<sup>2</sup> This is the state of things despite people spending more than \$70 billion annually on goods and services promising to help them lose weight or better manage it.<sup>3</sup>

So what's a person to do given the uphill challenge that weight loss and prevention of regain appear to pose? Is it to choose a different weight loss diet, plan, program, treatment, device, or supplement that promises miracles that aren't realistic and, in many instances, threaten your health? Wait, before you answer "yes" to that question that you should definitely respond in the negative to, you should be made aware that losing weight and sustaining that weight loss over time requires gradual and permanent changes to your lifestyle. And that right there is what this book is about.

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<sup>2</sup> The most cited figure is 95 percent of people regaining a significant amount of weight after initial weight loss. It's unknown where that number comes from but it's certainly not from the 1959 study by Albert Stunkard and Mavis McLaren-Hume that's commonly claimed to be the source, as **their research** says no such thing. Nevertheless, while more recent studies haven't found the weight loss failure rate to be as high as 95 percent, it's still been found to be high.

<sup>3</sup> Statista, a market research and analysis service, estimates that Americans spent \$78.9B in 2019 on a variety of tangible and intangible items directed toward weight loss, such as diet pills, meal plans, food sales, and coaches. According to **Market Data LLC**, that expenditure grew to \$89.9B in 2023 with the rise in prescription weight loss drugs like Ozempic and Wegovy.



Within the following pages you'll find an assortment of actionable tips you can pick and choose from to modify your eating and exercise behavior so you can lose weight and enjoy lasting success without much disruption to your daily life. That, however, is only with consistent implementation on your part. So are you ready? Good!

**NOW LET'S LOSE SOME FUCKIN' WEIGHT!!!**

# Tips

## Practice Moderation

To lose weight, all you have to do is move around more. Sounds like sage advice, huh? Well, while it's true, it's not exactly true. Yes, you've been lied to!<sup>4</sup>

The truth is that you can do all the exercise you want but you won't see the results you're after if your mouth is nothing more than a trash compactor. As dire as it sounds, that doesn't necessarily mean that you have to dump tacos, ice cream, ice cream tacos, and all that other crap in favor of blah "diet food" because carbs are evil and fat is bad.<sup>5</sup> Nope!

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<sup>4</sup> Hey, what's the surprise for?!?! Your mother said you were her favorite. Teachers told you that you would amount to something when you grew up. And the government says it has your best interests at heart. Fuck, you should be used to lies by now!

Exercise taking primacy over nutrition is another lie you should add to the list.

<sup>5</sup> For the record, carbs **AREN'T** evil and fat **ISN'T** bad!

You can still have tacos, ice cream, ice cream tacos, and all that other crap. You just have to watch how much of that crap you're eating so it agrees with your daily caloric needs and macronutrient requirements. I believe this thing that's being described here is called "moderation". But hey, if food moderation isn't your thing because you just can't do that willpower shit and control yourself, then yeah, eliminate a food or whole food group.

## **Eat Protein**

Want to lose some flab or not put it on? Then you're wasting your time if you're not pairing exercise with a calorie-restrictive diet. That roll isn't going anywhere if you're taking in more calories than you're burning, no matter how many half-assed burpees you do. But not everyone has the self-government to eat less. Some people absolutely refuse to exercise even a little moderation. If you fall into that group, the one thing you should do then is eat protein. Lots and lots of it!

It turns out that you'll experience a reduction in body fat instead of seeing an increase in fat mass when eating above the recommended daily intake of protein. Yes, lose fat despite continuing the gluttony by taking in a shitload of excess calories! The exact reason is unknown why overeating protein isn't as deleterious as overeating carbs and fat but it's speculated that it has to do with protein having a higher thermic effect than the other two macronutrients. Simply put, your body burns more calories digesting protein than it does carbs and fat, thus boosting

the metabolic rate. So yeah, you can't be bothered with cutting down your intake of food? You know, doing something that shows that you give a semblance of a solitary fuck? Then at least eat protein.<sup>6</sup> Lots and lots of it!!!

**TIP:** It's easier in terms of time commitment to drink something than it is to chew. Because of this convenience factor, you should supplement with protein powder to satisfy your protein requirements when you can't do so with food. If supplementing with protein powder to lose or maintain weight, studies suggest that you should drink your protein shake during meals. The prescribed course of action helps reduce fat mass while drinking protein shakes between meals is associated with weight gain and is better suited for those looking to bulk.<sup>7</sup>

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<sup>6</sup> As an added bonus, protein can assist in you eating fewer calories because it's one of the most filling macronutrients. See, when the body breaks protein down, the amino acids that comprise it help stimulate the release of several hormones that regulate appetite, such as glucose-dependent insulintropic polypeptide (GIP), glucagon-like peptide-1 (GLP-1), peptide YY (PYY), and possibly cholecystokinin (CCK). Protein may also promote satiety by helping to suppress ghrelin, which is commonly referred to as "the hunger hormone".

<sup>7</sup> That difference has nothing to do with protein powder itself but with what people do. Apparently, when taken as a snack, research has found that people exhibit the tendency to not offset the supplement calories with those from their other meals. This often results in taking in more total calories for the day. Conversely, people are more prone to adjust their calories when consuming protein powder at meal times, helping them to eat fewer calories at that feeding, which drives down the total calorie intake for the

# Eat Fiber

How much fiber are you getting in your diet? If you're like most people in developed societies, you're not getting much.<sup>8</sup> You should change that. Pronto!

It would do you well to increase your fiber intake because foods that are rich in fiber are bulky and take up space in the stomach so you get full faster. In addition, the feeling of satiety lasts longer after a meal with fibrous foods because fiber helps slow the absorption of glucose by the body, as well as by delaying the rate in which contents leave the stomach.<sup>9</sup>

Fiber sure does sound like a big deal, huh?!?! So much of a big deal that I bet you're eager to find out how much of it you should consume! Well, if you're a woman, your daily fiber intake at the minimum should be 21-25 grams per day. The daily recommendation for men is no less than 30-38 grams. Yeah, that's a hell of a lot more fiber than the measly 15g you currently get, making me right when I guessed that your fiber intake was

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day. For more, see Hudson, Joshua L., et al. "Effects of Protein Supplements Consumed with Meals, Versus Between Meals, on Resistance Training-Induced Body Composition Changes in Adults: A Systematic Review." *Nutrition Reviews*, vol. 76, no. 6, Jun. 2018, pp. 461-468.

<sup>8</sup> You bloody are like most people in developed societies!

<sup>9</sup> Not that you care, but from a health standpoint, another benefit of fiber is that it helps lower the risk of heart complications.

going to be on par with the average person's. So what can I say for myself, other than I knew that because you're as average as average gets? Well, in full disclosure, there's the teeny-tiny fact that I'm psychic and stuff!

**TIP:** It may be of interest to you to supplement with glucomannan. Made from the roots of the elephant yam, glucomannan is so absorbent that a small amount of it can turn an entire glass of water into gel. Studies suggest it has a similar effect in the human body, thus helping to take up space in the stomach and delay stomach emptying so you eat less at a subsequent meal.<sup>10</sup> If supplementing glucomannan to reduce calorie intake, it's suggested to take 1g no less than 15 minutes before a meal and

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<sup>10</sup> In a study, 176 overweight people on a calorie-restricted diet were randomly assigned a placebo or one of three different glucomannan supplements of varying dosage. After a five-week observation period for the three treatment types, those who were given a glucomannan supplement lost significantly more weight than those who received a placebo and had to rely on calorie restriction alone. For more, see Birketvedt GS, Shimshi M, Erling T, Florholmen J. "Experiences with Three Different Fiber Supplements in Weight Reduction." *Medical Science Monitor*. 2005 Jan;11(1):P15-8.

Those findings on the effectiveness of glucomannan coincide with others, such as Keithley J, Swanson B. "Glucomannan and Obesity: A Critical Review. *Alternative Therapies in Health and Medicine*. 2005 Nov-Dec;11(6):30-4 and Walsh DE, Yaghoubian V, Behforooz A. "Effect of Glucomannan on Obese Patients: A Clinical Study." *The International Journal of Obesity*. 1984;8(4):289-93.

to drink 1-2 glasses of water to prevent the fiber from causing a choking hazard by expanding in your throat and esophagus before reaching the stomach.<sup>11</sup>

## **Subtract Added Sugars**

Sugar by itself isn't bad for you. But added sugar is. And added sugar is in almost **EVERYTHING!!!**

Why eating too much sugar is a problem is because we can only store so much sugar as glycogen in the liver and muscles before it's converted into fat. On top of that, sugar spikes the hormone insulin and leads to high blood sugar levels. When blood sugar remains elevated over a prolonged period of time, the body becomes resistant to insulin, which allows for sugar to much more easily get stored as fat instead of getting absorbed for use as immediate energy.

So if too much sugar is bad because it has the potential to contribute to weight gain, then sugar-free alternatives like sucralose, aspartame, and saccharin should allow you to satisfy your sweet tooth without worrying about that shit. Right? Ha, that might be the case if we lived in a logical universe. The problem is

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<sup>11</sup> This may not apply to you because based on the shitload of videos floating around the dark web that an ex may or may not have filmed with your consent, your gag reflex seems to be pretty exceptional.

\*standing ovation\*

that this clearly isn't a logical universe. For instance, how could it be logical when a reality TV star was voted into the highest office in the land by claiming he's a populist despite his billionaire status and over 40 years of history in the public eye saying otherwise? Like, seriously, how could the universe be logical after this same man still has a legion of followers willing to vote for him to return to the presidency despite running on a platform of law and order while being found guilty of sexual abuse in civil court, having multiple felony convictions, and committing treason by inciting a failed coup attempt in subversion of democracy upon the loss of reelection? Riddle me that, bucko! Anyway, that's enough politics...

