

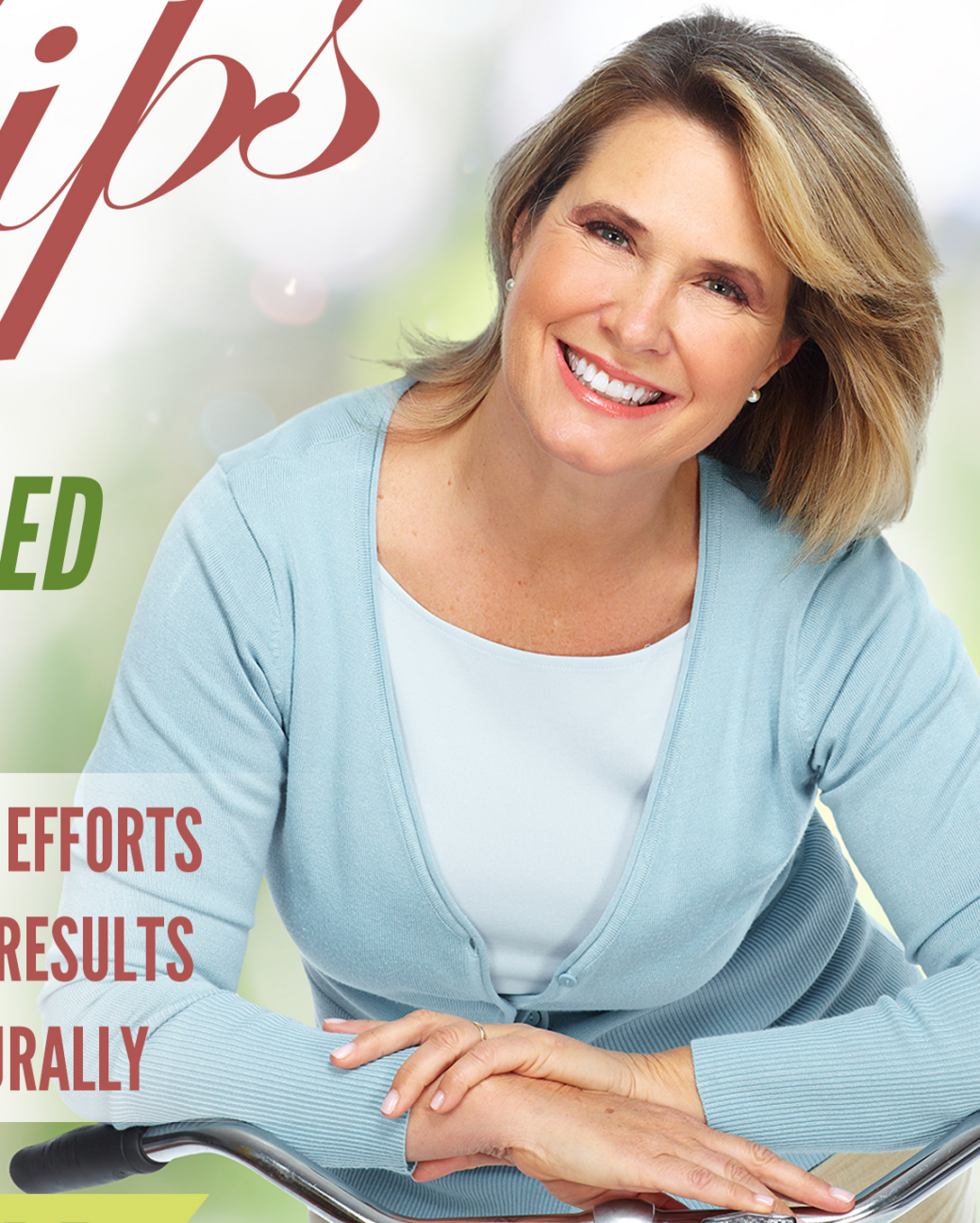
QUICK

WEIGHT LOSS

Tips

**FOR
MIDDLE-AGED
WOMEN**

- ACCELERATE YOUR EFFORTS
- ACHIEVE OPTIMAL RESULTS
- LOSE WEIGHT NATURALLY



E-book

Quick Weight Loss

Tips

For Middle-Aged Women

Effective tips you can use today

- Accelerate your efforts
- Help you lose pounds naturally
- Show you how to achieve optimal results

By Lemi Ren

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Introduction

Are you looking for effective ways you can lose weight?

