

Weight Loss vs Health & Vitality

Losing weight won't necessarily make you healthy, however getting healthy will usually create weight loss...

Have you ever decided go on a diet to lose weight and discovered that all you ended up doing was thinking about food, food and more food - and to make matters worse you find yourself over-eating instead of under-eating? Needless to say your weight loss attempt failed?

Personally I fall into the above category...dieting doesn't work for me either. However eating for health and vitality does! Dieting creates a sense of lack and restriction, eating for vitality creates a sense of excitement and wellbeing...which scenario would you prefer experience on a daily basis?

If you want to lose weight and get healthy then I challenge you to eat as much fresh raw fruit and vegetables, raw unsalted nuts and seeds, whole grains (oats, rye, spelt, kamut) and clean proteins (organic chicken, fish, red meat) as you can. Cut out dairy, wheat, and sugar and watch your weight fall off and your health and energy levels sky rocket!

IT IS THAT SIMPLE!

AND...if you want to maximise the opportunity for weight loss and vitality the next best thing you can do is increase your water intake to 2-3litres per day. Importantly that water should be filtered or spring water (NOT Adelaide tap water please!) and for every 1.5 litres, your water should contain a tablespoon of 'Vital Greens' which is an organic, alkalising and mineralising green powder ,full of natural plant based proteins, vitamins and minerals...the kind of stuff you will never get in a normal daily diet.

AND... to complete the health and vitality extravaganza you should exercise 60 minutes, 6 days of the week. Seriously, this 20 minutes, 3 times a week caper recommended by the government is pretty low level. We were built to move, hours and hours per day! That's what our ancestors did as hunter gatherers, that is what we are genetically designed and programmed to do, that is what your body (tired as it might currently be) is crying out for you to allow it to do!

So, there are the simple secrets to health, vitality and permanent weight loss...now the choice is up to you! Do you want unbridled vitality? It's there for the taking! Show your children how to eat, move and be healthy.

Be the change you want to see in the world – Gandhi.

Amanda is a former State, National & World champion triathlete, a State & National champion cyclist. She is a Master Trainer, CHEK Exercise & Lifestyle Coach Level 2, Sports Coach Level 2, and has studied Wholistic Psychology, Reiki, Massage and Yoga. She has a Degree in Marketing and is an experienced Event Manager. Amanda is an avid Adventure Racer who is currently training for the 2012 Olympics in the sport of Canadian Olympic Canoeing. In her spare time Amanda is a public speaker, writing regularly for various publications; and to top it all off she is currently writing her first book!