



The Lifestyle Guy



Garth Delikan

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Healthy Mind Healthy Body



**Welcome to Healthy
Mind Healthy Body**

**How to eat your way
to a Fitter, Healthier YOU!**

Welcome to Healthy Mind Healthy Body

Welcome to Healthy Mind Healthy Body. I've designed this programme to empower you with accurate and up to date information, and to give you unlimited support and motivation to make the essential dietary and lifestyle changes needed for effective long term weight management.

Unlike other weight loss programmes I will not offer eating gimmicks or fad diets, and will not mislead you about weight loss. The programme is as ethical as it is effective, and the Banana Weight loss™ coaches are specially trained and qualified to ensure that you get the right advice and support. Quite simply, this programme will change your life!

How will Healthy Mind Healthy Body help you achieve your goals?

Everyone has their own reasons for being overweight, and where weight loss is concerned one size definitely does not fit all.

This programme will help to identify the causal factors in your particular case, and will be a constant source of information and inspiration to assist you in the process of change.

The programme will encourage you to put the right calories in, combined with the right activities to increase the number of calories expended! The aim is to encourage a negative calorie balance ie you are using more calories than you are eating = **WEIGHT LOSS!**

Healthy Mind Health Body asks you to adapt your current eating patterns and habits by using 5 key nutritional strategies:

1. Energy density calculation. A quick calculation to aid food selection.
2. Low fat, low glycaemic index, high fibre, high anti-oxidant food

3. 5 - eating points a day – Grazing is no longer appropriate
4. Shop smart – Most of the time you can only eat what you buy
5. Be Active. Commit to never having a sedentary day

Energy Density

It is fair to say that all weight loss/control systems are likely to involve some restriction of calories, and this relates to the fact that most people are regularly consuming more calories than they need – which is why we are all getting fatter.

Natural foods are by their nature calorie sparse, and are more self-regulating in terms of how much you can eat due to the higher water and fibre content. We have evolved on these kinds of low energy foods and our digestive systems have developed around them. In contrast much of the

and highly refined carbohydrates like sugar and flour, and represents concentrated forms of these once natural foods.

Calorie restriction can best be achieved by adopting a less calorie dense diet, through eating foods that

have not had the energy in them concentrated by the processing techniques (energy dense empty calories).

Healthy Mind Healthy Body provides a simple calculation to determine energy density of all foods and represents the number of calories per 100g giving a figure between 0 (100g of water) and 9 (100g of lard). This simple method allows you to immediately determine foods that you should or should not be selecting as all packaged foods and drinks states

the number of calories per 100g. The easiest way to determine this is to look at the calories per 100g and move the decimal point 2 places to the left.

Whilst it is difficult to be too prescriptive, a good guide would be for you to choose the bulk of your foods below the cut off of 1.5. As you can see, most things prepared at home fall into this category (whereas most foods bought externally don't), which amply demonstrates the difficulty in relying on pre-prepared foods.

Some examples		Kcals/100g	Rating
Home made vegetable soup	60	0.6	
Low fat strawberry yoghurt	70	0.7	
Home made spag bol	72	0.7	
Baked beans	80	0.8	
Home made chicken curry & rice	90	0.9	
Home made lamb casserole	95	0.95	
Av Homemade sandwich	150	1.5	
Av purchased sandwich	240	2.4	
Salad cream	350	3.5	
Crisps	400	4.0	
Ready made chicken jalfrazi	470	4.7	
Chocolate	525	5.3	
Jordan's frusli bar	556	5.6	
Butter	720	7.2	
Mayonnaise	730	7.3	

5 eating points



5 Eating Points each day

An essential component of Healthy Mind Healthy Body is to ensure that you develop a structured approach to eating. By using your diary and the 5 eating points each day strategy, you are encouraged to eat during scheduled times. Think about what times of the day you like to eat & when it's convenient & plan to do this each day.

We suggest that your 5 eating points are:

Breakfast
Mid morning snack
Lunch
Mid afternoon snack
Evening meal

Grazing was heralded as the new way of eating and it's advocates suggested that our digestive systems had developed in this way - which is

true, however what they fail to state is that the foods that we used to graze upon were very calorie sparse, perhaps as low as 30kcal per 100g (0.3 on our scale). Grazing animals have to graze (eat all day) in order to get sufficient energy out of plants such as grass, and other vegetation.