Moving along, it appears that zero- to low-calorie sugar substitutes help with the opposite of weight loss.<sup>12</sup> I know, how can that be?! I'll be darned if I have a definitive answer for that rhetorical question, as the reason isn't known why there's a link between artificial sweeteners and an increased risk for weight gain, in addition to diabetes and heart disease. That, however, doesn't mean there aren't any fucking theories!

The most popular theory has to do with artificial sweeteners being a hundred to a thousand times sweeter than sucrose, or natural sugar. For instance, Neotame is about 13,000 times sweeter than real sugar. Given the extreme sweetness, it's

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<sup>12</sup> By the way, the opposite of weight loss is weight gain, if you were unsure.



theorized that eating or drinking products containing sugar substitutes activate the taste buds and make you crave sweeter items. This in turn causes you to fall into temptation and exceed your daily calories. That's just a guess, though!

## Reduce Sodium

The standard American diet is loaded with sodium. The average person eats way too much of the stuff. That's bad for a number of reasons. For one, excess sodium causes you to retain water. Not only does increased water retention make you look puffier but it also places extra pressure on the blood vessels and forces the heart to work harder to pump blood. Thus, raising the risk for hypertension and stroke. As for sodium's effect on weight, it can **(1)** increase your appetite and **(2)** blunt the mechanisms that tell you to stop eating.

**(1)** Contrary to the popular belief that salty food makes you thirstier, research suggests that it doesn't.<sup>13</sup> Rather than causing you to drink more fluids to flush the excess sodium out, the body instead elevates glucocorticoid hormones. This hormonal response triggers the breakdown of fat and muscle to release water, a metabolic process that requires energy and makes you hungry. As a result, you eat more, with you

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<sup>13</sup> Kolata, Gina. "Why Everything We Know About Salt May Be Wrong." *NYTimes.com*, The New York Times, 8 May 2017, [www.nytimes.com/2017/05/08/health/salt-health-effects.html](http://www.nytimes.com/2017/05/08/health/salt-health-effects.html).

consuming more calories than were needed to offset what was burned to deal with the salt.

**(2)** The body has mechanisms in place to tell us when to stop eating. In most people, those mechanisms are activated by the taste of fat. Well, excess sodium blunts those mechanisms, leading to an increase in appetite. And because most foods that are high in sodium are also high in calories, you end up eating significantly more calories as you continue eating. And what happens when you eat more calories than you should on a regular basis? Yup, weight gain!

For the outlined reasons, reducing sodium is probably a good idea. That means eating out less and avoiding packaged and processed foods, such as canned soups, frozen dinners, and lunch meats, as well as certain sauces, condiments, and marinades. It also means not grabbing the salt shaker and going all Ying Yang Twins by shaking it like...ummmmm...a salt shaker!<sup>14</sup> Instead, flavor your food with herbs and spices and other flavor enhancers like citrus juice, lemon peel, brown sugar, vinegar, peppers, and sesame oil.

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<sup>14</sup> Wait, have I revealed my age with that dated pop culture reference?!

# Drink Water

I'm sure you know the importance of water in the diet. But let's pretend that you don't for the sake of me insulting your intelligence. Are you game? Good!

\*ahem\*

My poor ignorant friend who doesn't know how important water is and who I now have to enlighten, it should be known that water is necessary for fat burning. Yup, the first stage of lipolysis, or the breakdown of stored fat, can only occur when water molecules interact with triglycerides to create fatty acids and glycerol that can then be oxidized and used as energy. But not only does water have fat-burning powers, it also appears that cold water in particular helps with calorie burning because the body has to expend energy to warm the water up to the body's internal temperature.<sup>15</sup> The last of water's powers from a weight management perspective is its filling effect. Much like fiber, water stretches the stomach and prompts the brain to register fullness.

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<sup>15</sup> This increase in the body's energy expenditure is only temporary, with it resulting in the burning of 2-3 percent more calories than usual. So keep that in mind before possibly dying of hyponatremia, or water intoxication, from drinking too much water because you think it's a fast and easy way to turn your body into a calorie-burning furnace. **STOP LOOKING FOR SHORTCUTS, MOTHERFUCKER!!!**

As such, consuming water before a meal can help reduce calorie intake.<sup>16</sup>

**TIP:** If drinking water, feel free to add sliced fruit or vegetables, mint leaves, parsley, cinnamon sticks, or nutmeg for added flavor. Low or zero calorie sugar-free liquid or powder water enhancers are another viable option so your juvenile taste buds don't feel like they're being tortured.

## Get Caffeinated

Coffee isn't only for keeping you out of jail by preventing you from murdering everyone in the morning. Nope! The caffeine in coffee can also help with weight management because the stimulant helps mobilize fat for its use as a fuel source, in addition to boosting the metabolic rate.<sup>17</sup> So if you're already incorporating caffeine in your diet via coffee, then continue — just make sure to drink it black and use a natural sweetener like cinnamon in place

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<sup>16</sup> In a small study of 14 men, those who drank two glasses of water immediately before a meal consumed 22 percent fewer calories than those who didn't drink any water prior to eating. For more, refer to Corney RA, Sunderland C, James LJ. "Immediate Pre-Meal Water Ingestion Decreases Voluntary Food Intake in Lean Young Males. *European Journal of Nutrition*. 2016 Mar;55(2):815-819. doi: 10.1007/s00394-015-0903-4.

<sup>17</sup> The stimulant also increases energy levels so you're motivated to move more, which helps burn additional calories.

of sugar!<sup>18</sup> But for added effect, it might be more beneficial to get your caffeine from green tea.

Green tea has high amounts of catechin polyphenols, primarily epigallocatechin-3-gallate (EGCG). Without getting too much into the science, research suggests that the plant compound EGCG may increase brown fat, which has the metabolic effect of increasing the body's energy expenditure. Experimental evidence suggests that when coupled with EGCG, the caffeine in green tea may have a synergistic effect that amplifies thermogenesis, or calorie burning.

Now, for all of caffeine's wonderful benefits, it also has side effects, such as anxiety, irritability, insomnia, digestive issues, and rebound fatigue when the energy-boosting effects of caffeine wear off and result in a crash. Because caffeine is present in a lot of products and it's considerably easy to overdo its consumption and experience any of a number of its adverse effects, it's important to be aware of how much caffeine you're consuming. Toward this end, the general recommendation is to limit caffeine to no more than 300-400 mg per day.

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<sup>18</sup> Research suggests that cinnamon may mediate weight management. That's because one teaspoon of the stuff contains 1.4g of fiber, the nutrient that you're not getting enough of. Beyond helping with fullness, cinnamon also improves insulin sensitivity so more glucose from food gets stored in the skeletal muscle for immediate fuel instead of as fat in adipose tissue for future use.

# Don't Fill Up On Empty Calories

When you hear the term “empty calories”, what comes to mind? Are you thinking of food with calories that have little to no effect on you because the calories are...ummmmmmm...empty? If that's the case, then boy are you in for a world of disappointment!

Empty calories are known as such because while they do provide the body with energy like calories do, they provide the body with little else nutritionally. Examples of items with empty calories include pizza, chips, cake, cookies, candy, soda, and ice cream. Yeah, all the goodies you've heard to steer clear of or enjoy in moderation but you still make a habit of inhaling like Kirby, which is why you're as round as that video game character.

See, empty calorie foods contain added fat and sugar, making them foods high in calories. Also, added fat and sugar has the effect of making you crave more fat and sugar. And because these foods are lacking in nutrients such as fiber that help with satiety, you're more likely to succumb to the food industry's dastardly plan of eating even more junk food to satisfy your cravings. Lastly, the saturated fat and refined sugar that's pumped into processed food can impair mitochondrial function and spike insulin. Know what that means, right? Yeah, a fucked up metabolism!

All three of the knocks against empty calorie foods result in fat gain and difficulty losing weight, which you can avoid by simply

not inhaling food like Kirby. What you should eat instead are foods that provide satiety with a small amount of calories. That generally means consuming fruits, vegetables, beans, nuts, seeds, and whole grains, as well as lean protein sources like beef, pork, poultry, seafood, and tofu.

Fruits and vegetables are high in water, which increases the weight of food and helps stretch the stomach. Fiber also has a similar effect, as certain forms of the nutrient absorb water and expand to create a gel that takes up space in the gut. That particular type of fiber is the soluble kind and it's found in produce, plus other plant-based products like beans, nuts, seeds, and whole grains. Another feature of fiber is its ability to slow down the rate in which food empties out of the stomach. As for protein, it controls hunger by taking a long time to digest. In addition, protein releases hormones that regulate the appetite. Together, these nutrients promote fullness and because foods that are rich in them are less energy dense than calorific foods that aren't as filling, including them in your diet can keep you satisfied on fewer calories for longer, thus driving down your total calorie intake without having to monitor it nor feel deprived of food.

## **Eat From Small Plates**

Remember that bullshit I've said countless times about eating in moderation? Of course you don't, but just say you do!

Okay, now that we've established that you have a wonderful memory (and are also a liar), what if I told you that one of the best ways to stop eating like an asshole is to do this thing called "portion control". This involves reading food labels to know the serving size, weighing out your food as you eat it, and prepping meals and snacks in advance with the right amounts. Oh, but you're too busy for any of that jazz, you say. Then just eat your food from smaller plates.

