

Climb down the weight ladder to permanent weight loss and a healthy lifestyle...

# Weight Loss Journal

How I lost 55 pounds in 10 weeks and you can too...



By Kevin

<http://www.weightladder.com>

# Weight Loss Journal

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I regularly add new content to this eBook. [Click here](#) to get the latest version of Weight Loss Journal.

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# Dedication

This eBook is dedicated to my family... I couldn't have done it without you... I was motivated by my love for you and by your warm encouragement... I want to live for a very long time so that I may spend more time with you and enjoy our lives together.

**“The love of a family is life’s greatest blessing”**

– Author Unknown

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# Disclaimer

Weight Loss journal was compiled from the experiences and thoughts of Kevin from [WeightLadder.com](http://WeightLadder.com).

Kevin was under medical supervision during his weight loss and encourages everyone to check with their doctor before starting any new exercise or diet program.

Kevin is not a doctor nor and any sort of proclaimed expert. He is just a man that needed to lose weight and finally decided to get off his rump and make it happen.

Kevin is motivated in sharing this information in hopes that others will find it helpful in their own pursuit of weight loss and exercise goals...

Kevin is not done with his weight loss and this eBook may be updated in order to add new ideas and new experiences.

This eBook like Kevin's weight loss is a work in progress. Please understand... Kevin will be working to improve upon both.

This eBook makes no guarantees of any kind. It is the responsibility of the reader to take charge of their life and make change happen.

# Preface

I have been an athlete all my life. I may not have always looked like an athlete, but I have always had great hand eye and foot eye coordination. I have not always been the fastest, strongest, or been able to jump the highest, but that never stopped me from competing at the Division I NCAA level in my chosen sport: Basketball. It didn't hurt that I was 6'10" tall (over 2 meters for the metric folks)...

I mention this not because it was a requirement for my weight loss only to give some background into the stories relayed in this book. You do not need to be an athlete to exercise.

I have always felt overweight. I wasn't the kid sneaking food or anything, but I have always felt fat. I wasn't always fat, but that did not change how I felt about myself. This fact is not relevant to losing weight or exercising it is simply an aspect of self awareness that I have come to accept. Like my emotional eating. Neither is a problem... I am aware of myself and therefore I can control it.

I have always been interested computers. In the earliest form this interest took form of video games. I still enjoy a video game (for about 2 days) every now and then... Furthermore, my interest in computers lead to my degree (Computer Science Engineering) and my chosen profession (software engineer / software executive). One might even conclude that my weight gain was a result of my interest in computers and the sedentary life that can accompany such a career path. They would be wrong.

My sedentary lifestyle of previous years was my choice (bad choice)... Even when I am working 100+ hour weeks there can always be time for exercise. Just because you are sitting in front of your computer most of the day doesn't mean that you must snack on junk food. There are many ways of [snacking without ruining your diet](#).

I encourage everyone to stop making excuses. There is no time like the present. Start your own journey down the weight loss ladder today.

Even though I had needed to lose weight for some time (and known it too), it took the donation of the first month of a medically assisted weight loss program to spur me into action... I made the minimum bid at a silent auction and was soon the proud owner of a free month of medically assisted weight loss. Soon thereafter my journey began: [WeightLadder Reset — 390lbs and Starting Medically Assisted Weightloss](#).

# Acknowledgments

[Jump Start Medicine](#) and Dr. Sean Bourke -- thank you for making the donation to the charity auction.

Lazy Man from [Lazy Man and Money](#) and [Lazy Man and Health](#) -- thank you for lending me your vision of the blogosphere and for being a sounding board.

Mehdi of [StrongLifts.com](#) – the opportunity to write a guest post and advice on blogging and exercise -- [7 Steps to Stop Making Excuses and Start Making Progress](#)

Israel of [FatManUnleashed.com](#) – for the FMU Tshirt and motivating me to take some photos of progress.

The Fitness Health Network.

Past coaches at all levels. I still find nuggets of wisdom in memories of past practices.

Past teammates at all levels. Thank you for the scaffolding that allowed us to succeed. I hope your lives have gone better than expected.

Past opponents at all levels. For pushing me and never accepting that I was better than you.

Most important the [WeightLadder.com](#) community. Your comments and emails made this eBook. Thanks for your support during the past few months and in the years to come.

**“Live long and prosper... Peace and long life...”**

--Ancient Vulcan Greeting

**“A journey of a thousand miles begins with a single step.”**

--Confucius



# 10 Foundations

**Consuming fewer calories than burned will result in weight loss.** ~3500 calories are need to be burned in order to equal a pound of fat. You must burn more calories than you consume if you want to lose weight.

**Starvation is not the answer.** Nothing good will come from starvation. You must eat and your diet must be sustainable.