Unfortunately the snack foods that we favour today (crisps, chocolates, biscuits) are far more energy dense and as we have seen are more typically 400 – 500 kcal per 100g. So it is clear that grazing is no longer appropriate in our obesogenic environments, particularly as our foods have evolved into more compact Kcal which do not suit continual feeding.

The rationale for 5 eating points a day is as follows:

1. Everyone needs structure, and with the current proliferation of

energy dense snacks, a grazing culture is no longer appropriate.
2. Left to eat whenever you want, you may be having far more eating points each day than you realize
3. 5 eating points encourages planning and preparation
4. 5 eating points offers optimum satiety (fullness and satisfaction) and balances blood sugars throughout the day (providing food selections are appropriate)
5. By eating regularly, you won't get too hungry and thereby won't overeat when meal time comes
6. 5 eating points encourages (requires) breakfast which is essential
7. 5 eating points discourages spontaneous snacking, which for many can be at the heart of a weight problem

Shop Smart

Most of the time you can only eat what you buy. Ensuring that on a weekly or fortnightly basis you bring into the house the right kind of foods that will properly nourish you and your family may seem like an obvious thing to do when considering weight, but it is not always maintained after the initial health drive, and old shopping habits creep back in, and this leads to old weight creeping back on.

Your Weight Management coach will work with you to devise an appropriate shopping list, and this will be tailored to family circumstances and the kind of foods that you and your family enjoy. It may be useful to start looking through your cupboards & using the energy density scale to identify high density food.



Be active for life

All the evidence relating to weight management indicates that an increase in physical activity is the single most important determinant of long-term success.

Active lives are essential not only for weight management, but also for your optimum health and energy. The right level of activity and exercise will lead to overall physical fitness, as well as a balance between mind and body.

Exercise brings benefits way beyond physical prowess, and active people positively exude vitality and wellness.

Becoming active is the most important aspect of increasing your metabolism. Fitness levels not only speed up metabolism, but also increase the ability of your muscle's mitochondria to burn fat instead of glycogen as a fuel. A fit person will burn far more energy from fat than an unfit person, and following a 3 mile walk may have burned up to 100% more fat.

Also activity and exercise will help to counterbalance the natural reduction in metabolism caused by weight loss. It is mainly our lean tissues that set our metabolic rate, so by increasing skeletal muscle, we can increase our metabolism.

All exercise helps to maintain lean tissue, but in particular resistance work will increase muscle density. Resistance work is also important for maintaining healthy bone mass, strong soft tissues and good posture,

and should be included in all exercise programmes.

For every extra pound of muscle that you put on, your body uses an extra 50 calories a day whether you are active or not.

How hard should I be working?

Your Fitness Motivator is always on hand to ensure that you are getting the correct intensity of workout, and that it is appropriate for the results that you want. Laid out below are guidelines to help you assess the level of exertion that you should be working at for both resistance and cardiovascular exercise.

Rates of perceived exertion RPE (The Borg scale)

This method developed by Swedish psychologist Gunnar Borg, uses a 10-point numerical scale to assess perceived exertion. This helps the Fitness Motivator to assess how hard individuals are working, and teaches you what the correct weight selection should be.

Depending upon your training requirements, and together with your Fitness Motivator you should establish your appropriate "Training Zone".

- 0 Nothing at all
- 0.5 Very, Very Weak
- 1 Very Weak
- 2 Weak
- 3 Moderate
- 4 Somewhat Strong
- 5 Strong
- 6
- 7 Very Strong
- 8
- 9
- 10 Maximal

You may not consider yourself an active person and perhaps at this moment you are not. We will not insist upon exercise that you are not comfortable with as part of the programme, but we will inspire and gently coax you into the activities that you want to do and in time, who knows, you may even surprise yourself.

Healthy Eating

We believe that the only way to successfully control weight long term is to introduce more healthy foods into the diet and eliminate the type of foods that will always provide weight difficulties. Most dietary plans and weight loss systems try to drastically restrict calories or limit the amount of foods that you can eat, which tends to make them a temporary solution - as hunger will always win in the end. It is a combination of strategies such as combining low energy density selections alongside the principles of the Glycaemic Index and a low fat diet that differentiates Healthy Mind Healthy Body from other

weight loss programmes.