Look no further, within the pages of this book; you will find tips you can use today that will help you achieve your weight loss goals. Choose one tip, or apply all, to get the results you want.

As middle-aged women, it's not uncommon to discover our usual methods for losing weight no longer works. For many of us, it's time to put aside our old efforts and try other strategies that can help to jumpstart our weight loss efforts.

Within the pages of this book, you will discover different ways to accelerate your weight loss efforts. This short, but concise guide is for middle-aged women. It reveals weight loss strategies you can apply today that's guaranteed to help you achieve your goal to be fit and trim

Use this book to transform your weight loss approach from hard and frustrating to simple and effective. Follow these tips and start to lose pounds naturally and gain control.

This guide is your next step towards reaching your ideal weight.

Eat Breakfast and Lose Weight



A woman is as old as she looks before breakfast - E.W. Howe

Numerous studies shows eating breakfast daily leads to weight loss. Eat a healthy breakfast early in the day to prevent overeating and to jump-starts your metabolism. Skipping breakfast means you are avoiding meals for 15 to 20 hours. Not eating for such a long period of time will block the production of enzymes required to metabolize

body fat and lose weight. Studies show people who don't eat breakfast tend to eat heavier meals after 5 p.m. which leads to weight gain.

When we eat breakfast, it provide steady fuel for our body to burn fat and avoid weight gain. Breakfast is so important, its better to eat some breakfast than no breakfast. When we eat something, it prevents us from reaching for foods that we otherwise would not eat. Usually, these foods are calorie-rich potato chips or candy.

Choose foods wisely for breakfast. Include high-fiber foods such as whole grains, vegetables, and fruits. Fiber-rich foods allows you to eat more without taking in excess calories.

Here Are Some Breakfast Suggestions

- ◆ Breakfast smoothies that contain yogurt, ice, and berries
- ◆ Small whole grain tortilla with chopped strawberries and peanut butter
- ◆ Oatmeal with fruits like peaches, blueberries or apples

- ◆ Banana, sliced into yogurt
- ◆ Banana with peanut butter

Do HIIT



The reason I exercise is for the quality of
life I enjoy –Kenneth H. Cooper

Health experts recommend high-intensity interval training for middle age women who want to lose weight. HIIT is a surefire metabolism accelerator that can burn more fat than regular aerobic exercise.

One way to easily incorporate HIIT into your daily exercise routine is to jog for 10-minute, then do a 30-second sprint

after every 5 minutes of jogging.

Practicing HIIT

Intensity is the key when practicing HIIT. Preferably, you want your heart rate to elevate to your anaerobic peak. Use different intervals of exertion and recuperation. Here is a typical HIIT exercise plan with an elliptical machine:

- ◆ Warm up your body for 2 to 3 minutes.
- ◆ For 30 seconds, exercise hard and fast. Exercise should make you feel out of breath and unable to practice for another few more seconds. Use lower resistance and higher repetitions to increase your heart rate gradually.
- ◆ Recuperate for one and a half minute. Continue to move your body, but at a much slower pace and lower resistance.
- ◆ Repeat the HIIT and recovery several times.

When first starting out, you may only be able to do 2 to 3 repetitions of HIIT. Aim for a 20-minute session once your body gets fitter.

Drink More Water



Water is life, and clean water means health

– Audrey Hepburn

Drinking more water helps you lose more weight. Drinking water acts as an appetite suppressant to boost your metabolism and cleanse your body of waste. In addition, drinking sufficient water signals your body to stop retaining water, which leads to weight loss. Ideally, you should drink 8 to 10 eight-ounce glasses of water daily.

