



Ric Rags Weight Loss Strategies

Losing weight begins where most things do, in the mind.

Here are some tools that can help get you started:

Mental:

Personal Reasons:

- Create a list of very deep personal reasons for changing your life
- These reasons should almost bring you to tears because of the power of their message
- Put this list somewhere you can read it every morning

Invented Reasons, Stakes, Self-Imposed Motivators

- Create a positive pressure situation by creating stakes
- Ex: Not allowed to shave until you hit your goal, sign up for a marathon, make a cash bet etc.
- Stakes solidify your decision and keep you motivated during times of low will power

Choose a goal:

- What are you trying to do and by what time?
- Make the goal realistic to you, not 50 pounds in 4 weeks, this will not be lasting change
- 2 lbs. per week is a healthy and sustainable goal recommended by doctors and trainers

Be grateful:

- Create a list of the positive things in your life that you are appreciative of
- Read this list every day or recite it to yourself once per day if you have memorized it
- Be grateful for future goals yet to be achieved, because you know you will achieve them

Look to your heroes for inspiration:

- Put pictures on your walls and fridge of the people who inspire you
- Have your favorite speeches and videos bookmarked so you can watch them regularly
- Subscribe to YouTube channels that are informative and inspiring
- Listen to motivational audio books while you walk.
- These are the tools you will use when your motivation gets low
- Make sure they are personal to you not just what others find inspiring

Make a plan for low energy times:



- Create a list of things you will do in times of crisis
- People you can call who will motivate you to keep going
- Things you can eat that will not hurt your diet
- Your list of reasons and goals will come in handy here

Set up a motivation team:

- Do not discuss your plans with people who will not support you. Find people who will
- Talk to a doctor (there is no doctor on the planet who will not support healthy weight loss)
- Get a personal trainer (Get one who is older than you and in better shape than younger people)

Be hyper realistic:

- If your situation is bad, do not pretend it is good, but don't make it worse than it actually is
- You'll find you have a lot of work to do, but none of the work is impossible and others have done it under worse circumstances. They were not special, they just applied the knowledge
- Be realistic about what you can do and what you can't.
- If you have trouble sustaining a workout program do not start the hardest program on earth
- If you cannot resist junk food do not buy it and say you won't eat it
- Realism means assessing your strengths and weaknesses and playing towards your strengths
- The cup is not half full or half empty it is at half capacity
- Your weight, fat percentage, and lean body+ mass percentage are simply information

Your diet will account for 80-90% of your weight loss progress so pay the most attention to it.

Diet:

Diet Journal:

- Keep track of everything you eat for at least ten days (14 is better)
- Create your own journal on paper, use your phone, or your favorite app
- This allows you to pin point where you are having troubles, what you are eating, and when you are eating it

Make small adjustments:

- Change a little at a time, but be consistent
- Choose three or four foods you will remove from your diet (junk foods and starchy carbs)
- Anything that is loaded with sugar or starchy carbs will destroy your progress but it's tough to remove everything at once.
- Remove just a few junk foods and make a habit of replacing them with healthy foods



- Creating the habit is the goal. Eventually you won't have to think about it, it will be natural

Create a meal plan:

- Write down what you plan to eat each day
- What foods, what amounts, at what times
- Eat smaller amounts and more times per day
- If you eat 3 meals per day eat 4
- Make the meals less than 450 cal per meal
- Limit starchy carbs and sugar. Starchy carbs are rice, pasta, potatoes, and bread.
- Here is a list that shows where some foods stand in terms of sugar: <http://www.the-gi-diet.org/glycemicindexchart/>
- Have most of the plate covered in green vegetables and salads. A small amount of extra virgin olive oil and salad spices for dressing on the salad. Use berries and cucumbers as salad toppings
- Have one portion of high protein food, like chicken breast, turkey breast, fish steaks, either boil these foods in water, or BBQ them
- If you are vegetarian have tofu instead of meat.
- If you eat dairy products have 0% plain Greek yogurt and 1% cottage cheese (high protein)
- When you have red meat have elk or deer rather than cow. They are leaner and often less processed by industry
- Eat your meals every 3 and a half hours or so. And if possible go for a short walk about 15-20 minutes after eating to help send the food to the right place rather than letting it sit and attach itself to you
- Have one cheat day every week (Ex: Saturday or Sunday) eat whatever you want
- Make sure it is one day not two or three
- For the best results, have one cheat meal in the afternoon on Saturday or Sunday

Exercise:

- Exercise is subjective to the person who is exercising
- Do the Minimum amount possible while still losing weight
- If currently you do not exercise then add a small walk each day. (20 – 30 min brisk pace)
- As you become stronger walk longer. This is not about distance or time. Just feeling good.
- If you can walk for 1 minute, than that is your starting point. Do not judge yourself based on this.
- Exercise should be like a spa for your body not a beating.
- People beat themselves in the gym to get an ego boost. It is ineffective in the long term
- The mantra is stimulate don't annihilate
- Treat your body well and it will respond well



(The idea of the minimum effective dose is important for plateaus. If you start at your absolute highest level you will not have anywhere to go when your body begins to adapt to your new diet and exercise program. You will stop losing weight. It's normal and happens to everyone with a large amount to lose. This is the time to add a little more exercise and tighten up the diet slightly. Do just enough to keep losing and only change it when it stops working.)

- Breathe deeply while you exercise and think positively about your health and fitness.
- As you gain ability you can exercise slightly more. Never struggle or strain. Just do quality movements with perfect form enough times to feel like you have done something. A good rule of thumb is going to performance failure. (When you can no longer do the movement with perfect form.)
- Your fitness level will rise over time. Increase difficulty slowly as you increase in ability.
- Pay less negative attention to pains and aches when you have them. Relax instead of flinching or straining.
- The pain is a tool for growth, it teaches you to relax and let go
- Things do not heal under stress. So relax as much as possible
- Even while lifting weight or doing pushups. Breathe and relax

The secret is consistency over time and never hurting yourself. Your new lifestyle should not feel like a punishment. It's a positive action that you are taking to have lifelong fitness and quality of life.

Remember that you are not the foods you eat and your personal identity does not need to rely on food. Eating healthy food doesn't make you a good person, it makes you healthy and that's all. Eating unhealthy food does not make you a bad person, it just makes you sick. There is no morality in it. It is important to remove the idea of being good or bad from the equation. For example you might think that because you did GOOD with your exercise it will erase the BAD food you ate. This is called moral licensing and you need to avoid it like the plague.

Keep Track:

- Weigh yourself every morning
- Have an official weight in with others present once per week
- Write down what you do in your workouts
- Write down what you eat
- Take pictures of yourself along the way
- Do daily vlogs (*wink*wink*)

Remember that your current situation is only a starting point and it will change if you change. There is no challenge that you cannot accomplish.

Also remember that you are an individual and these strategies are not written in stone. If something works extremely well for you then do it. The problem with most weight loss plans is that they are uniform products to be sold. You are not a uniform product but a human being who's life and way of



thinking comes into play. Use the tools that work for you and expand upon them using your own uniqueness. Discard what does not work for you.

Please let me know what works and doesn't, as I am always interested in how others think and improve. Hope this helps, and continue to be awesome!

-Ric Rags