**Eat early, eat often, but don't eat late.** Eating is important. Eat at least 4 times a day and 6 times if you can manage it. Snacking is OK as long as the snacks are planned and fit within your caloric envelope.

**Low-Carb AND Low-Fat reduced calorie diet.** The diet that I follow is a low carb and low fat diet 1200 calorie a day diet. I am allowed 14 servings of lean protein, 6 complex carbohydrates, and 1 dairy per day. Very similar to the [South Beach Diet](#).

**Exercise.** This cannot be emphasized enough. Even if you can only exercise a little in the beginning it is important to exercise. Exercise helps to burn more calories. A 3500 calorie deficit is required for every pound of weight lost. In fact, exercise and mobility are so important that you should strive to exercise twice in one day. Start slow, but get moving.

**Eat Before and After Exercise.** I eat 5 almonds or a small handful of dry roasted soy beans before and after all exercise.

**Hydrate.** Drink lots and lots of water. Don't over do it, but when exercising and dieting in Ketosis drink plenty of water. Never forget the [importance of hydration](#).

**Get your rest.** Just because you can doesn't mean you should. If your body needs rest give it rest.

**Get your sleep.** Similar to getting your rest. If you don't get enough sleep your body will not be able to recharge the batteries.

**No excuses.** There are plenty of reasons why you need to lose weight, do not make up excuses to sabotage your efforts.

# Articles

**“You can do it if you believe you can.”**  
--Napoleon Hill

## [Snacking Without Ruining Your Diet](#)



One of the major reasons that people have difficulty keeping on their diets is the urge to snack. For many of us, it's hard to get through the day without having at least one snack. However, that one snack can easily turn into ten and before you know it you're grazing all day long, adding useless calories to your daily intake. While snacking can be important, you're going to need to be smart about it to make sure that you can stick to your diet.

When we need a little snack fix, most of us reach for a bag of chips or a candy bar. It's a quick fix and provides you with that burst of sugar that will make you feel pretty good right away, but not so good later on. The key to snacking without ruining your diet is picking the right kind of snacks. It may take a little while at first to get used to eating healthier snacks, but before long, you'll be able to prefer it.

Start by figuring out how many calories you want to eat per day. Add up your three main meals and then figure out how many calories you have left over. This can be [used as a guide](#) to help you pick the snacks that will keep you on your diet. You'll also need to figure out the times when you are most likely to snack and target some changes in your regular meals to help you get through the day.

A great snack will contain enough protein to give you the energy you need to make it to your next meal without feeling deprived. Over the long term it is much more effective than carbs at keeping your body fueled right. For example, instead of that can of soda and a serving of chips, which can equal more than 300 calories, have one serving of low fat cottage cheese. This contains only about 80 calories and can actually be quite satisfying. Even a small block of cheese, a serving of tuna or some other small treat can be a great low calorie high protein alternative. A really great healthy snack that I just picked up at the local Costco (seriously tastes great) is dry roasted and lightly salted edamame aka soybean. 70% Less fat and 40% more protein than peanuts... one serving is 14 grams of soy protein and 2 net carbs.

Figure out what kind of protein snacks you like to eat. If you are one that absolutely needs to feed your sweet tooth, look for special protein bars that are low in calories and carbs while high in protein. These can provide a great boost of energy and keep you balanced all day.

Earlier, we mentioned that it is also important to figure out what times of the day you are most likely to snack. This is usually a sign that you are not eating a balanced enough

meal before hand. For example, if you have a lot of carbs for breakfast, that sugar is going to wear off well before lunch, leaving you feeling hungry. Breakfast is the most important meal of the day, but it should contain enough protein to give you the fuel you need to make it to lunch.

Photo Credits: [1](#)

### **[3 Ways to Easily Add More Fruits and Vegetables to Your Diet](#)**



All of us know that we need to start eating healthier and get more fruits and vegetables into our diets. The hard part is actually doing it. For many people, it's just hard to get past the taste. However, there are ways that you can easily add more servings of fruit or vegetables to your diet with little effort. We'll show you ways to cheat and still enjoy your food.

#### **1. Start with salsa substitution.**

If you eat a lot of dips, you're adding a whole bunch of useless calories into your daily rotation. Put away that dip and bring out the salsa. It contains numerous vegetables and fruit and the taste is terrific. Better yet, it's fat free and extremely low calorie. You can use salsa on just about anything to make it taste better and you're getting the benefit of adding more servings of these important foods to your diet with little effort.

You can use it with chips, or tortillas, on eggs or pretty much anything. If salsa is not really your thing, try experimenting with a couple of different brands or you can even try to make your own with vegetables you like. Fruit salsa is surprisingly good when combined with cottage cheese or other low fat dairy products. This is probably the easiest way to get more fruit and vegetables into your diet with little effort.