4 Tips On How To Include More Water In Your Diet

- 1) **Drink before your meals** - Water act as an appetite suppressant. Drinking it before meals can make you feel fuller, and you will eat fewer calories. According to WebMD, drinking water before just one meal, can result in a reduction of 75 calories. You could lose about 8 pounds yearly just drinking water before one meal.
- 2) **Drink water instead of calorie-rich drinks** - Avoid juice and sodas and replace them with water to help you lose weight. Add a few drops of lemon juice in your water, it contains pectin and helps to lower food cravings. Drinking water instead of sugar-rich drinks will make a huge difference.
- 3) **Drink it cold** - Drinking cold water boost your metabolism because your body has to work hard to bring the water to body temperature. Thus, it burns more calories and helps you to lose weight.
- 4) **Helps with exercise** - Drinking water keeps your joints lubricated and helps prevent muscle cramps. Drinking enough water enables you to workout longer and harder.

Eat Iron-Rich Foods to Lose Weight



Your diet is a bank account. Good food choices are good investments - Bethenny Frankel

Iron is an important mineral. It is a vital part of many enzymes, it enables the red blood cells to deliver oxygen, and it can boost metabolism for successful weight loss. Before addressing how iron-rich food accelerates weight loss, It's important to know how a lack of iron affects weight loss. Without iron we tend to be more irritable, our bodies feel fatigued, and we are more lethargic. When we feel any of the three symptoms above, we usually don't want to be physically active, which contributes to weight gain.

Here Are The Reasons Your Body Needs Iron To Lose Weight:

- ◆ People who follow intermittent fasting, single food diets, fad diets or other weight loss diets are more likely to have low iron, along with other important vitamins and essential minerals deficiencies. This makes losing weight difficult in the long-term.
- ◆ You need intense daily exercise to lose weight. Your body needs optimal energy levels, and your body cells need a proper supply of oxygen for exercise.
- ◆ People who do daily exercise needs more iron because they lose iron through sweat and through

tissue damage during exercise.

Eat Foods That Are Naturally High In Iron, Including:

- ◆ Dried fruit
- ◆ Potatoes and vegetables
- ◆ Legumes – beans, baked beans, lentils, and dried peas
- ◆ Bread
- ◆ Rice, rolled oats, pasta
- ◆ Fortified cereals
- ◆ Chicken, other poultry, and fish
- ◆ Lean Meat – veal, lamb, pork and beef
- ◆ Organ parts – liver, kidney, and heart

Lift Weights To Lose Weight



The Answer is not more cardio - Strong fitness magazine

It's simple, to lose weight you need to burn more calories than you eat. By doing aerobic exercise and eating fewer calories, you can lower your body weight. However, bathroom scales won't give you the complete picture – consider your weight loss goals and how much of the weight you lose is in the form of fat, and how much of it is

muscle.

Losing too much muscle mass can harm your weight loss goals. It's important to build muscle when trying to lose weight; muscle mass helps to reduce the fat in your body and burn more calories. If you want to lose body fat, gain lean muscle mass. Weight training is an ideal option for building muscle mass.

Beside Direct Effect, Weight Training Also Helps You Lose Fat In Indirect Ways:

- ◆ Regular, intense weight training has a dramatic effect on your hormonal system. These hormones help you burn fat after a workout and make your body a more efficient fat burning, muscle building machine.
- ◆ Before you start your weight training exercises, your adrenal glands secrete hormones to increase blood flow and metabolize fat and sugar. This is why you start to feel energetic, as soon you get ready for weight training.
- ◆ Weight training boosts the production of growth hormone. Growth hormone boosts fat metabolism

and promotes growth in your muscles.

- ◆ Weight training lowers insulin resistance and helps burn fat more efficiently.

Usually, women avoid weight training because they are afraid of getting too muscular, this fear is unwarranted. Weight training is an essential component of your weight loss goal. It is not possible to lose only fat and keep lean muscle mass, this is why you need weight training. When starting, use weights that's comfortable for you.