Diets don't work

Here we explain why diets don't work, and why quick fixes quickly fail, and we will explore the many issues relating to food and nutrition, and examine the consequences of our behaviour. We will teach you the fundamentals of long-term weight management and you will reap the accompanying benefits, which are optimum health and vitality, and self confidence.

you are what you eat

Most nutritionists realise that the nutrients that our bodies require to function properly are found in abundance in natural foods the way nature intended. However, today we rely far too heavily on the highly processed and calorie dense convenience food which are all around us, and which are heavily marketed as being beneficial or adding value to our lives, which of course they are not, they are simply adding to our waistlines.

Healthy Mind Healthy Body will work with you through the programme to ensure that you eliminate the kind of products that are stopping you from becoming the person that you want to be, we will work with you to introduce the wonderful variety of delicious and nutritious natural foods that will get you in great shape, and make you feel on top of the world.

Lapses are all part of the process, and you will learn to see that the bad days take their place in this journey alongside the good days. It is our job to ensure that you have more and more good days, until ultimately you are in total control; at this point we will have done our job, but we will still be here for you.



optimum nutrition

“There’s no such thing as unhealthy food, only unhealthy diets”. You may have heard this from time to time; well frankly it just doesn’t stack up as a credible argument. The idea is that all foods are ok and there are only unhealthy diets. (Presumably those filled with unhealthy foods right!). For example sausages, candy floss, pizza, chocolate, fizzy sugary drinks, chips, cakes and trans fat filled foods are all unhealthy. They will make you overweight, and almost certainly in time will make you ill if you eat too many of them, and we would say that makes them unhealthy!

If there are no unhealthy foods, then by the same logic there are no healthy foods, and we all know the food industry’s delight at marketing healthy foods to us. It simply will not work if you try to eat less of the wrong type of food, and hope to

maintain the pain of denial and hunger that will accompany this strategy for as long as you can. Inevitably you will cave in to the hunger and you will be back to square one, eating the wrong types of food and blaming yourself because it all went wrong – yet again!

The essence of “optimum nutrition” lies in eliminating “negative” foods that will encourage weight gain and introducing “positive” foods that will stabilise weight and provide many other health and wellness benefits. Optimum nutrition also requires regulating volume of consumption and ensuring continual variety.

The process of returning back to eating natural foods and a healthy and nutritious diet for some will simply mean a few additional adjustments that will be

accommodated with relative ease. For others it may mean a radical overhaul of the entire approach to food, purchase, storage, preparation and consumption. Which of these categories do you think best describes you?

This process of change may at first appear a daunting concept, but with a little application and an open mind, combined with the support of the banana weight loss programme you will rid yourself of the blight of overweight that high levels of highly processed and refined artificial fatty and salty foods will always bring.

we are very energy efficient

Consider how energy efficient the body is. The average car will do 40 miles per gallon, and even the most energy efficient vehicles such as today’s high tech scooters will only achieve 100 mpg at best. You may not know it, but you can run your diesel car on chip fat, and the calorie value of vegetable oil and fossil oil is exactly the same at 9 kcals per gram. So for us vegetable oil is an edible fuel that is very high in energy. If you were to jump on a bicycle and take with you a gallon of vegetable oil as fuel you would be able to cycle an amazing 2,000 miles!

Our bodies were designed to run on low energy foods such as natural foods and plant based foods. When we start concentrating energy in the refining process such as extracting oils from seeds and refining carbohydrates and sugars, these

levels of energy are simply too concentrated for our current lifestyles and overweight and obesity will be inevitable.

Therefore next time you reach for a high energy snack, consider how long you may have to pedal your bike to burn off those calories. It may make you think again!





we are very energy efficient

Behavioural change

“If you do what you’ve always done - you get what you’ve always got”. You’ve always suspected it, and we can confirm that behavioural changes are the only way to successful long-term weight management. The Banana weight loss programme is all about small manageable changes. Try not to make too many changes all at once, and celebrate each small change, as they will come together to make an enormous difference. Take one step at a time, and never underestimate the importance of the goals that you have set yourself.

Why are you overweight?

It is paramount that you have taken sufficient time to sit and consider why you are really overweight. This is the most important aspect of your

weight management programme and it will allow you to eliminate the causal factors.

Without undertaking this exercise adequately it is unlikely that you will ever succeed in your quest for permanent weight control.