#### **2. Add one more serving of vegetables or fruits with every meal.**

At breakfast, have some low sodium tomato juice or a sliced apple. At lunch, you can add in some delicious corn or a pear. With dinner, try experimenting with a tossed salad with low fat dressing. This makes it easy to get at least three more servings of fruits or vegetables into your diet without any effort at all. What's more, these servings will help you fill up faster and avoid overeating other foods that are less healthy.

#### **3. Retrain your palate.**

Some of us simply just don't like fresh fruits or vegetables. The key here is to retrain your palate and make your brain think that you actually enjoy them. Start small and add low fat sauces or little things to make the vegetables taste better. For example, you can spread a little bit of peanut butter inside a stalk of celery. Suddenly, that tasteless stalk actually tastes good and you're getting the added benefit of more protein. This makes a great afternoon snack. Just don't overdo it on the peanut butter or you won't be getting any benefit.

Simple things can make vegetables and fruits a lot better. However, you can also try experimenting a little. Just because you don't like one fruit or vegetable doesn't mean

you may not love another. Get creative and go outside your usual routine with new vegetables you've never tasted before. You can actually have a lot of fun by trying out all sorts of new foods and seeing which ones you enjoy.

Photo Credits: [1](#)

## **[Ramp Up Your Metabolism Naturally](#)**



If you want to jump start your weight loss efforts, you're going to need to [focus on your metabolism](#). For most of us, our metabolisms have either been slowed by yo-yo dieting or even genetics and it can be hard to get them back again. However, it is not impossible to kick start your metabolism once again. You just need to make sure you are using the right techniques.

Many people fall on the theory that caffeine is the easiest method you can use to increase your metabolism. While this is true in the short term, the drawbacks are numerous and it's not good for your body or your heart to take too much caffeine. You can actually end up with caffeine intoxication if you have more than 500mg of caffeine in a day. That's the equivalent of two large cups of coffee from Starbucks to put that into perspective.

Instead of relying on external ways to increase your metabolism, it's time to look inward. First, let's talk about blood sugar. If your blood sugar is out of whack, your metabolism is too. Your body is spending too much time processing the wrong kind of foods and your metabolism suffers for it. If you're constantly throwing your body through feast and famine when it comes to sugar, chances are your levels are far out of whack.

To fix this, you need to make sure that you are getting the right balance of proteins, carbs and fats. This gives your body the chance to actually start burning fat instead of working on handling all the sugar that you've thrown at it. Keep in mind however, that you do need some sugar in your diet to keep functioning properly.

Next, you're going to want to build lean muscle mass. It simply is more effective at raising your metabolism than anything else. You can start doing this by adding in some mild weight lifting into your exercise routine. Even women can benefit from lifting small amounts. As you build muscle mass, don't panic if the numbers on the scale go up a bit. This is perfectly normal since muscle weighs more than fat. It is only temporary and if you keep burning fat, those numbers will come back down.

You can look at it as though you are restructuring your body. You are removing fat, which slows down your metabolism, which lean muscle mass that will raise it. Over the long term, you're retraining your metabolism and getting it to speed up.

By learning how to manage your blood sugar properly and by building more lean muscle mass, you have the perfect recipe for increasing your metabolism. It won't happen overnight, but if you stick with it, you'll be able to burn fat quickly and more efficiently. Don't rely on supplements that make crazy promises and endanger your health. They may

work in the short term, but unless you address the issues that caused the slowdown of your metabolism in the first place, you're not fixing the problem.

Photo Credits: [1](#)



### **3 Tips on How to Avoid Diet Stress**



Dieting can be very stressful in many ways. It's never easy to start depriving yourself of food, and you'll undoubtedly experience not only physical stress but some emotional stress too. While it's hard to completely avoid all stress in your life, there are ways that you can make your diet less stressful. By using these techniques, you can be assured that you're not setting yourself up for failure. By removing the stressors from your diet, you'll be able to stay on track and get healthy.

#### **Tip 1 -**

Don't pick a diet that is going to deprive you. While the word diet is synonymous with [deprivation](#), it doesn't have to be. So many people set themselves up for failure by picking a diet that is simply too hard to maintain. The main key is reducing the overall amount of calories that you're putting in to your body and increasing the amount of exercise. If you're not getting the right kind of fuel, you won't be able to exercise. Instead of picking a severe diet at first, go with one that is going to be easier. You'll be able to ramp up your efforts once you start to see results.

#### **Tip 2 -**

Understand that sometimes snacking is necessary. If you work long hours, chances are you're going to get hungry between lunch and dinner. Too many people beat themselves up about snacking and get all stressed out. The key is not avoiding snacking, the key is finding the right kind of foods to snack on. Instead of that high calorie candy bar, pick a treat that has a lot of protein in it, such as low fat cottage cheese. Your body may be telling you it needs sugar to keep going, but what it really needs is some protein to create real fuel. There are times when you simply run out of fuel, but don't put just any kind of fuel in your tank. By filling up with the right fuels you'll be able to de-stress and keep going longer.