Eat Protein



I could talk food all day. I love good food

- Tom Brady

It's a fact, you need to eat less in order to lose weight. One nutrient you can eat that will help you eat less, and reap its benefits is protein. When we consume protein it reduces hunger, boost our metabolism and can help to lose stubborn belly fat.

More Reasons Why Protein Is So Important:

- ◆ Pairing protein with carb-rich foods helps to slow down the absorption of glucose from your stomach into your bloodstream. This helps prevent blood sugar spikes and avoids food cravings.
- ◆ TEF or the “thermic effect of food” determines the amount of energy your body has to spend processing, digesting and absorbing food. Compared to carb and fat, protein has a higher TEF. This means your body has to burn more calories to process and absorb protein than another type of food.
- ◆ Accelerate fat burning: Studies show that human bodies can’t burn fat effectively without the help of protein or carb. As you lose weight, your body loses both fat and muscle tissues. So it is important to continue eating protein to fuel fat burning and preserve lean body muscle.
- ◆ Promotes muscle repair and growth: After an intense exercise session, your body needs protein. Eating a high protein snack after weight training will help repair and grow your muscle tissues.

One word of caution: Eating excessive amount of protein can lead to weight gain similar to eating excess carbs.

Check Your Thyroid



Every time you eat or drink, you are either feeding your thyroid disease or fighting it

- Outsmartdisease.com

Sometimes your thyroid gland stops producing enough thyroid hormone, and your body can't function properly because of it. This health condition is known as hypothyroidism. Recent data shows that nearly 10% of American women develops some type of thyroid hormone deficiency. One deficiency to consider is hypothyroidism, it slows down your metabolism, which leads to weight gain and obesity.

The Following Are The Causes Of Hypothyroidism:

- ◆ Hashimoto's thyroiditis - Thyroiditis is an inflammation of your thyroid gland. Your thyroid gets damage when this happens, and you develop hypothyroidism.
- ◆ Thyroid surgery - If your medical conditions force you to surgically remove your entire thyroid then it will cause hypothyroidism.
- ◆ Certain medications - Medications related to heart disease, cancer, and psychiatric conditions can occasionally affect the hormone production.
- ◆ Too little iodine in the diet - Often this is the main reason for hypothyroidism. Not having enough iodine in your diet can cause widespread iodine

deficiency. Health experts believe iodine enriched salt will solve the hypothyroidism problem without increasing your daily salt intake.

Here Is A Brief Diet Plan To Prevent Hypothyroidism:

- ◆ Eat high fiber foods: Include 30 to 40 grams of fiber daily in your daily diet. Hypothyroidism patients can face digestive difficulties, one solution is to eat fiber-rich foods. These types of food will make you feel fuller, prevent weight gain and lower risk of heart disease. Other source of fiber can be found in vegetables, berries, seeds, lentils, and beans.
- ◆ Wild-caught fish - Wild caught fish is rich in omega-3 acids, which is essential for proper thyroid function and hormone balance. Eat wild-caught fish such as salmon, mackerel, and sardines.
- ◆ Bone broth - Chicken and beef stock contain amino acids such as L-proline and L-glycine. They help repairs digestive lining and improve hypothyroidism.
- ◆ Coconut oil - For hypothyroidism patients, coconut

oil is a staple. Coconut oil supports a healthy metabolism and has antioxidant, antibacterial and antimicrobial properties.

- ◆ Probiotic-rich foods - These include organic goat's milk yogurt, kimchi, sauerkraut, natto, and kombucha. Probiotic-rich foods reduce nutritional deficiencies and inflammation.

Choose Activities That's Fun



Fit is not a destination, it's a way of life.

Trying to lose weight is not easy, especially if you are a middle-aged woman. Little or no weight loss progress fuels frustration and going to the gym feels like a chore.

There is another approach you can try. Try choosing

exercises that you consider fun. According to Olympian [Katie Uhlaender](#) “the best exercises are sports or activities that you enjoy doing.” She says, “Picking sports over workout is an enjoyable way of losing weight.” Open your mind to the possibilities --- swimming in the ocean, surfing, skiing, ice skating, triathlons, etc. Here is a list to consider.