When there's a large amount of food in front of you, you're likely to eat more than you would have had so much food not been present. That's why you can reduce your food intake by doing something as simple as eating meals from salad size plates instead of traditional dinner plates.<sup>19</sup> The reason for this is that the larger the plate is, the more food you'll serve to fill the empty space and if that space isn't filled, the less food your brain will think you've eaten and result in you possibly going back for more food than your body actually needs.<sup>20</sup> By eating from a smaller plate, you not only reduce the portion size but also trick your brain into thinking it's eaten more food so it's satisfied with fewer calories. So yeah, stop eating from plates the size of manhole covers!

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<sup>19</sup> A salad plate has a diameter of about 7 to 8½ inches.

<sup>20</sup> In what's known as the Delboeuf Illusion, the amount of white space around identical objects can cause us to perceive a difference in their size. That's why the same amount of food served on a small plate will look like less food on a larger plate, thus compelling you to serve more food to make up for what doesn't look like enough to satisfy you.



**TIP:** Something else you can do with plates is follow the half-plate rule. For every meal or snack, draw an imaginary line down the middle of your plate and fill one side of it with fruit, veggies, or both. Divide the other side of the plate in half and fill one quarter with protein and the other with starch. An even simpler version is to fill one half of the plate with produce. The only difference is that the other half can contain anything — **ANYTHING!!!** — as long as the pizza, fried chicken, or ice cream is an amount that's equal to what's on the opposite side.<sup>21</sup>

## Limit Distractions

When you eat while preoccupied, it's easy not to notice how much food you've eaten. So eat only while sitting down at a table and doing nothing else. That means you shouldn't eat while watching TV, reading, talking or playing on the phone, working on the computer, etc. All your attention should be on your food and allowing the brain to pick up on cues that you've eaten enough, such as how much is gone from the plate or how full your stomach feels.

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<sup>21</sup> Why either version of the half-plate rule works is because the fiber and water content in the fruits and veggies that have to be eaten every time you have a meal or snack help crowd out space in the stomach for higher calorie fare. That means you fill up on more food by volume while eating less calories, which reduces overall calorie intake.

# Take Longer To Eat

Taking the time to chew your food rather than inhaling it can reduce the amount of calories that you eat in a meal. Is it because chewing your food more thoroughly turns the food into tinier and tinier pieces with less and less calories? While that's a mighty fine guess, the answer is absolutely fucking not!

The reason to slow down is that when you eat, hunger hormones send signals to the brain to tell it when you're full. It takes about 15 to 20 minutes after you've started eating for the brain to pick up on those signals. When you eat too fast, your brain doesn't have enough time to catch up with the cues from the stomach that it's had enough food, resulting in the consumption of excess calories. Conversely, eating slowly gives the brain time to receive the signals in question so you only take in as many calories as necessary. For this reason, don't shovel food into your mouth before you've had a chance to fully chew and swallow what's already in there. Instead, put your fork, spoon, sandwich, whatever down between bites and chew the food thoroughly to prolong the amount of time it takes to get through a feeding.<sup>22</sup> Other options to prolong eating time include cutting your food into tiny pieces and eating with your non-dominant hand.<sup>23</sup>

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<sup>22</sup> Specifically, wait at least 30 seconds between bites and chew your food 40 times.

<sup>23</sup> According to a study from Arizona State University, food split into multiple pieces tricks your brain into thinking you've eaten more than you have by making it seem like you're having separate portions whereas one whole piece of food is thought of as a single

## Don't Skip Meals

There are people who avoid eating on purpose, like the goody two-shoes at your office who thinks the way up the ladder is to bury their head in their paperwork rather than break with everybody else for an hour-long lunch.<sup>24</sup> Others may avoid eating in order to bank calories for a later feast or to make up for overdoing it at a prior sitting. Some people just don't have food

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portion. For the study, researchers fed 301 college students a whole bagel or one that was cut into quarters. Twenty minutes after consuming the bagel, the subjects were given a free lunch and instructed to eat as much or as little of it as they liked. Those who received the sliced bagel ate 25 percent fewer calories from both the bagel and the all-you-can-eat lunch than those who ate the whole bagel. For more, see Society for the Study of Ingestive Behavior. "Multiple Pieces of Food are More Rewarding than an Equicaloric Single Piece of Food in Both Animals and Humans." *ScienceDaily*. ScienceDaily, 10 July 2012.

[www.sciencedaily.com/releases/2012/07/120710093802.htm](http://www.sciencedaily.com/releases/2012/07/120710093802.htm).

Another solution is to eat with your non-dominant hand. Once you get better at eating with your left hand if you're right-handed, for example, then switch to eating with chopsticks if slow eating still isn't ingrained. By the time using chopsticks becomes easier, it should be an automatic thing for you to take longer to eat. If not, however, then begin using chopsticks with your less proficient hand. The scientific basis for use of the non-dominant hand is explained in a footnote in the "**Snack Smarter**" tip.

<sup>24</sup> I know, the naiveté! Everyone knows you have to sleep your way to the top...

...like you did.

available or the time. And then there are people who simply forget to eat.<sup>25</sup>

Whatever the case, skipping meals is no bueno if you're trying to make your body less unappealing than it currently is. Nope, not because skipping meals slows down your metabolism, as you've probably heard. Sorry, but it's two-thousand and something. Step into the 21st century, why don't ya!

The new science says that skipping meals has no impact on your ability to burn calories. That, however, doesn't mean that it doesn't have an impact on weight control. See, when you skip meals you're more likely to make up for those lost calories by overeating at a later sitting and consuming foods high in fat and sugar. The reason for this is quite simple: your blood sugar plummets if you go without food for an extended period of time, resulting in you not only feeling hungry but also craving the packaged and processed deliciousness that you know is bad for you.

Skipping meals can make you hungrier later and more susceptible to cravings so that when you finally do eat, you'll have a greater chance of making poor food choices and/or eating more than you would've had you eaten earlier. That's one reason why skipping feeding opportunities is counterproductive for weight

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<sup>25</sup> How someone older than five "forgets" to eat beats me. Maybe they have early dementia of some kind!

management. Another is that going without food for a long enough period can leave you less energized. Why that's bad is because a lack of energy decreases the likelihood that you'll be active and burn calories through regular movement or intentional exercise, both of which can help supplement weight control. It's for these reasons why you should eat small meals and snacks frequently throughout the day instead of thinking that you're better off by not eating.

## **Don't Fake It**

You should avoid pretend "health" foods. To be clear, items like French fries and Oreos fall into the vegan category, automatically making them "healthy" foods to some people by virtue of their not being animal-based. That, however, isn't what's meant here by pretend "health" foods. Instead, what's meant are foods that read: low fat, fat free, low calorie, and reduced fat. Foods labeled with that and other healthy sounding shit are fugazi!

See, many of the twice expensive foods with the aforementioned buzzwords on their packaging have substitutions in them that make them worse alternatives than the regular version. For example, fat provides texture and flavor. To compensate for the lost taste and feel, manufacturers often add sugar and other ingredients, a replacement that results in the item with less fat containing even more sugar and calories than the unhealthy item it's supposed to be an improvement of. But hey, at least it has less fat, right?!

## Be Boring

There are good reasons why you should eat a boring diet. And by “boring”, I’m not talking about eating boring diet food, like oatmeal, asparagus, and dry chicken breast!<sup>26</sup> Instead, a boring diet refers more to eating the same shit all the time, regardless of what it is. There are good reasons why your diet should be boring in that sense. Why, to match your personality? Good guess, but no!

The reason to eat a more boring diet is because people who eat the same shit every day eat less calories and lose more weight than people with more varied diets. Other than eating the same shit every day stopping you from having to think about what to eat and possibly making a poor decision, the explanation why a boring diet is better than a varied one is quite simple. The answer has to do with this thing called habituation.

The more you’re exposed to something, the less of a kick you get out of it. That’s what habituation is. And it’s thanks to habituation that you find someone’s story funny the first few times you hear it but you get closer and closer to choking them every time they tell you the same story whenever they see you and you have to sit through it pretending that you’ve never heard it before...because the person is your boss and you desperately need a job. Oh yeah, and because you can’t afford another felony!

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<sup>26</sup> I know, mouth watering!

*How does that relate to food?*, you ask. Truthfully, I don't know what your criminal record has to do with it. Oh, wait, duh!!! You meant what does habituation have to do with food!!! My, that's embarrassing!

Well, we know that weight gain and loss is a matter of calories in and calories out, irrespective of food quality. That's to say that you can eat all the healthy food you want but you'll gain weight if you consume more total calories than you should. It also means that you can eat all the junk food you want and lose weight if you consume less total calories than you should.<sup>27</sup> With that understanding, let's now suppose that you take a flexible dieting approach in management of your weight, which gives you license to eat whatever your little heart desires as long as all the calories add up to satisfy your total requirement for the day. Now, what habituation says is that if you eat a slice of pizza for lunch **EVERY...SINGLE...DAY**, then your desire to overeat pizza diminishes, which is in contrast to opening the door for a binge by eating pizza less frequently. So yeah, keep your diet boring!<sup>28</sup>

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<sup>27</sup> To illustrate this point to his students, Mark Haub, a professor of nutrition at Kansas State University, cut his calorie intake from 2600 calories a day to less than 1800 calories and proceeded to eat a diet that largely consisted of Twinkies, Little Debbie snacks, donuts, sugary cereals, Oreos, Dorito chips, and other junk food. After 10 weeks, he lost 27 lbs, which led to him making the media rounds and his one-man study being dubbed as the "**Twinkie diet**".

<sup>28</sup> That doesn't mean that you shouldn't mix things up, though!