In order to achieve your goals, three things are required:

1. Identifying and accepting the reasons why you are overweight.
2. Developing meaningful strategies and systems to ensure that you can change.
3. Maintaining the motivation to make those changes become a permanent feature of your life.

The reasons that I am overweight are

Identifying weaknesses

How often have you started a healthy eating regime, or an exercise programme, only for something to happen to scupper your progress? Or perhaps your best intentions just fizzled out.

Write down some issues that have defeated you in the past, and start to plan to ensure that this doesn't happen on this occasion. Look at the issues below and decide if any of these apply to you. Consider your answers carefully and write them down in your Daily Truth Diary

Why do I buy the foods that make things difficult for me?

I will shop smarter and I will do this by

What are my weakness foods?

I will avoid these by

When am I most vulnerable I can combat this by

My resolve collapses when

Next time this happens I will can overeat when I will ensure that

goal setting

You will be working towards a weight loss of 0.5

- 1kg per week (1 - 2lbs).

Remember that you only want to lose fat (adipose tissue) and it is only physically possible to lose around 1kg per week maximum.

Crash dieting will lead to too rapid weight loss eliminating mainly water, glycogen (muscle fuel) and lean tissues (muscles, and organs) which in the long run will be entirely counterproductive.

Setting realistic achievable goals is vital if you are to maintain focus and get back on track when the inevitable lapses occur. Why not compile your own list of goals and continue to monitor your progress against them.

Write these in your Daily Truth Diary.

My short-term goals are

My long-term goal is

Having reached my long-term goal

my reward will be:

To achieve my goals I must:

Here are some suggested commitments towards helping you achieve your ambition of long term weight loss. They may not all be appropriate, but some may. We have also left some blanks for you to write

down the things that you need to do if you are to achieve your goals.

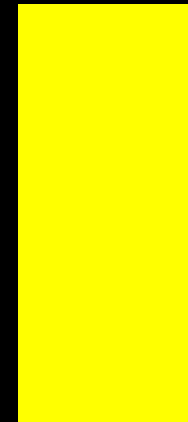
- “Always Shop Smart” (make sure I am not hungry and that I look and feel good when food shopping)
- Start reading labels and use the energy density “rule”
- “Make time to be more active in my daily routines, and aim never to have a totally sedentary day”.
- “Complete a truth diary daily to keep track of patterns of eating, and ensure I hit my 5 eating points a day”.
- “Take time out to ensure that I have the right foods at home, and also to prepare my food for the next day”.
- “Always start the day with a sensible breakfast”.
- “Make sure I get to bed early enough, so that I am rested and have plenty of energy, and to be mentally “on top” to stay in control”.

why do we put on weight?

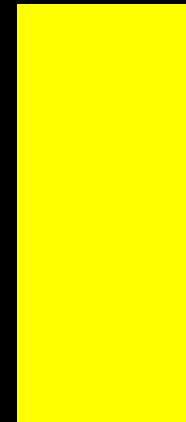
There are many issues involving weight gain, including environmental, biological and behavioural factors, many of which are complex and interrelated, and some of them are not fully understood. The simple reason why we are all getting fatter is that we are eating far more calories than we need, and that medical reasons or imbalance in nutrients account for only a tiny fraction of overweight and obesity worldwide.

Genetics

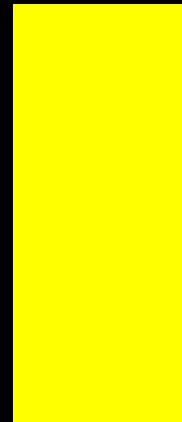
We are all born with a specific body type or “somatotype” which we inherit from our parents, they are:



Ectomorph Long bones, slim, little body fat, low potential for muscle growth.



Mesomorph Heavy bones, broad hands, broad chest, triangular shape.



Endomorph Small bones, short limbs, wide hips, generally “round” gain weight easily.

It is true that everyone is dealt a genetic hand of cards at birth. And studies of twins have demonstrated that even when separated and living in different households, youngsters will tend to retain the parental genetic shape, and may be inclined to put on weight alongside lean non-related siblings.



Often this can lead to resentment in overweight families at what they see as an unfair burden that they must carry through life. People will often use their perceived “bad hand” to abrogate their responsibility to make the right lifestyle choices, and so things get progressively worse. However it is now recognised that the environmental and behavioural contributory factors are so powerful that they are overriding the genome and even people that may be programmed to be thin are becoming overweight and obese.