- ◆ Rock climbing - Try natural rocks or artificial rock climbing . The higher you climb, the more calories you burn.
- ◆ Beach volleyball - Cover your body with sunscreen and have some fun. You will burn calories while having fun in the sun.
- ◆ Ultimate Frisbee - Ultimate Frisbee involves a lot of running, and help you burn calories in the process.
- ◆ Basketball - Play full court, and you will lose more calories with this casual game.
- ◆ Rowing - Moderate pace rowing offers low-impact, full-body workout.
- ◆ Soccer - Play hard to lose weight, but you don't have to go for high-intensity competition when playing soccer.
- ◆ Racquetball - A casual game of racquetball will

help you burn calories.

- ◆ Kickball - Amazingly, this simple, and friendly game can help you burn more calories than you think.
- ◆ Tennis - Playing tennis will help increase agility and burn more calories in the process.
- ◆ Softball - Burn more calories with this friendly game.

Avoid Alcohol



I'm very serious about no alcohol, no drugs. Life is too beautiful - Jim Carrey

You want to lose weight? Consider giving up alcohol. Reducing or removing Alcohol from your diet makes it easier to cut calories and lose weight. Drinking alcohol causes problems in several ways:

- ◆ Alcohol contains almost double the number of calories when compare with carb and proteins. Alcohol supplies 7 calories per gram, that is almost double that of carb or protein and only 2 calories fewer than fat. Furthermore, unlike protein and carb, alcohol contain no healthy nutrients needed for healthy metabolism.
- ◆ Alcohol loosens your inhibitors - A more subdue you will consumes more alcohol, which results in more calories consumed.
- ◆ Alcohol increases appetite A study by Denmark's Royal Veterinary and Agricultural University showed that drinking alcohol before a meal increases the amount of food consumed when compared with drinking soft drink before a meal.
- ◆ Alcohol can damage vital organs of your body - Alcohol is a by-product of yeast digestion and have an irritating effect on the lining of your stomach and slowly worsen the condition of your liver and kidneys. Weakness or flaw in your stomach can lower its efficiency to digest food. This condition interferes with your metabolism and ultimately inhibits your weight loss progress.

If you must drink, limit your intake to only one (for women) and two (for men) “standard drink” a day. One standard drink is either, a 12 oz. beer bottle, 5 oz. of wine, or 1.5 oz. shot of 80 proof distilled spirits.

Eat Regular Snacks



I don't go long without eating. I never starve myself. I grab a healthy snack -
Vanessa Hudgens

Regular snacking throughout the day can help you avoid metabolic slowdown. Consistent snacking tricks your body into thinking you are eating continuously. This trick enables your metabolism to never slow down. Instead of three large meals, aim for five small meals (3 main meals and two snacks,) and don't go more than four hours without eating any food.

Healthy snacking

Aim for two 150-calorie snacks each day. Your snacks should contain carb, protein, fiber and fat. Here is the breakdown.

- ◆ Carb: 40 to 50% of your calories at snack time should come from carbs, which is about 14 to 20 grams. Choose high-fiber carbs such as whole grains, fruits, starchy vegetables like Winter squash, pumpkin, sweet potato, corn, and peas.
- ◆ Protein: Your snack should contain about 6 to 10 grams of protein, which is about 15 to 20% of your snack. Protein satisfies and makes you feel fuller.
- ◆ Fiber: Include at least 3 grams of fiber in your snack. Fiber makes you full without consuming extra calories and makes you feel more energetic. Fiber also stable blood sugar levels, which lowers your food craving.
- ◆ Fats: 30 to 40% of your snack's calories should come from fat, which is about 6 to 10 grams. Include healthy fats such as avocado, nuts, and seeds.
- ◆ Sugar: Include maximum 10 grams of total sugar and only 4 grams of added sugar (one tsp. of maple syrup, sugar or honey)