## **Make Healthy Swaps**

Cut calories by substituting higher-calorie foods with lower calorie options that are less fatty or supply more protein and fiber. For example, replacing whole milk with skim milk can save you a handful of calories. So can switching from sour cream to plain Greek yogurt as a garnish. Or dumping white bread for multigrain bread or other alternatives like rice cakes, nori, and corn tortillas. There are endless possibilities of things to swap!

## **Skip High-Calorie Items**

While you shouldn't skip meals, you can certainly skip high-calorie items that are part of your daily diet. For example, if you regularly drink a latte before work every morning, you can save yourself a handful of calories by simply not having it. At lunch, eat your sandwich open-faced if not going breadless altogether. And if you drink multiple cans of soda per day, then wet your whistle with three instead of having your usual four. These simple acts of omission can cut your calorie intake and the potential is there for

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It's in your best interest to occasionally get some adventure in your life. By cheating on your spouse? Ummmmm...while that is indeed an option, I'm more inclined to suggest that 80 percent of your diet should consist of you eating the exact same shit day in and day out, with you being adventurous and living a little the other 20 percent of the time. That way you can avoid nutrient deficiencies that can occur as a result of eating the same shit every day, especially if you're pushing flexible dieting to its limits by chowing down on nothing but Ho Hos and Ding Dongs.



even more savings when high-calorie items are removed and aren't swapped with a low-calorie option.

## Rethink Your Drink

Liquid calories don't provide any nutritional value nor do they suppress hunger. On top of that, the calories that you get from fruit juice, regular soda, specialty coffee, and sports and energy drinks add up quickly to a shitload of extra calories, which contribute to weight gain or difficulty with weight loss. So limit, if not eliminate, your liquid calories. As such, your beverage of choice should be calorie-free drinks like water and diet soda or low-calorie options like tea and black coffee.

**TIP:** If you drink multiple cups, cans, bottles, or glasses of Starbucks, Tropicana, regular Coke, Red Bull, Gatorade, or any other beverage that contains a lot of calories, **DO NOT** attempt to stop cold turkey if you want to switch to drinking water exclusively. Cutting off sugar and caffeine completely can result in sugar cravings and symptoms of caffeine withdrawal, respectively. To avoid any adverse effects, slowly wean yourself off by a process of subtraction and substitution. As an illustration, if you regularly drink 6 cans of regular soda per day, then replace one with diet soda (or a carbonated water, like LaCroix) and limit yourself to a

total of 5 regular sodas per day.<sup>29</sup> Every few weeks, swap out one can of regular soda for its zero or low-calorie alternative until you're down to no cans of regular soda per day. Next, repeat the process with water taking the place of diet soda. This strategy goes for all the other beverages. So if you drink Red Bull, for example, gradually swap it out for a lower calorie alternative that also provides caffeine, such as black coffee or tea, then make the gradual transition to water.

## **Eat Breakfast**

Rather than waking up and starting the day with a meal, do you rush out of the house without eating to get to work on time because your priorities are fucked up enough to regularly place your employer's needs ahead of your basic human needs to feed yourself? Well, you shouldn't!

Eating something upon waking up can prevent blood sugar levels from getting low, which can affect the appetite hormones and lead to overeating when you finally decide to eat. Also, by eating breakfast, you're more likely to make good food choices because your body will have the energy it needs to start the day so that later on it doesn't have to demand energy from

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<sup>29</sup> The replacement beverage should be similar to that which you're cutting down on so you get the same sensation from it. In this case, diet soda and carbonated water are good subs for regular soda because they both provide fizz. As such, you're less inclined to miss drinking regular soda because the fizzy part of the drinking experience is still present.

high-calorie foods whose extra calories you might not burn and can then get stored as fat.

More specifically, this breakfast should consist less of bagels, waffles, pancakes, and other sources of refined carbs, as these foods digest quickly and cause a rapid spike in blood glucose levels that eventually plummet and result in you eating more with the onset of hunger. Instead, start your day with eggs, cottage cheese, turkey bacon, and other sources of protein for the nutrient's satiating effects that can help curb your appetite and prevent you from overeating later in the day.

## **Begin With A Starter**

According to research, starting a meal with food that has a low energy density like soup or salad can reduce the amount of

calories eaten during that meal.<sup>30</sup> Why or how that's possible is pretty easy to figure out.

As we all know, most of the main ingredients in salad are vegetables. Well, as was mentioned earlier, vegetables contain fiber, a nutrient that promotes the feeling of fullness. With that in

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<sup>30</sup> Subjects in a study by researchers at Penn State University were given soups of identical ingredients but the soups were prepared via different methods. That resulted in a chunky vegetable soup, chunky-pureed vegetable soup, pureed vegetable soup, and separate broth and vegetable soups. Regardless of the form of soup, it was discovered that low-calorie soup was filling and starting a meal with it helped reduce the amount of calories eaten during the meal while a meal eaten without soup resulted in a 20 percent increase in calories. For more on this study, see Flood JE, and Rolls B. "Soup Preloads in a Variety of Forms Reduce Meal Energy Intake." *Appetite*, vol. 49, no. 3, Nov. 2007, pp. 626-634. doi:10.1016/j.appet.2007.04.002.

In a similar but separate study at Penn State, subjects received salads of varying sizes and calorie totals before a main course of pasta. When a small low-calorie salad was eaten as the starter, people ate 7 percent fewer calories during the following meal. That number increased to 12 percent fewer calories when the first course was a large salad with little calories. Also, as an additional note, when a higher calorie salad was eaten first rather than a lower calorie one, subsequent calorie intake for the meal increased by 8 percent for the small portion and 17 percent for the large. For more, see Rolls, Barbara, et al. "Salad and Satiety: Energy Density and Portion Size of a First-Course Salad Affect Energy Intake at Lunch." *Journal of the American Dietetic Association*, vol. 104, no. 10, Nov. 2004, pp. 1570-6. doi:10.1016/j.jada.2004.07.001.

mind, eating salad first makes you eat less by increasing satiety and driving down the need or desire to consume more calories later in the feeding opportunity. Concerning soup, the volume of water and its blended ingredients stretch the stomach, which helps to release satiety hormones that signal fullness. So yeah, begin lunch or dinner with soup or salad and you'll eat less of the higher calorie main entree.

## **Eat In Order**

Eat your protein, fat, and fibrous vegetables before you touch the starchy carbs. Studies have found that eating in that order significantly lowers insulin and blood glucose levels so you're more likely to burn the food as energy than store it as fat.<sup>31</sup> So chow down on chicken, fish, and greens ahead of your rice, pasta, and potatoes!

## **Cook At Home**

Ninety percent of people avoid cooking by outsourcing all their meals or they like cooking sometimes and do a mix of either ordering out or dining in at restaurants. Only 10 percent love

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<sup>31</sup> When food was eaten in the outlined sequence by overweight or obese adults with type 2 diabetes, blood glucose decreased by 29 percent after 30 minutes, 37 percent after 60 minutes, and 17 percent after 120 minutes. Those are the findings of a study by researchers at Cornell University. For more, see Alpana P. Shukla, et al. "Food Order Has a Significant Impact on Postprandial Glucose and Insulin Levels." *Diabetes Care*, vol. 38, no. 7, Jul. 2015, pp. e98–e99.

cooking enough to do it often.<sup>32</sup> If you fall into the former camp because you're pressed for time or lack confidence in your cooking skills, that should probably change.

You should tie on an apron and get behind the stove more for two reasons mainly.<sup>33</sup> One is that restaurant food, even the healthiest option on a menu, is often loaded with calories and shocking amounts of sodium, fat, and sugar. These items can affect the metabolism and promote weight gain with overconsumption, which is easy to do because restaurant portions are usually gargantuan. The advantage here with cooking your own food is that it allows you to have control of the ingredients used, their exact amounts, the cooking method, and serving size. Such a benefit can lower the toll on your waistline, as demonstrated by several studies that have found that people eat almost 200 less calories per home-cooked meal than they do when dining out, in addition to consuming less sodium, fat, and sugar.<sup>34</sup> Somewhat related to the first point regarding control, the

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<sup>32</sup> Yoon, Eddie. "The Grocery Industry Confronts a New Problem: Only 10% of Americans Love Cooking." *Harvard Business Review*, 22 Sept. 2017, [hbr.org/2017/09/the-grocery-industry-confronts-a-new-problem-only-10-of-americans-love-cooking](https://hbr.org/2017/09/the-grocery-industry-confronts-a-new-problem-only-10-of-americans-love-cooking).

<sup>33</sup> Well, two reasons other than it being your god-given duty to slave away in the kitchen in performance of your domestic duties if you're a woman...

<sup>34</sup> In a study by researchers at Johns Hopkins University, 9569 adults were observed from the 2007-2010 National Health and Nutrition Examination Survey. Those who lived in households where someone cooked 0-1 times a week averaged 2303

second benefit of cooking your own food is that it's associated with better diet quality because the processed and packaged stuff that's served at restaurants or consumed while away from home is usually replaced with vegetables, whole grains, and other nutritious fare. The impact on your health and weight are reasons why you should prepare the majority of your food at home and limit buying it from eateries.

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calories, 86g fat, and 135g sugar per day. Conversely, those who cooked 6-7 times per week consumed 2133 calories, 81g fat, and 119g sugar. For more on this study, refer to Wolfson JA, Bleich SN. "Is Cooking at Home Associated with Better Diet Quality or Weight-Loss Intention?" *Public Health Nutrition*. 2015;18(8):1397-1406. doi:10.1017/S1368980014001943.