It is essential to remember, that although we all start life with a set hand of cards, ultimately it is how we play those cards that really matters – no one has to be overweight.

It's mainly environmental

The overwhelming scientific evidence that is now backed by almost all governments and health authorities,

is that the major reason for the epidemic of obesity facing the western world is a diet far too high in energy dense foods (due to the excessive intake of fat and sugar) combined with a marked reduction in activity levels. This is demonstrated by the simple equation:

Calorie intake - calorie expenditure = calorie deficit/surplus

Although this equation is too simplistic to provide all the answers to successful weight management, it remains the foundation of maintaining a healthy body weight.

how do we store fat?

Fat, (adipose tissue) is stored in several places around the body, generally underneath the skin as subcutaneous fat. However as fat starts to accumulate, more may be stored in the abdomen surrounding the vital organs (central adiposity).

Adult men tend to carry body fat in their chest and abdomen, producing an “apple” shape whereas women will carry fat in their breasts, hips, waist and buttocks, creating a “pear” shape and the difference in fat location comes from the sex hormones oestrogen and testosterone.

Carrying fat centrally is more dangerous, as it interferes with certain metabolic functions such as the control of sugars and fats in circulation in the blood, leading to inflammation and narrowing of the

arteries. As more and more women become obese, and deposits of central adiposity increase, this is driving cardiovascular risk factors and becoming a real threat to the health of women. Cardiovascular disease was until recently a health hazard mainly associated with men aged over 50.

When do we store fat?

When you are very young, your body can build new fat cells with relative ease, and will do so in response to the amount of food present relative to the activity requirements of the child.

There are “fat layering” risk periods just before growth spurts, when the immature body is more susceptible to making more fat cells, and if overeating occurs during these

periods rapid fat gain can occur.

Until very recently we used to think that following adolescence the number of fat cells was set for life, and that as we overate, these fat cells simply get bigger. However, we now know that continued overeating will lead to new fat cells emerging even in late adulthood, and it is this new fat cell growth that leads to the ability of the body to continue to get fatter throughout life.

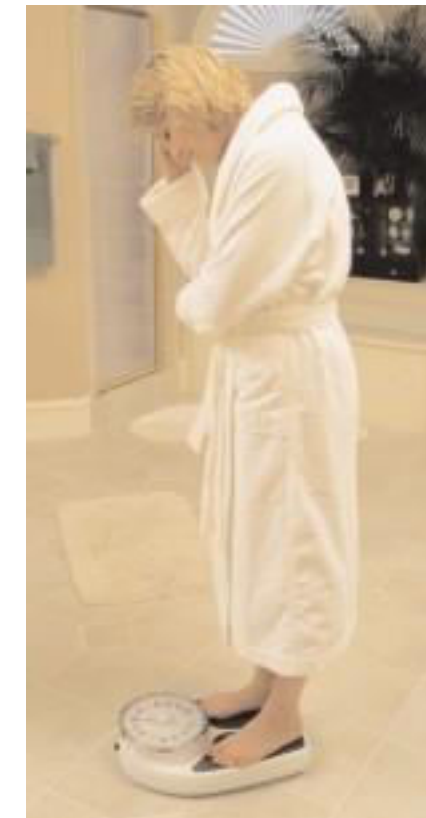
It is also more difficult to counter excess weight that results from new fat cells appearing, rather than from existing fat cells that have simply got bigger.

Set Point Theory

Set point theory suggests that each of us is programmed to maintain a specific body weight and that this is set by the number of fat cells that we have built throughout our lives. We know that each fat cell will control its own size by pushing out chemicals that act on the central nervous system to illicit eating behaviour.

As we all tend to overeat for our energy requirements, our bodies may continually build new fat cells through life, and our weight continues to increase as we age. Set point states that following 9 months at a particular weight our bodies will re-set the “set point upwards to compensate for the new accumulation of fat cells. This has been termed the irreversible ratcheting effect of weight gain.

Hope is now emerging for people with excess fat cells. Recently scientists have learned that fat cells may not have to be with us for life once they are built. It is now thought that if fat cells can be reduced to a certain size for a period longer than 9 months, then they are programmed to die off and weight will be re-set (downwards). In other words, if you can lose weight and maintain it for at least 9 months, you have a good chance of long-term maintenance of the new lower weight.



diets don't work!