100-Calorie Snack Ideas

- ◆ 1 cup berries with 2 tbsp. nonfat yogurt
- ◆ 2 fig bars
- ◆ 28 pistachios
- ◆ ½ cup 1% cottage cheese with 1 cup cherry tomatoes)
- ◆ 10 almonds or cashews
- ◆ 4 green olives with 1 oz. mozzarella string cheese
- ◆ 1 oz. sliced turkey breast with 1 slice whole wheat bread and mustard
- ◆ 1 cup light yogurt
- ◆ ½ cup steamed soybeans
- ◆ ½ sliced toasted wheat bread with 1 hard-boiled egg
- ◆ 1 small whole wheat pita with 1 tbsp. hummus
- ◆ 1 tbsp. peanut butter with 1 large stalk celery
- ◆ 1 cup chicken noodle soup with 2 saltine crackers
- ◆ 1 fat-free chocolate pudding cup

Avoid Refined Carbs



Clean, tasty real foods do not come processed. They come from the earth, the sea, the field or the farm - Suzanne Somers

Refined Carbs are also known as processed carbs or simple carbs. There are two main types:

- ◆ Refined grains: These are grains that have had the nutritious and fibrous parts removed during processing. The biggest source is refined wheat.

- ◆ Sugars: Refined and processed sugars, including agave syrup, high fructose corn syrup, and sucrose.

Simple or refined carbs don't contain fiber and don't offer nutrients that are needed for healthy metabolism. Refined carbs have been stripped of almost all vitamins, nutrients and fiber that is why they are called empty calories.

How Refined Carbs Stimulate Weight Gain

These days a large percentage of middle-aged women are overweight because of refined carbs. Refined carbs are low in fiber so they digest quickly. When your body absorb carbs quickly, it can increase your blood sugar levels which leads to overeating. An alternative to refine carbs is whole grains. They are low on the glycemic index and provides a steady release of energy throughout the day.

Refine Carbs stimulates parts of the brain linked with reward and craving, they make you feel hunger faster. Several studies revealed that eating refined carbs is associated with increased belly fat. Also, refined carbs can cause inflammation in your body and inflammation leads to leptin resistance and obesity.

Refined Carbs To Avoid

- ◆ Simple sugars like high-fructose corn syrup and table sugar
- ◆ Sugar rich cereals
- ◆ Bread made with refined grains
- ◆ Pasta
- ◆ White rice
- ◆ Flour (anything made with flour like pizza bases, cakes, biscuits, etc)

Eat Spicy Food



I am not a glutton - I am an explorer of food. - Erma Bombeck

Eating spicy food can help you lose weight. Various studies show that eating spicy food can actually help promote weight loss, including middle-aged women.

Spicy Food And Appetite

According to an article published in *Chemical Senses* in 2012, foods flavored with cayenne may help you lose a few pounds by lowering your appetite. The study revealed that foods spiced with cayenne helped lower the craving for salty, fatty and sweet foods. Spice also helps you feel full without eating an excessive amount of calories.

Spicy Food And Metabolism

Spicy foods lower your appetite and increase calorie burning. The *Chemical Senses* review reveals that spicy food increases your body temperature, which accelerates calorie burning. Eating cayenne-spiced foods may help you burn up to 119 calories daily.

Spicy Food And Fat-Burning

Eating spicy foods help burn more body fat. Studies show that a spicy meal such as a bowl of chili can cause a temporary rise in the metabolism of roughly 8% greater than an individual with usual metabolic rate. Capsaicin contained in the chili peppers boosts your metabolism and helps burn more fat.

Best Spices For Fat Loss

- ◆ Cayenne
- ◆ Cinnamon
- ◆ Black pepper
- ◆ Mustard seed
- ◆ Ginger

Sleep Enough to Lose Weight



Don't give up on your dreams so soon, sleep longer - Anonymous

Quality sleep can help you lose weight. Habitual lack of sleep can cause weight gain. On the other hand, sleeping enough every night can help with your weight loss goals. Sleep influences your weight loss efforts in two ways.

- 1) The amount of time you slept influences what you are

likely to eat.