In another study published in the *European Journal of Clinical Nutrition*, researchers used a dataset of 19000 adults from the 2003-2010 National Health and Nutrition Examination Survey. Compared to those who ate food prepared at home, participants who visited fast food restaurants were found to consume an average of 190 more calories per day, 11g more fat, and 300 mg more sodium. Participants who dined at full-service restaurants consumed about 187 more calories per day compared to those who ate food prepared at home, 10 more grams of fat, and over 400 mg more sodium. For more, see Oaklander, Mandy. "Eating at Restaurants Linked to More Calories and Fat than Fast Food." *Time*, Time, 17 July 2015, <http://time.com/3962796/restaurant-calories-fast-food/>.

## Prepare In Advance

Deciding what to eat and making it ahead of time can help you manage your diet by making it easier to stay consistent with eating nutrient-dense food even on busy days.

**TIP:** Prep at least one meal for the entire week to take with you to work or to have ready to eat when you come home. That way, there's something already made for you to eat that just needs a quick warming up, which will eliminate the excuse of having to consume less than desirable food from a package or restaurant because there's nothing to eat while away from home. Or that there's no time to cook when you get back. Or that you're too tired to. Or whatever other excuse you can come up with. If not a meal, then prep at least one small snack for the entire week to take with you to work or elsewhere so you have something to eat between meals or when you have a craving. That way, you don't have the excuse of having to make a poor food choice at a vending machine, work event, or your kid's baseball game because there was nothing to eat.

## Snack Smarter

There's nothing wrong with grabbing a snack between meals. Munching on something can help take the edge off hunger so you don't overeat at the next meal; provide energy to keep you focused and productive; boost the metabolism by making your body burn calories via digestion; and help control cravings by



preventing your blood sugar levels from dropping. Snacking is clearly beneficial but there are some things to do so the activity doesn't contribute to weight gain or difficulty losing it.

A snack should be small enough but not so large that it adds too many calories. Neither should it interfere with your appetite so you can't eat your next meal. So in most cases, you should limit things to 100-300 calories per snack.<sup>35</sup> As for what you should eat, the food you choose should meet the recommended calorie range while being filling enough so you feel full and satisfied. Ideas include celery or carrot sticks with hummus or peanut butter; whole grain crackers and cheese; meat jerky; hard-boiled eggs; plain Greek yogurt; sunflower seeds; unsalted or lightly salted nuts; cottage cheese; and whole fruit, like apples, bananas, peaches, plums, and oranges.

**TIP:** Pour out a single serving of snacks into a separate vessel instead of eating directly from packaging that has multiple

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<sup>35</sup> The amount you should eat will vary depending on your activity levels and goals. So if you're relatively sedentary, then you should aim for the lower end of the spectrum. If you're extremely active, then you might need a snack that's closer to 500 calories, bringing it more in line with that of a meal.

servings.<sup>36,37</sup> This is especially helpful if you're snacking on

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<sup>36</sup> The color of the dishware should be red. According to research, people consume less snack food from red plates than when they're served on a blue or white plate. The explanation most likely has to do with the color red triggering a stop reaction due to its association with stop signals and other warning signs. For more, refer to Genschow O, Reutner L, Wänke M. "The Color Red Reduces Snack Food and Soft Drink Intake." *Appetite*. vol. 58, no. 2, Apr. 2012, pp. 699-702. doi: 10.1016/j.appet.2011.12.023.

<sup>37</sup> If snacking out of a bag or box, eating with your non-dominant hand can help you eat fewer calories by making you aware of what you're eating. Such is the conclusion of a study conducted by researchers at the University of Southern California. For the study, participants were given a bucket of fresh or stale popcorn before entering a movie theater. Those who didn't usually eat popcorn at the movies consumed much less stale popcorn than fresh popcorn because the stale popcorn didn't taste as good. Conversely, those who said they usually had popcorn at the movies ate about the same amount of popcorn whether it was stale or fresh. That means that it made no difference whether the popcorn tasted good or not to those in the habit of eating popcorn at the movies.

For the second half of the experiment, the subjects were once again provided fresh or stale popcorn before a movie but were also instructed to eat the popcorn with their dominant or non-dominant hand. When using their non-dominant hand, much less of the stale popcorn than the fresh popcorn was eaten even by those with strong eating habits. The consumption of less stale popcorn by those who usually eat popcorn at the movies demonstrates that their mindless eating behavior of snacking while movie watching was interfered with enough for them to pay attention to what they were eating. For more, see Neal DT, et al. "The Pull of the Past: When Do Habits Persist Despite Conflict with Motives?" *Personality & Social Psychology Bulletin*, vol. 37,

high-calorie items like nuts and seeds or junk food like chips and candy. Regarding that, if you're snacking on chips, cookies, pretzels, candy, or other commercial snack foods, then go for snack or fun size packages that aren't as easy to overeat because they're pre-portioned into single servings.

## **Eat Dessert**

Most desserts are high in refined carbs, *trans* fats, and added sugars, making them calorie dense and easily capable of contributing to excess weight gain. That's why you may elect to forgo them when on a diet kick. That need not be the case, though.

If you recall the concept of habituation from earlier, then you should know that treating yourself every day to sweets, like a dessert, can help you stay in control of your cravings by preventing you from feeling like you're depriving yourself, which is a common reason why people binge. So eat dessert instead of skipping it or only saving it for when your significant other is covered in chocolate sauce, whipped cream, and a cherry on top of their private parts!

**TIP:** When you do eat dessert, make sure it's the real sinful kind and account for it like you would any other item.<sup>38</sup> However, if you're not counting your calories and/or macros in favor of a more relaxed approach, then make sure that you know exactly what you're having for dessert before your meal.<sup>39</sup>

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<sup>38</sup> Dessert is usually eaten after a meal like lunch or dinner, if not by itself sometime shortly before bed. However, you might want to consider having it with breakfast. According to a study, having dessert with breakfast can help with weight loss and prevent it from coming back. In the 8-month study, 193 obese and sedentary men and women were split into two groups, with one eating dessert with breakfast and the other not. Both groups averaged a loss of 30 lbs in the first four months but in the last four months, those who ate dessert with breakfast lost an additional 15 lbs while those without dessert regained 15 lbs.

The researchers concluded that the dessert group had greater success because they experienced less cravings and had an easier time complying with their nutritional requirements over the course of the day, which resulted in their continued weight loss while the other group suffered rebound. For more, see Jakubowicz D, et al. "Meal Timing and Composition Influence Ghrelin Levels, Appetite Scores and Weight Loss Maintenance in Overweight and Obese Adults." *Steroids*, vol. 77, no. 4, Mar. 2012, pp. 323–331. <https://doi.org/10.1016/j.steroids.2011.12.006>.

<sup>39</sup> A study offered diners two dessert options: cheesecake or fresh fruit. On four separate days, 134 University of Arizona faculty, staff, and graduate students were offered one dessert option before or after their main dish. Close to 70 percent of the diners who opted to start with the cheesecake ended up choosing lower calorie main and side dishes and consumed 250 fewer calories throughout the course of the meal than those who chose fruit. When people chose cheesecake after choosing the rest of their meal, they consumed 150 more calories than when it was picked

# Eat Workplace Treats

You spend about a quarter of your life each week at work. So unless you plan to quit your job and take up some other line of work elsewhere, managing your weight is going to be difficult if you work in an environment where food is always present.

Rather than trying to do the impossible of resisting the daily temptations of workplace treats only to cave in and feel guilty about it, make your life easier by giving yourself an allowance of work food to partake in during the workday at your office, restaurant, coffee shop, deli, etc. So long as you account for the

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first. In another part of the study, the researchers went off campus and asked 160 adults to put together a dinner and estimate how much of it they would eat. Those who chose the healthy dessert choice of fruit salad before ordering the rest of their meal said they expected to eat more than half as many calories as those who picked the indulgent option of chocolate cake first.

The explanation for the phenomenon is that when choosing something light, your mind takes it as license to choose something heavier or eat more as a reward for the responsible choice. Choosing something heavier makes the brain do the counter, with it then factoring in the heavier choice and causing you to subconsciously make lighter choices or eat less to minimize the damage. For more on this study, refer to Flores D, et al. "If I Indulge First, I Will Eat Less Overall: The Unexpected Interaction Effect of Indulgence and Presentation Order on Consumption." *Journal of Experimental Psychology: Applied*, vol. 25, no. 2, 2019, pp. 162–176.

**<https://doi.org/10.1037/xap0000210>**

calories from the food at work and fit them into your total calorie intake for the day so you don't go over, you'll be fine and won't have to feel guilt, the most useless of human emotions that psychopaths have desperately been trying to teach us about in vain.

## Go Easy On The Booze

Not only do you have to watch what you eat but you have to watch what you drink as well. And that's not only with soda, juices, specialty coffee, and other beverages with shitloads of sugar! No!!! That also includes alcohol! Yes, **A-L-C-O-H-O-L!!!**

It's not that alcohol itself is fattening. In fact, alcohol doesn't get stored in the body as adipose, or body fat. What it does is slow down fat burning, as the body diverts resources from that activity to instead metabolize and rid itself of acetate, the product that alcohol gets converted into. That's what alcohol has going for it, in addition to it boosting appetite and making you hungrier. Not only that but alcohol also has the effect of loosening inhibitions so some stranger's genitalia isn't the only thing you'll be stuffing your face with in the bathroom at the bar, club, wedding reception, wherever.<sup>40</sup> In fact, alcohol weakens the ability to resist temptation

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<sup>40</sup> **Studies** suggest that alcohol might make you hungrier by stimulating nerve cells in the hypothalamus, the part of the brain that controls appetite.

so much that it ranks ahead of TV watching and sleep deprivation when it comes to increased food intake and its encouragement.<sup>41</sup>

This is all to say that if you're trying to lose weight or manage it, then drinking alcohol regularly might not be the smartest thing to do because it kinda gets in the way of the whole eating less thing.<sup>42</sup> That, however, doesn't mean that your alcoholic ass should become a teetotaler.<sup>43</sup> All it means is that you have to account for alcohol like you have to account for **E-V-E-R-Y-T-H-I-N-G** else that goes inside your mouth and down your throat.