This explains why diets don't work – they are too short term and only shrink your fat cells and this leads to adiposity rebound – and we are sure you know what that means!

Get thin fast remedies are on every page of every magazine it seems and there are a whole host of “quick” or “pain free fixes” on the market. On top of this you could add any number of the latest fad diets and an unlimited

supply of slimming snacks, drinks and even get thin gum! Slimming and diets are big business, however sadly they don't work, and often there's a hefty price to pay.

“Lose ten pounds in a week!”

The next time that you see one of these claims, just ask yourself ‘ten pounds of what?’ It is only physically possible to lose up to two pounds of fat in a week, and you don't want to lose anything else! If you adopt a crash diet and suddenly cut your food intake dramatically, your body may assume there's a famine on the way and start saving your fat stores by burning muscle instead. Added to this you will probably lose a lot of water and glycogen (sugar stores) making your weight drop dramatically and making you think everything is going just fine.

However, things won't be just fine at all, in fact, the combination of the water loss, and the muscle tissues that you have lost, is very bad news indeed. The reason is simple; you only want to lose fat! And since your muscles are the most efficient fat burning machinery in your body, why would you want to shrink them. During crash dieting you will lose 1lb of

muscle for every 1lb of fat, and following several weeks of crash dieting you will almost certainly “hit the wall” and weight loss will become more and more difficult to achieve.

Famine protection system

Your body is smarter than you think and in times of potential famine it will slow down metabolism in order to avoid starvation. By reducing your lean mass and your basal metabolic rate (BMR - the energy required to simply make you tick over) your body can now survive on less food than it could before. Therefore the body has successfully adapted itself to require fewer calories, allowing it to maintain its stores of fat, and avoid potential starvation for longer.

When a crash diet inevitably comes to an end and you begin to eat normally once again, you will have now considerably reduced your BMR and your calorie requirements will be less than before. Returning to your

previous eating habits will now create a larger energy surplus than before you started the diet, and will subsequently lead to rapid weight gain.

Severe caloric restrictions of this type can suppress the metabolism by as much as 45%. The more that you restrict calories, the more that your body will cling to its fat stores and metabolism will slow further. Following a crash diet there is a phenomenon known as “rebound binge eating syndrome” which is the body's attempt to quickly get you back to your previous weight – most serial dieters instinctively understand this concept!

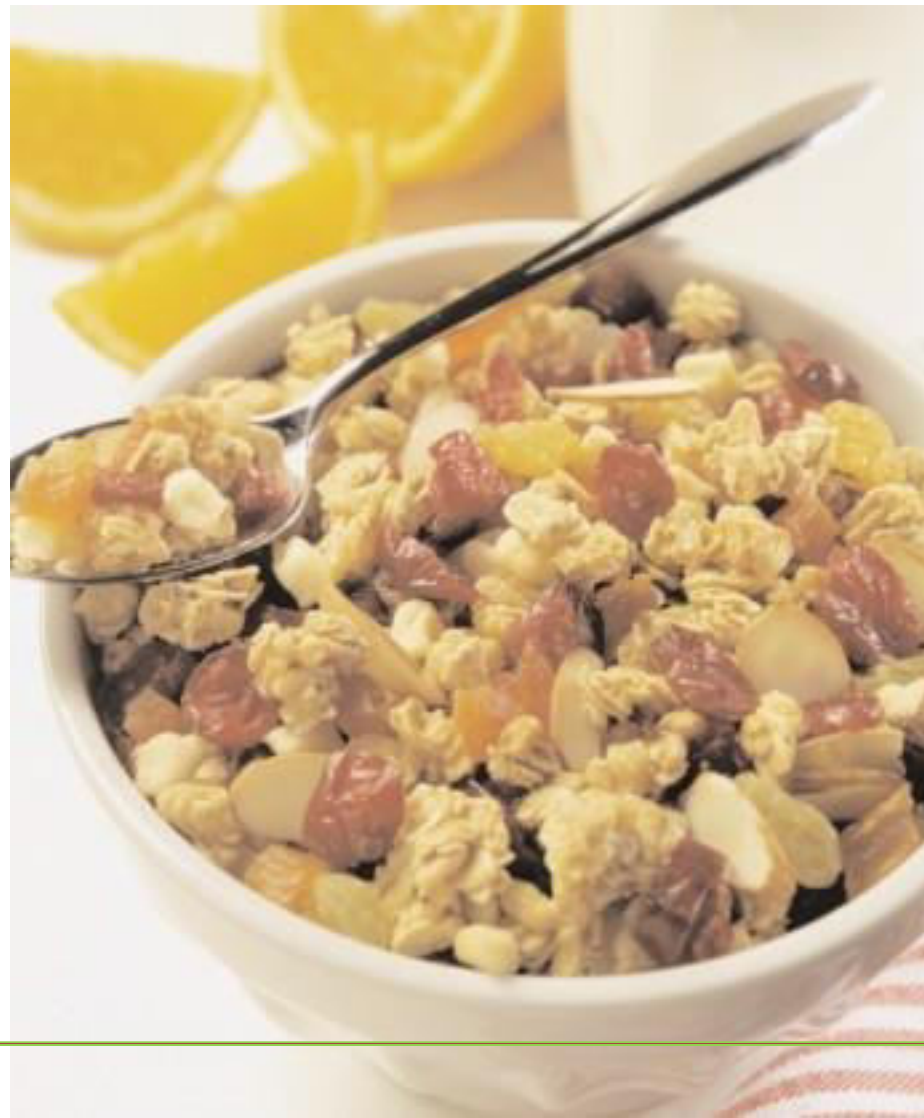
For this reason people always pile on the pounds very quickly following a diet, and this is the start of the damaging cycle that is symptomatic of crash dieting. It is also where the phrase “Dieting makes you fat!” comes from, and clearly this statement has some justification.

