

Lighten up

365 Ways to Lose Weight
and Feel Great



From the author of *Walk off Weight*

ANDREW CATE

ABOUT THE BOOK

Are you ready for a new approach? *Lighten Up* is filled with facts, tips and information to help you lose weight and feel great. With a tip for every day of the year, you can keep focused on important lifestyle goals such as eating right, exercising to your own level, maintaining your weight and getting some insider help from a personal trainer who knows all the tricks of the trade for good health and wellbeing. See below to read the introduction of "Lighten up".

ABOUT THE AUTHOR

Andrew Cate is an energetic author, personal trainer and weight loss coach. He runs his own personal training studio on Sydney's Northern Beaches, and works with many weight loss coaching clients over the internet. He is university qualified in Sports Science and Human Movement, and has also completed further studies in nutrition. He has published 6 books, and writes health and fitness articles for several magazines and web sites.

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Introduction ... to a new approach

This book is the culmination of more than 15 years of work as a personal trainer, weight loss coach and health and fitness writer. It includes all the tips, tools and training techniques I know can help you lose weight and get results.

But more importantly, it gets you to look at weight loss from a totally different perspective. Isn't it worth putting a bit more time towards something that would dramatically improve the quality and quantity of your life? Isn't it worth more than just a few weeks on a crazy diet that you know you can't stick to?

Think about the tortoise and the hare. It's easy to be tempted to race off at 100 kilometers an hour, and seek out fast results. But that approach is almost certain to fail. All it leaves you with is a few extra kilos a month or two down the track. A slow and steady approach is not so flashy, but it's much more likely to be successful. It won't happen overnight, but it will happen.

Inside *Lighten Up*, you'll find 365 ways to help you lose weight, trim body fat and boost your energy levels. *Lighten up* has been written to consistently and progressively inform, educate and motivate you in three key areas – attitude, food, and movement. The book is focused on giving you proven facts on how to lose weight, but also, and more importantly, giving you practical ways you can apply it to your life. That's why you'll find a "Living it" section on every page of *Lighten Up*.

I encourage you to read *Lighten up* like a tortoise, just one slow, steady step at a time. Think about each topic, and how it applies to you. That way, you can absorb the information and live it progressively, instead of feeling overwhelmed. If that's doesn't suit you, you could always read seven tips a day, and transform *Lighten Up* into an 8 week program. That's still a realistic amount of time to make some changes and kick-start your journey. Either way, try slowing down a little to get ahead. Enjoy the journey.

Andrew Cate

Day 1 tip – Motivation and mindset

Take one small step today. One giant leap for your health and body shape

Taking one small step is where every great journey begins. While you tend to hear a lot about where a journey starts from, and where it ends, it's the small steps along the way that get you there. You are about to embark on such a journey to a better body and better health, so congratulations on starting. This book is virtually guaranteed to help you lose weight, but to complete that journey, turn your attention towards the steps you need to take along the way.

Living it – As you progress through *Lighten Up*, try to pick out at least one strategy or thinking habit that you will adopt each day, or each week. Don't try to do too much too early, because you will get better results by focusing on only one or two things at a time. One step leads to you closer to the next step. Try to fight that little part of yourself that wants to know it all now, start like a bull at gate, and have results by yesterday. Haven't you tried that before without much success? So for today, and for the rest of your journey with *Lighten Up*, concentrate on mastering one thing at a time.

Day 2 tip – Good food

Make food the solution, not the problem

Whether you are concerned about losing fat, or just maximizing your health and vitality, food is the key ingredient. Eating good food will increase your chances of getting great results. Healthier eating is not about perfection, or lettuce leaves. Healthy eating can still be enjoyable. As you become accustomed to it, healthy eating can be one of life's true pleasures.

Living it – Learn to get control over food, instead of letting it control you. There are no good foods or bad foods, but there are some foods that I encourage you to eat more of, and some to eat less of. Below is a list of some of the ways you can re-gain control over food. You will also find more information on these strategies throughout the book.

- Plan your meals
- Shop to a list
- Freeze healthy meals so they are easily available
- Keep a food diary
- Aim for a lifetime eating plan, not a diet
- Involve your immediate family (the people you eat with regularly)
- Manage your stress, and find ways to relax
- Create a no fail, no will power required healthy environment at home
- Don't deprive yourself of anything, just use small portions of treats
- Start with small dietary changes and build week by week

Day 6 tip – Move more

Move more than you are now

To genuinely remove existing stores of body fat and keep it off, you need to get physically active with both planned and incidental movement. Physical activity burns kilojoules, and burning kilojoules burns fat. Even light-intensity activities such as gardening, household cleaning and slow walking can still burn kilojoules. I'll like to start off using the term "movement" because it sounds less daunting than exercise. Move more, and you lose more.

Living it - As you read through "Lighten Up", you learn about the best time of day to be active, the best type, how often, and how hard you should push yourself. But for now, the most important thing is that you do something, start somewhere, and move your body more than you are moving it now. Walking is a great starting point, because it's free, you can do it anywhere, and you already have all the equipment you need – legs. If you are already active, just increase what you are doing a little. Burn off more kilojoules this week than you did last week. We'll fine tune your exercise throughout the book.

Day 364 tip - Motivation and mindset

Focus on how far you've come, and congratulate yourself on a journey well started

We have covered so much together, and I hope you have learnt a lot. But the journey doesn't end here. I hope you continue to learn, continue to eat well, continue to achieve personal best results with your exercise, continue to stay motivated, and continue to find joy in the process of healthy living.

Living it – My hope is that you have already been "living it". Look back on what tips you have adopted since the start of Lighten Up, and focus on the positive steps you have made. You could also look back over some of the tips that didn't hit the mark with you at the time, because you may be in a different mind- set now, and feel better prepared to take them on board. Please email me with any questions, concerns, success stories or feedback you have, and while you're at it, subscribe to my free weekly email newsletter. Just go to my website (www.andrewcate.com). I look forward to hearing from you.