## Assess Hunger Before Eating

The odds of eating more than you should are reduced when you limit yourself to eating only when you're hungry. Because that can be easier said than done, employment of the hunger-fullness scale can help. All you have to do is refer to it to determine if you should eat or not.<sup>44</sup>

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<sup>41</sup> Chapman CD, et al. "Lifestyle Determinants of the Drive to Eat: A Meta-Analysis." *American Journal of Clinical Nutrition*, vol. 96, no. 3, Sep. 2012, pp. 492-7. doi:10.3945/ajcn.112.039750.

<sup>42</sup> Especially when you drink as much of it as you do, you fucking alkie! Don't lie!!!

<sup>43</sup> Stop lying about your alcoholism. Remember, the first step to recovery is admitting that you have a drinking problem. So go ahead and admit it, liar!

<sup>44</sup> In detail, the hunger-fullness scale is as follows:

1. Ravenous, may feel weak or dizzy.

Before eating, assess your hunger on a scale from 1-10, with 1 being that you're hungry enough to die, 10 that you're so full that you might explode, and 5 that you're neither hungry nor full. If you feel like eating but rate the sensation at a 5 or above, then what you're likely experiencing is emotional hunger, or a craving, brought on by stress, boredom, anger, sadness, depression, or some other feeling that you need to find an alternative coping strategy to deal with that doesn't involve food. Only eat when you rate yourself at a 3 or 4, which is when your body will start signaling that food is soon to be of importance by way of the stomach growling a little. It's at that point that you have physical, or true, hunger. That right there is all there is to using the scale for hunger. But that's not all!

In addition to helping you get better aligned with your body's hunger signals, the scale also works to help you hone in on your biological fullness cues so you don't overeat. So to prevent consuming more calories than you need to satisfy your hunger, stop eating when you're nearing a 7, at which point you should

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2. Irritable, low energy.
  3. Very hungry, stomach growling.
  4. Hungry, but can wait if needed.
  5. Satisfied, neither hungry nor full.
  6. Pleasantly full stomach.
  7. Slightly uncomfortable.
  8. Feeling stuffed.
  9. Very uncomfortable, stomach hurts.
  10. Full to the point of feeling sick.



begin feeling uncomfortable. Eat beyond that and you're likely to take in more calories than your body needs to fuel itself.<sup>45</sup>

## Try Time-Restricted Eating

Instead of scattering your meals and snacks throughout the day, you may want to cycle between periods where you're permitted to eat and periods that you have to abstain from food, with the exception of calorie-free beverages.<sup>46</sup> Taking this approach of time-restricted eating, or intermittent fasting as it's commonly known, can help you consume fewer calories in a day by reducing the potential number of feeding opportunities for you to take in

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<sup>45</sup> The chances of overeating also increase if you wait until you're at 1 or 2, as does the possibility of making poor food choices. As such, eat before reaching that level on the scale.

<sup>46</sup> The most popular schedule restricts eating all the food for the day to an 8-hour window and then fasting for the remaining 16 hours. That's known as the 16:8 method, a protocol developed by Martin Berkhan of Leangains, and it's just one of several approaches that you can try to see what suits you. Other options include the 5:2 diet, one meal a day (OMAD), and the eat-stop-eat method.

**DISCLAIMER:** Intermittent fasting is safe for most, but not all, people. Consult with a healthcare professional before beginning an intermittent fasting regimen if you're pregnant or breastfeeding; have diabetes, kidney stones, or gastroesophageal reflux; suffer from or have a history of disordered eating; or take medication for heart disease or blood pressure.

more food.<sup>47</sup> That's one of two ways that intermittent fasting has the potential to affect weight management. The other is by promoting fat burning, as the body has to use its stored fat for fuel when insulin levels drop during the extended period without food.

## **Start High, End Low**

It doesn't matter when you eat. All that matters is that you consume the amount of calories your body needs for the day and no more if you're trying to lose or maintain your weight. However, if you follow a traditional eating pattern that scatters meals and snacks throughout the day, you might be served to consume more calories early in the day and fewer calories in the evening.<sup>48</sup>

Eating a large breakfast, medium lunch, and small dinner won't have the effect of making your body metabolize calories more efficiently than the inverse of eating a small breakfast, medium lunch, and large dinner, as is commonly believed. Instead, what early time-restricted eating can do is make you feel less hungry throughout the day. The benefit of this should be obvious when you're made aware that people have the tendency to be less active as the day progresses, which reduces the

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<sup>47</sup> Additionally, during the eating window, you're kinda forced to choose nutrient-dense foods that are filling so your body is supplied with sustained energy it can tap into to power itself well after the window closes, as well as so you don't experience serious hunger while fasting.

<sup>48</sup> For example, you might eat 80 percent of your calories before 1 pm.

potential calorie burn from movement. So is the benefit of front-loading your calories obvious to you now?

Yup, the benefit of calorie front-loading is that it leads to greater satiation that reduces the risk of overeating later and then not burning excess calories that are then stored as fat overnight if you happen to go over your nutritional needs for the day. So yeah, eat breakfast like a king, lunch like a prince, and dinner like a pauper...but not to burn calories more efficiently, as is believed!

## Read Food Labels

The secret weapon to weight management? Take a guess. Nope, it's certainly not that! **TRY AGAIN!!!** Nah, that's not it either! You know what, screw it. The secret weapon to weight management is — drum roll, please — literacy. Yup, you read that right. That is, assuming you know how to read, of course!

The gift of literacy is what can help you trim down from beached whale status or save yourself from even getting there. If you're puzzled how, you shouldn't be. The reason why is quite simple.

The nutrition facts panel provides information on the amount of calories, fat, carbs, protein, and other nutrients in a particular product. That's info you can use to portion out your meals so they align with your calorie needs and macronutrient requirements.

Also, because you're less likely to eat bad food if you don't have bad food in your house, you should read food labels to...ummmmm...read the calories, sodium, fat, sugar content, and ingredients of the shit you want to buy so you can figure out if it should be placed into your shopping cart or remain on the shelf.<sup>49</sup>

## **Weigh Your Food**

What good is reading food labels to find out the exact serving size if you don't accurately portion out the correct serving size? That's why you need to measure your food. Oh, but you already do with measuring cups or spoons, do ya? Ha, now that's adorable!

By saying that you use measuring cups or spoons, what you mean to say is that you don't accurately portion out your food. That's because those instruments are wholly inaccurate, seeing as to how people have a tendency to overfill them, which results in them eating way more calories than they actually think they're

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<sup>49</sup> I know that's a far cry from your standard operating procedure of just running down the aisle with one arm stretched out to the side knocking shit over into your cart, but give it a try!

eating.<sup>50</sup> It's for this reason that you should weigh your food with a kitchen scale. A digital one, to be accurate.

Now, I should tell you to turn the scale on before trying to use it and to make sure to press the TARE button so the plate, bowl, or container that you'll be placing the food item on for measurement isn't factored into the weight. However, I'm not going to tell you that because I'm not trying to weigh you down with minutia, let alone insult your intelligence. Nope! All I'll say is that when I say that you should weigh your food, I mean that you should weigh everything — **E-V-E-R-Y-T-H-I-N-G!!!** — that you plan on putting into your mouth, from solids to fluids.

## Track Your Food

How can you make sure that you're eating the exact amount of food to satisfy specific macronutrient targets for the day? What about meeting your total daily calorie goal to lose or maintain your weight? Rather than doing either by guessing, you can do so by tracking your food intake in a food journal, log, diary, or whatever you want to call it. That's one benefit of writing down everything

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<sup>50</sup> Here's a fun little science project for you to do at home. The serving size on many nutrition facts panels is listed in both volume and weight. So take a measuring cup or spoon, fill it up with a serving of food, and then place it on a food scale to see if the weight corresponds with what's listed on the label. Every bookmaker in Vegas would lay the odds that a 1/2 cup measuring instrument that's filled with dry oatmeal, for example, will weigh more than the 40g its label says a 1/2 cup is supposed to weigh.

you eat and the quantity. Another is that tracking helps build awareness by providing a record that you can look at to make changes and adjustments to not only your intake but also your eating habits. This ability to look back at your choices and the permanence of documentation also fosters personal accountability.<sup>51</sup>

The benefits of tracking are clearly wonderful. However, as wonderful as the benefits of tracking happen to be, I know what you're thinking, which is that you don't have the time to put pen to pad to record everything that you eat. That's where you're wrong, bucko!

Researchers have found that logging food doesn't take as much time as people think. Instead of being a major time commitment that gets in the way of more productive endeavors, it takes people a little under 24 minutes a day to maintain a food journal when they begin. That comes out to almost 5 minutes per feeding opportunity if you eat 3 meals and 2 snacks per day. That's more than manageable. Further, the length of time it takes to input food into a log lessens as people develop the skills and become more efficient at it. Whatever the case, less than half an hour a day isn't that much time to commit to doing something

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<sup>51</sup> I know, that word is foreign to you. "Personal accountability" is just the act of taking responsibility for your actions and their consequences, even when the results of your choices are bad. I know, that's something you don't do because, like I said, the concept is alien to you!

that'll have profound effects, as research has also found that people who monitor and self-track their food intake lose double the weight of those who don't.<sup>52</sup>

The traditional way to keep a food journal is with a paper notebook but spreadsheets and food tracking apps work just as well. Regardless of the method, the inconvenience factor is small. If, however, it's too much of a disruption to your schedule to take a few minutes to exercise your fingers by writing or typing your food intake, you can take pictures instead. Found to be as effective as tracking food by way of words and numbers, taking a second or two to snap photos is a viable alternative. All you have to do is photograph everything you eat and drink. From there, you have two options. The first is to keep the pics on your phone for your private review. The second is to post them on social media for extra accountability from others seeing what you've eaten.