- 2) Sleep deprivation has a great impact on what happens to the food you consume.

Several studies shows that sleep deprived people eat more food — especially junk food. In addition to eating the wrong foods, sleep deprivation promotes increased consumption of carb and sugary foods such as pasta, pretzels, and cookies.

Here Is How Lack Of Sleep Can Prevents Weight Loss

- ◆ When we sleep less, we lowers our insulin sensitivity. We have the capacity to convert carbs into energy instead of storing them as fat, lack of sleep reduces that capacity. When we sleep less, we lose our ability to properly convert stored energy resources.
- ◆ Sleep deprivation changes the composition of the gut flora and makes digestion harder for your body, which results in poor metabolism and inhibits weight loss.

The Following Are Some Tips For Better Sleep

- ◆ Go to bed at the same time every night. Don't break the routine, even on the weekends. Health experts agree, most people needs 7 to 8 hours of sound sleep. Going to sleep at the same time will help you wake up at the same time in the morning.
- ◆ Avoid activities such as watching TV, playing games or reading in bed.
- ◆ If you can't sleep 30 minutes after going to bed, then get up and do mildly stimulating activities such as reading or listening to soft music in another room. Come back to bed when you are feeling sleepy.
- ◆ Don't problem-solve when trying to sleep.
- ◆ Keep your bedroom temperature cool. Warm temperature inhibits sleeping.
- ◆ Keep your bedroom dark and quiet and use a comfortable mattress.

Increase Your Dairy Intake



Get off your horse and drink your milk -
John Wayne

Dairy products are high in protein and help you feel full and satisfied. Consuming dairy products such as milk and yogurt can help you lose stubborn belly fat. Dairy products contain a protein called whey, which helps to promote the creation of lean body mass which burns more calories.

Some studies also reveal that dairy-rich diets directly promotes weight loss. Scientists believe the more calcium your fat cells receive, the more fat they will burn. Dairy products also contain amino acid arginine, which accelerates fat burning cells and increase muscle mass.

Other studies on food and dietary habits revealed increased consumption of dietary calcium increases fat excretion through stool.

Dairy Can Lower Belly Fat

Beef and dairy products contain fatty acid known as conjugated linoleic acid (CLA). Scientific research shows that CLA can shrink and diminish fat cells. This is why you will find many supplements contains CLA which promotes fat and weight loss. CLA also lower blood sugar levels, improve insulin resistance and help fight cancer.

Choosing The Right Milk and Yogurt

Choose the right type of dairy. Always go for grass-fed milk. It has a much higher CLA than grain-fed milk source. Full-fat and 2% milk is rich in saturated fat, which may increase inflammation and clog arteries, so choose low-fat milk such as 1% or 0% milk.

If You Can't Tolerate Dairy

Some people can't tolerate dairy, or want to avoid it. If you can't consume dairy products, or choose to avoid them, consider coconut, almond and soymilk. Rice milk isn't recommended because it is low in protein and high in carb.

Include Green Tea In Your Diet



Green Tea is considered one of the healthiest beverage to consume. It is loaded with antioxidants and other essential substances that are beneficial for good health. Many studies revealed that drinking green tea can help you lose weight, this is especially true for middle-aged women.

Green Tea Contains Fat Burning Substances

A cup of green tea contains 24 to 40 mg caffeine. Caffeine

helps improve exercise performance and aid in fat burning. Green tea also contains antioxidants such as catechins and EGCG. Various studies have shown that catechins and EGCG have powerful effects on your metabolism.

Green Tea Helps Break Down Fat Cells

To burn fat, fat cells must be broken down first and then mixed into the blood stream. Green tea contains active compounds that can accelerate this process by enhancing the effect of several fat burning hormones. EGCG contained in the green tea is especially effective signaling your body to start to break down fat cells.

Green Tea Accelerates Fat Burning, While Exercising

Most of the artificial weight loss and fat burning supplements contain some type of tea as an ingredient. Besides the above-mentioned fat burning effect, studies show that green tea increases the fat burning process during exercise.