When we eat

Always start the day with a good breakfast because this will start the metabolism working. Also skipping breakfast usually leads to eating more calories throughout the day and is one of the first signs of disordered eating that correlates with overweight and obesity. It is worth noting that eating large meals late at night is likely to disrupt sleep, which in turn may lead to fatigue and depleted energy levels. This may well perpetrate a downturn in physical activity leaving the door open for future weight gain.

Can I take a supplement to boost my metabolism?

No. There are many supplements around that claim to speed up metabolism, however very few if any are backed up by scientific evidence. Most work on the principle of increasing lean tissue mass, which can only be safely done by exercise and regular activity.



glycaemic index

The GI index was originally devised as a strategy to help people with diabetes to gain better control over their blood sugar levels and is a ranking of carbohydrate foods based on their potential to raise blood sugar levels. The higher the GI of a food, the faster the resultant rise in blood sugar after eating it. The faster the rise, the faster the fall, and it is this rapid fluctuation that creates many problems for us.

A primary strategy for anyone on a weight loss or weight management programme should be to identify high GI foods, and look to replace them with lower GI alternatives.

The ranking of GI foods
0 - 39 Very low
40 - 54 Low
55 - 69 Moderate
70 - 100 High

Try to select low or moderate carbohydrate foods.

Remember that some foods that contain a lot of fat may be low GI foods, as the fat content acts to slow absorption – don't use this as an excuse to select them.

The glycaemic index is just another tool in your armoury to ensure that you continue to make better food selections.

The Daily Truth Diary

You are asked to keep a diary, so start today. Research tells us that there is widespread under-reporting of calorie intake based around guilt, embarrassment and plain forgetfulness. This conspires to distort the picture and will obscure many important issues that may be at the root of the problem. It is interesting to note that the more overweight a person is, the more omissions there are from their diary and this has been proven beyond dispute. This phenomenon has been termed “the eye mouth gap”. Beware the eye mouth gap!

Your diary is a weekly record of your food intake and activity and it is crucial that you complete the diary daily and truthfully - that's why it's called a daily truth diary.

By completing your diary, you will

become aware of the foods you are eating and the patterns that are emerging. You will also have accurate information available for your Weight Management Coach on your nutritional intake and your calorific output and activity levels. You will also be able to use the diary as a point of reference to see how your eating and activity patterns have changed over a period of time. The fitness team will support you by reviewing your diary when ever you need help.

Finally, please take time to work through the simple assessments and behaviour questionnaires in this booklet and be as honest and thoughtful as you can. Think carefully about the reasons that you are overweight and the strategies that you will adopt to change your diet and behaviour. Armed with this information, you can now work towards a whole new approach to your whole new life.

Good luck and remember I am always here for you.

Date Weight

Your personal log

**Healthy Mind
Healthy Body**

**Eat your way to a
Fitter, Healthier, YOU!**



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