**TIP:** If using the traditional method of writing your intake down and can't do so for time considerations or because you're at a

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<sup>52</sup> In the largest and longest weight loss maintenance trial of its kind, almost 1,700 subjects kept daily food records and were asked to attend weight management group sessions once a week and exercise at moderate intensity levels for at least 30 minutes per day. After six months, the average weight loss was approximately 13 lbs, or more than twice what was achieved by those who didn't keep daily records of their food intake. For more, see Hollis JF, et al. "Weight Loss During the Intensive Intervention Phase of the Weight-Loss Maintenance Trial." *American Journal of Preventive Medicine*, vol. 2, no. 35, Aug. 2008, pp.118-26. doi:10.1016/j.amepre.2008.04.013.

restaurant or social function, take photos of your foods and beverages to remember what you consumed so you can log it later.

## **Delete Food Delivery Apps**

Restaurant food is generally high in calories, fat, sodium, and sugar. Eating it regularly can contribute to weight gain and make weight loss more difficult. So know what you should do? Yup, uninstall apps on your phone that make it convenient to order restaurant food with the click of a button.<sup>53</sup>

With those apps, it's not only super convenient to order food and have it delivered to wherever you are at any time of day but also for you to order food from restaurants that ordinarily don't have delivery options, such as fast-food establishments. However, without a food delivery app on your phone, you'll be forced to make more of an effort to get restaurant food by having to pick up the phone to make a call and place your order or hop onto a browser to visit the restaurant's website. And for establishments that don't have their own delivery workers, you'll have to leave your location and go pick up your order yourself rather than have it picked up for you by somebody else, as made possible by the aforementioned third-party apps. The extra hassle of these steps will usually be enough to dissuade you from ordering food delivery as often as you would with a food delivery app that removes many

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<sup>53</sup> e.g. Postmates, Grubhub, Uber Eats, DoorDash, Foodora, Deliveroo, ChowNow, etc.



of the hassles of food delivery and is what makes those apps so convenient and easy to overuse. It's for these reasons that if you're serious about losing weight or managing your weight better, one of the things you should do is delete all of the food delivery apps on your phone. Yes, **ALL OF THEM!!!**<sup>54</sup>

## Get Physical

Due to the way the metabolism is set up, physical activity doesn't account for enough of one's total daily calorie burn to rely on incidental or intentional exercise for weight management to the exclusion of following a proper diet and practicing healthy eating

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<sup>54</sup> Well, sort of all of them! The only food delivery apps that should be on your phone are those that allow you to order groceries for you to cook your own food. Many popular grocers and big-box stores have delivery apps and there are grocery delivery services like Instacart, Shipt, and Gopuff that partner with grocery chains to offer delivery from a variety of stores.

On a separate note, ordering groceries for delivery or pickup may be a better option than shopping in-store because in addition to saving time, it can also help curb impulse buying of foods that you don't necessarily need but fall to the temptation of due various factors, such as the stress of shopping and the strategic placement of certain products throughout the store. This reduction of unplanned purchases can have the twin effect of saving your waistline and also your wallet.

habits.<sup>55</sup> However, while exercise by itself is pretty useless, what little calories that are burned by exercise can supplement efforts to lose or maintain weight when physical activity is paired with an appropriate diet. To this end, you should engage in intentional exercise — i.e. physical activity that's planned and repetitive for the purpose of improving or maintaining physical fitness — for at least 20 minutes per day. Examples include running, cycling, rock climbing, hiking, jump roping, playing basketball, yoga, and resistance training.<sup>56,57</sup>

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<sup>55</sup> To say it again louder for the people in the back: **EXERCISE BY ITSELF DOESN'T HAVE MUCH OF AN IMPACT ON WEIGHT MANAGEMENT, ESPECIALLY IN THE PRESENCE OF A DIET THAT RESULTS IN A POSITIVE ENERGY BALANCE, OR CALORIC SURPLUS!!!**

<sup>56</sup> Resistance training has the added benefit of helping to build muscle, which is a tissue that burns calories when the body is at rest because of the amount of energy that's needed to build and repair it from damage. Depending on the source, it's estimated that anywhere from 6-14 calories are burned each day per pound of muscle. Sure, it's not a mind-blowing figure that'll make a significant difference by itself but every bit adds up when combined with other interventions.

Anyway, if weightlifting or doing bodyweight exercises, focus primarily on compound exercises like squats, deadlifts, push-ups, lunges, and other movements that involve multiple body parts rather than just one. These types of exercises have greater calorie-burning potential than isolation exercises, or movements that only work one muscle group at a time, such as chair dips and dumbbell curls.

<sup>57</sup> Hate running? Ha, who doesn't! Because you're a normal person who hates running, don't force yourself to do it. That goes for any other activity you don't like. Instead, pick a form of

**TIP:** To avoid the excuse of not having time to exercise, it helps to schedule activity in your daily planner like you would a job interview, business meeting, court date, abortion procedure, or any other appointment that's too important to miss without cause.

## Move Around More

As stated in the previous tip, exercise is overrated when it comes to weight management. Also stated in the previous tip is that although exercise isn't the determinant factor it's often made out to be, it goes a long way toward weight control when used to supplement — **NOT** supplant — sound nutrition. It's for that reason that you should engage in intentional exercise, as suggested in the previous tip. It doesn't end there, though. What you should also do is engage in more incidental exercise, which is a concept that was briefly mentioned in the previous tip that you should probably get the hint by now to go and read if you haven't already!

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exercise that aligns with your interests because the more you enjoy doing something, the more likely you are to continue doing it without deliberate effort. So if you find pleasure in swimming, then breaststroke to your heart's delight in the pool at your local YMCA. The same goes for doing shit that matches your personality. So if you're a social butterfly, then join a group fitness class, run club, or rec league sports team. If you're more anti-social, then shoot hoops alone or go solo hiking. And if you're an anti-social recluse? Then just like you WFH, you can get a few pieces of equipment to work out by yourself in the privacy of your home.

Incidental exercise is movement or activity that's done over the course of the day rather than time having to be set aside to perform it, like in the case of the intentional variety. Concerning its importance, that's clear. See, nothing makes less sense than someone who finishes working out and then takes the escalator or elevator to their car that's parked in the handicapped spot right at the foot of the gym entrance before driving off to sit in front of a computer or TV for hours on end. Sure, their however long workout will burn a few calories. But guess what, sugar plum? Yup, the inactivity the rest of the day just means the burning of less total calories! That's why you should make it a point to get more activity into your day because, well, a wee bit more activity means...

That's right, a wee bit more activity means you burn a few more calories! So concerning the importance of incidental exercise, there it is. As for how you can go about getting more incidental exercise to increase your daily calorie burn, examples include taking the stairs; parking further away; walking or biking to work if you live close enough or for short jaunts around town; standing at your cubicle instead of sitting; pacing when talking on the phone; taking your dog for longer walks; carrying groceries into your home one bag at a time; and playing with your children instead of shoving an iPad into their hands so you don't have to engage with them, a parenting style you've picked up from your

mom and dad because their lack of attention apparently worked out so well for you.

**TIP:** Aim for no less than 5,000 steps per day.<sup>58</sup> Use an activity tracker on your wrist, smartphone app, or clip-on pedometer to monitor your step count.

## Walk After Eating

Trust me, I know. After sitting down to binge at the dinner table, it's tempting to sit down and binge-watch the latest overhyped series on the latest overhyped streaming service. As much as you may want to do that, **DON'T!!!**<sup>59</sup>

Instead of sitting down in continuance of a long day of sitting down and doing nothing, what you should do after you eat is go for a walk for at least 10 minutes. But why? Ummmm...because, most obviously, walking will help you burn calories. In fact, despite walking not burning as many overall calories as more intense

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<sup>58</sup> *Why not 10,000 steps?*, you ask. Ummmm...because 5,000 steps is enough to see benefits! As a matter of fact, the oft-recommended 10,000 steps isn't based on science. The roots of the figure are in a marketing gimmick from a Japanese company in the 1960s that developed a pedometer and named it the manpo-kei (10,000-step meter) because the Kanji character for "10,000" looks like a person walking. Go ahead, wow people with that bit of trivia at the next social function you're at!

<sup>59</sup> Something else you definitely shouldn't do is trust me on knowing anything about what it feels like to want to do what I just told you not to do, but that's besides the point!

forms of physical activity, most of the calories burned while doing it will be burned from fat stores rather than carbs because walking places the heart rate in a zone where fat is the main energy source.<sup>60</sup> That's the most obvious reason to take a walk after eating.

The not so obvious reason to walk after eating has to do with the glutes, quads, hamstrings, and calves. Many more muscles throughout the body contribute to walking but those are the primary ones and they require a lot of energy. As such, another benefit of walking after eating is that doing so can help draw glucose out of circulation so not as much of it is floating around in the bloodstream after food is eaten. That basically means that by walking upon completion of a meal, you can reduce the amount of food that's stored as fat by way of the glucose from what was consumed immediately getting shuttled to the muscles for use.

