



Dieting Spells Disaster - Part I

<http://www.homeschoolfitnesscoach.com/blog/dieting-spells-disaster-part-i/>

Most women believe that in order to lose weight the first thing they need to do is eat less and move more. In a way this is true, but there really is more science behind that. What typically happens is women eat maybe 1 or 2 meals a day, drastically reducing their caloric intake and then adding a walk in for exercise. They may see the scale move but what are they really losing? I bet you'll be surprised. Read on! Your body's metabolism is the key to losing unwanted body fat. When working with women, I am not concerned about their weight as much as the level of body fat they are carrying around. A healthy bodyfat level to be at is between 19-25%. Most women who have dieted for years will find themselves at 30% or more. Those are dangerous levels that invite disease into their bodies. Although they may have lost 50 lbs. of body weight, they may still be at 30% body fat and at risk for heart disease, Type II diabetes and other ailments. How can they be at risk when they wear a size 8 dress pant? Because they never lost bodyfat while dieting. They lost body water and precious lean muscle mass. Lean muscle mass is the main manipulator of your metabolism. The more lean muscle mass you have the more calories you burn at rest. When your metabolism is humming along at a strong rate, it does not need to use bodyfat for energy. It's alive and functioning at optimum levels. Fat that is stored on your body for energy is not needed and your body lets it go. You continue to build strong, lean muscles and your metabolism gets stronger and faster, you indeed get leaner, stronger, toned and full of energy. This is the picture of health and vitality. Now take the woman who is dieting. She is eating 3 meals a day and not focused on the right type of exercises. She'll go for a walk around the block. It works for about 1 month. She's dropped 5 pounds. She's excited! Month 2 rolls around and the scale has stopped moving, she cuts her 3 meals into smaller portions and adds another block to her walk. The scale finally drops again. She's excited! Month 3 rolls around and the scale has not moved or has gone up. Yikes! She drops to 2 meals a day, adds another block to her walk and an exercise video. Month 4 comes too quickly. She sees the scale move again so she cuts calories even more and increases her walk for a full 2 hours every day. She's tired, frustrated and wondering why this is not working? I could go on, but I think you get the picture. The only way for her to keep the scale moving is to continue to decrease calories and increase the amount of time spent on low, steady state exercise. Is she really losing fat? No, she is losing water and precious metabolic boosting muscle that is why she has to continue decreasing calories to see change. If she continues on this path, she will lower her metabolic rate to such a level that her body will go into panic mode and begin conserving every morsel of food that enters as bodyfat so it will have the energy just to function. The result is a cranky, tired, moody, flabby, and frustrated woman. I know, I've been there. Ladies, I want you to know the truth. The scale is not your friend. You have been lied to for years. There's even a tv show dedicated to keeping these lies alive (Biggest Loser Challenge) where your worth is determined by a number on the scale! How have we as a society allowed this to happen? Satan has been at work! God made you in His image. You are a beautiful, strong, and vibrant woman. Don't allow Satan to get a foothold in your mind. Oh how I wish I could give you all hugs right now! Here is the picture of a woman on the right path: She determines why she wants to accomplish this goal of being healthy and full of energy. She enlists the help of her husband and children. She puts together a plan of action including how to deal with obstacles that will be thrown her way. Her plan does include strength and interval training as the core of the program. She also determines her caloric intake and creates meal plans for the week. She cleans out her cupboard of all manmade, adulterated foods and buys food in their original God created package. She gets connected with other women who are doing the same steps (this site of course!) and stays accountable no matter what happens to try and bump her off course. All her workouts are scheduled in for each week just like math and english class. She sticks to her workouts because she is full of determination. Each week she discovers how much better she feels. Her clothes are getting looser, she is getting more flexible and full of energy. She finds herself hungry more often because her metabolism is on fire. She has more lean mass so she can eat more food, quite the opposite of the dieting woman. She does not suffer from mood swings, turbulent hormone levels or bloating due to eating whole foods. Does she know how much she weighs? Does it really matter if she is feeling this strong and vibrant? This is what I want for you. I will elaborate more on how to stop dieting for life in another post. This one ended up way longer than I intended. Hugs~~ Post from: Homeschool Fitness Coach