Drinking Green Tea Helps Burn More Calories Throughout

The Day

Your body is constantly burning calories, even when you are sitting down or sleeping. A number of studies shows that green tea helps burn more calories, even when resting. Studies also show that drinking green tea can increase 3 to 4% of calorie burning. Considering a person burns 2000 calories daily, 3 to 4 percent means 60 to 80 extra calorie burning per day.

Green Tea Reduces Your Appetite

Several studies indicate that green tea can help reduce appetite. This means we consume fewer calories and lose weight.

Green Tea Reduces Stubborn Belly Fat

Remember, not all fat is the same. The belly fat, which is known as the visceral fat builds up around our vital organs and causes health conditions such as inflammation and insulin resistance. Both of these health conditions lead to serious diseases, including heart disease and diabetes.

Drink green tea, lose weight and stay healthy.

Drinking Other Teas Can Help You Lose Weight

- ◆ Dandelion tea: Dandelion tea boosts your metabolism and lowers your sugar craving.
- ◆ Fennel tea: Fennel tea prevents food triggers and helps remove fat from your intestinal tract.
- ◆ Licorice tea: Licorice tea helps to maintain a healthy blood-sugar level by lower cravings for sweet products.
- ◆ Siberian Ginseng tea: The tea is used as an appetite suppressor and helps stabilize blood sugar levels.
- ◆ Peppermint tea: Peppermint tea lower food craving and help to lose weight.
- ◆ Yerba mate: Yerba Mate stops food cravings, boost metabolism and help burn excess body fat.

Manage Stress



Several studies revealed stress plays a key role in weight gain. Initially, stress causes you to lose appetite, but prolonged stress boosts hunger.

Fight and Flight

Most of us tend to overeat when we are feeling stressed. This happens because of our survival mode or fight-or-flight response. When you are stressed, your body thinks you will need more calories, even though you don't need any extra

calories.

Cortisol And Comfort Foods

When you are stressed, the stress hormone cortisol production increases. This increase triggers a negative chain of event in your body such as higher insulin levels. High insulin lowers blood sugar which could increase urges for sugar and carb rich foods.

The end result: Uncontrolled stress = boost in cortisol production = higher appetite for carb and sugar rich foods = more body fat

Activities You Can Do To Offset Stress

Talk with a friend	Spend time in nature or walk in the park	Do some exercise
Read a good book	Look at memory or storyboard	Watch a favorite film

Take some photos or paint	Daydream for 10 minutes	Listen to a radio program and keep your eyes close
Listen to your favorite music	Listen to some soothing sound, like rainfall	Play a relaxation CD
Do some baking	Burn some aromatic oil	Light a scented candle
Drink a cup of tea	Sing a song	Laugh
Read affirmations loudly	Chew sugarless gum	Eat a piece of dark chocolate
Use deep breathing exercises	Squeeze a stress ball	Do some yoga
Have a massage	Stroke a pet	Wear soft, warm clothing

Conclusion

When you are a middle aged woman trying to lose weight it's hard. There are no short cuts to getting and maintaining optimal weight. It's no secret that as we age, our metabolism lowers. What use to be easy when we were twenty, is just a little harder when we reach our glorious middle age.

We should certainly celebrate the milestone of our age; we shouldn't feel disheartened because weight loss is no longer easy. While we are forced to work even harder to get the body we want, the good news is it's not impossible. Middle age women can lose weight, and we can be healthy and strong.

We all know the magnitude of what's involved to reach our optimal weight loss goals. We watch what we eat, we exercise, and the weight will budge. However, it doesn't hurt to be reminded of steps we can take to accelerate our efforts.

I hope this book serve as a reminder of the things we can do every day to optimize our weight loss goals. As middle age women, we are wiser than we were in our twenties, and thirties or perhaps even our forties. We know our efforts

involve taking one step at a time, and focusing on what we must do to get what we want.

Don't hesitate to read this short book again, or as needed to strengthen your efforts. I hope this book was a catalyst for helping to reach your weight loss goal.