So far there are two very clear reasons to walk following a meal. One is to burn calories. The other is to lower blood sugar levels, which would not only be of importance to someone conscious of their weight but to a diabetic as well. In addition to

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<sup>60</sup> Low-intensity exercise like walking burns mostly fat but by no means should it make up the bulk of your physical activity if you have considerable fat to lose. Instead, use walking to supplement your fat loss efforts while relying on higher intensity exercise. Though high-intensity exercises like running and strength training burn mostly carbs, they also result in greater calorie burn, which can have the effect of helping you lose fat in less time than it would take were you to depend on walking alone.

those benefits, a third is that walking also aids digestion by increasing the speed at which food travels from the stomach into the small intestines, which can help to increase the feeling of fullness so you're not tempted to take in more calories by snacking. So yeah, put on a pair of comfortable shoes and go for a walk within an hour of eating.<sup>61</sup>

## Manage Stress

When the body perceives stress, cortisol gets released into the bloodstream, resulting in a cascade of physiological and hormonal events that help launch an appropriate response to the demand or threat.<sup>62</sup> Once that demand or threat subsides, cortisol levels return to normal. When that stress persists, cortisol levels remain elevated and can cause a number of issues to not only your health and wellbeing but also to your appearance.<sup>63</sup>

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<sup>61</sup> Where to walk?

Fuck, walk around your block. To the park. Grocery store. The neighborhood of the person who thinks you're stalking them but you're not and are only just always in the vicinity of wherever they are by pure dumb luck. I'll be damned if I know what places you should do your walking at!

### **JUST WALK!!!**

<sup>62</sup> Stress is your body's emotional, mental, or physical response to any demand or threat that makes you feel frustrated, angry, or nervous.

<sup>63</sup> Apart from causing headaches, insomnia, irritability, and fatigue, plus depression, anxiety, high blood pressure, and heart disease,

In addition to affecting the way you look by resulting in skin breakouts, hair loss, and tooth-related problems, persistently elevated levels of cortisol can also fuck up your waistline in a number of ways. One is via stimulation of ghrelin and reduced sensitivity of the hypothalamus to leptin, both of which can have the effect of you experiencing hunger and overeating.<sup>64</sup> And not only does cortisol make it hard to tell the difference between real hunger and a craving, as well as when to stop eating, the stress hormone also blunts the effects of other hormones that would ordinarily change how rewarding food is, resulting in an increased preference for hyperpalatable comfort foods high in fat and sugar. Another way that chronic stress affects weight is that cortisol promotes the storage of more calories as body fat, with that fat getting stored in the abdomen instead of elsewhere. Lastly, new research suggests that cortisol kept at constantly high levels from stress may also promote the creation of fat cells so you gain weight even without overeating.<sup>65</sup>

High stress levels can lead to emotional eating and excess calories, plus the generation of new fat cells. Given these adverse

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chronic stress can also reduce sex drive, weaken the immune system, and lead to drug and alcohol abuse.

<sup>64</sup> Ghrelin is a hormone that regulates appetite and leptin is a hormone that regulates fullness.

<sup>65</sup> Carroll, Linda. "How Stress Can Cause Weight Gain Even If You Don't Eat More." *TODAY.com*, TODAY, 3 Apr. 2018,

<http://today.com/health/does-stress-cause-weight-gain-t126249>.



effects, it's important to get a handle on stress by establishing boundaries with people, practicing yoga, picking up a hobby, meditating, spending time with friends and family, exercising regularly, and performing deep breathing exercises, among other stress-reduction techniques.

## **Catch Some ZZZs**

Most people — millions of 'em! — don't get enough sleep. If you're among the many who toss and turn at night from the dread of having to wake up the next day to deal with their problems, then you might not want to do that because inadequate sleep is bad for your weight in a number of ways.

With sleep, the proper amount of rest helps secrete natural growth hormone, a fat burner and essential building block of muscle, which is the body's calorie-burning tissue. Sleep also plays a role in the body's use of insulin, a hormone responsible for the storage of fat. When you have adequate rest, thus prompting high insulin sensitivity, fat storage is prevented from occurring thanks to fat cells removing fatty acids and lipids from the bloodstream. When you become sleep deprived and insulin sensitivity drops — making you insulin resistant — fats circulate in the blood more freely and are ultimately stored in and around the abdominal organs. In addition, the body loses the ability to regulate insulin production. So with you pumping out insulin and fat getting stored in all the wrong places, such as tissues like your

liver, you become (or stay) overweight and develop type II diabetes.

Lack of sleep can also negatively influence hunger-controlling hormones like leptin and ghrelin. Sleep deprivation causes less production of leptin, which makes your stomach feel empty. Conversely, lack of sleep raises ghrelin, which gives you the feeling of hunger.<sup>66</sup> What all of this means is that when the normal production of the hunger hormones goes awry, sound decision-making gets compromised and the chances are heightened that you'll eat foods that you know you shouldn't eat but scarf down anyway because of the hunger pangs. Either that, or you'll consume more calories during or between meals than you ordinarily would because you feel less satisfied. Another possibility is a combination of straying from nutritious foods and overeating.

Sleep is pretty important with regard to weight. So yeah, unless overweight livin' is your goal, then don't make sleep a priority. Instead, keep your beta ass up all night to prolong having to face your problems because you'd rather have them eat away at you in your head for a couple of hours than confront them sooner via the fast-forward button known as sleep.

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<sup>66</sup> An upsurge of ghrelin also impacts your metabolism by reducing your calorie burning ability. It additionally increases your susceptibility to store fat.

# Weigh Yourself Regularly

In a study published in the *International Journal of Obesity*, freshmen college students who weighed themselves every morning didn't put on any weight from the beginning to the end of the semester. Students in the treatment group who didn't weigh themselves with as much regularity gained an average of 5 lbs.<sup>67</sup> In another study of 1042 adults over a year, people who weighed themselves once a week or less didn't achieve significant weight loss while the average weight loss of those who weighed themselves daily was 1.7 percent.<sup>68</sup> What this goes to show is that weighing yourself daily is better for weight loss and maintenance than checking your weight weekly or less frequently.

Daily weighing is preferable to weekly scale readings. The explanation for the difference has to do with stepping on the scale every day being self-monitoring behavior that provides accountability and allows you to detect patterns sooner so you can make adjustments to what you are or aren't doing. So yeah, weigh yourself every day!<sup>69</sup>

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<sup>67</sup> Levitsky, DA, et al. "Monitoring Weight Daily Blocks the Freshman Weight Gain: A Model for Combating the Epidemic of Obesity." *International Journal of Obesity*, vol. 30, no. 6, Jun. 2006, pp. 1003–1010.

<sup>68</sup> Zheng, Yaguang, et al. "Temporal Patterns of Self-Weighing Behavior and Weight Loss in the Health eHeart Study." *Journal of Behavioral Medicine*, vol. 42, no. 5, Oct. 2019, pp. 873–882.

<sup>69</sup> ...but on the other hand, you might not want to weigh yourself every day.

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Although studies haven't found harmful psychological effects with daily weighing, you probably shouldn't do it if you've suffered or are suffering from an eating disorder, a negative body image, low self-esteem, depression, or anxiety about your weight. Instead, weigh yourself weekly, if at all.

# Closing

Those are more than enough tips to help you lose weight and keep it off. Did you like them? Fuck, how could you not! After all, they're easy to put into use. Hence, they're actionable like it was said they would be in the book's introduction.

Each and every tip you've just read is practical as hell. In fact, the tips are so suited for real-world application that you're thinking of putting each and every one of them into effect upon closing of this book. But before you try to implement all of the tips at the same time, you should be made aware not to. Such an approach isn't realistic and will only set you up for failure. Instead of trying to change everything at once, start by doing two or three things that you don't already do. When practicing those tips becomes routine, adopt another one or two more suggestions to incorporate into your day-to-day. Continue repeating that process and before you know it, you'll have lost weight and changed your lifestyle enough to keep it off.

# About The Author

The player who wrote this book that's going to change your life is Monster Longe, a San Diego based personal trainer and online coach who helps people like you find ways to make fitness and nutrition fit into their lifestyle.

Yes, Monster. Really, that's what it says on my birth certificate!!! Why did my mother name me that? Ha, you're going to have to take that up with her yourself! As for my last name, the pronunciation is "the opposite of short".

So what else is there to know about Monster other than him spending his days blogging at [monsterlonge.com](http://monsterlonge.com) and training people to become their own sidewalk cracking, doorway busting, little children scaring, sexy beasts? You mean, what else is there to know about Monster besides him being a fire-breathing, ass kicking fool in the gym who occasionally speaks in the third-person?

Ha, of course you'd like to know what Monster does outside of fitness but then he'd have to kill you because you don't have

the security clearance! Let's just say that in between being a gym god and an international man of mystery, he somehow finds time to rescue kittens from burning buildings. What a guy!

**NOTE:** You're probably nosy enough to also want to know what he looks like so you can better determine if he's even worth listening to because the information in this book isn't proof enough. For that, you'll have to go to Instagram and figure out which of his many accounts is the one that contains pics and vids of him that he no longer feels inclined to post as frequently anymore because he has this stupid idea that he wants to sell his brain — not his body — as proof of his knowledge in all things fitness and nutrition related. Yeah, pretty stupid!

# Also By Monster Longe

(click the link to read the book description)

## **EAT:**

*Proper Nutrition By The Numbers*

## **The Essential Gym Bag Guide:**

*All The Things To Bring With You ...Or Maybe Not*

## **The Personal Trainer Buyer's Guide:**

*Step-By-Step Instructions For Looking For A Personal Trainer*

## **POUNDS:**

*Losing One At A Time*

## **CARDIO:**

*An Instruction Manual*

## **Does This Diet Work?:**

*The Health And Weight Loss Program Reference Book*

**The Mini Big Book Of Fitness Supplements**