#### **Tip 3 -**

Pick an exercise program you can maintain. Beating yourself up because you can't keep to an hour a day of heavy aerobics is not only stressful, it's unhealthy. You're not going to be able to run a marathon overnight. Stick with a small amount of exercise at first, until you start to build up your energy. Instead of a full hour, try a half hour for the first few weeks. It may take a bit longer to see results, but you're building a firm foundation for success.

The key is finding ways to avoid beating yourself up on your diet. We are usually our harshest critics and it becomes all too easy to succumb to that little voice that tells us we can't do it. By circumventing that voice and starting small, you'll be able to get over your diet stress and start seeing real results. A healthy diet takes work, and changes won't happen overnight.

Photo Credits: [1](#)

## [4 Excuses to Not Exercise and 4 Ways to Change That](#)



Let's face it, when it comes to starting an exercise plan, few of us actually enjoy it. Who wants to get all tired and sweaty when it's so much easier to sit on the couch and languish? This causes most of us to make excuses and find ways to keep busy so that we have a reason to avoid exercising.

However, there are ways that you can get past this stage and make that effort towards getting healthier. And you know what? Once you start exercising regularly you'll most likely find that

you feel better when you're done. That's right, eventually you will like exercising.

So, let's start off at ground zero. You [need to exercise](#), but you don't want to. First, make a list of all the reasons that you need to start exercising. Now, next to this column, make a list of the reasons that you don't want to exercise. Let's take a look at that second column and start blowing these excuses away.

### **Biggest excuse - you don't have enough time.**

Well, there are several ways to look at this. Most of us need to exercise at least thirty minutes a day. While it's better to get it done all at once, there's no rule that says you have to do thirty minutes in one sitting. Can you find three 10 minute blocks in your day where you usually do nothing? Turn that time into exercise time! It may not be easy if you're at work, but there are ways that you can start exercising even on the job.

### **Second biggest excuse - I'm embarrassed to go to the gym in my current state.**

Yes, walking into the gym and being the biggest person there is not fun. However, chances are, those people looked just like you at one time or another. You don't need to feel ashamed of your body. If you find that you're [not welcome at one gym](#), try another. If all else fails, get some exercise equipment for you home or start a walking plan around your neighborhood. Keep at it until you feel comfortable enough to walk into the gym.

### **Third biggest excuse - The gym is too far away.**

This is one of the few excuses that actually makes a lot of sense. We're all pretty busy and driving that extra twenty minutes out of our way doesn't fit into our schedules. If you cannot find a gym that is within a short distance of your home or work, try to get some exercise equipment of your own, or find ways to exercise that don't require actual equipment, such as walking or running.

#### **Fourth biggest excuse - [I'm too out of shape](#) and it's too hard.**

Well, with this mentality, you're never going to get anywhere. Instead of leaping into a marathon training regime, you're going to need to start small. Build up your exercise in five minute blocks, adding more moves until you are able to do them all at once. This helps you gradually get into better shape and it's not so hard to get started.

Photo Credits: [1](#)

## [Trim Your Waist By Avoiding These Pitfalls](#)



Nearly everyone wants to lose inches off their waist and there are many schools of thought on how to accomplish this. Many people believe that the best way to trim your waist is to do hundreds if not thousands of sit-ups or crunches, but in reality, this method will not do much good. In fact, you may end up actually thickening your waist as a result.

Another common misconception is that you can target specific areas on your body for weight loss. While it would be great if it were true, there are absolutely no proven techniques that will allow you to lose weight only from your waist. It simply is not genetically possible to target only one area on your body for fat loss.

A trim waist is best achieved by using the [right kinds of exercises](#) in the right amount. We'll get to the second way in just a minute, but let's focus first on the types of exercises you should be doing. We already mentioned that crunches can make your waist bigger, so let's look into that a little further.

If you are just doing crunches and you're not working on a fat loss plan, you are essentially building up muscles underneath a layer of fat. While it is true that some calories can be burned with these exercises, it is not enough to burn that fat away from your midsection.

So, you are essentially building up those muscles under that fat, which will increase the volume of your waist, not decrease it. In addition, chances are you may not be doing your crunches effectively. They are only effective when you are using your abdominal muscles, not your back muscles to pull yourself upward. The abs are only in use from the time you lift your shoulders off the ground until you get a few inches up in the air. After that, your pelvic muscles take over and you're not getting much benefit.

The best exercises that you can use to isolate your waist are the ones that require cross over your body. This twisting motion will reduce the size of your waist much more effectively than crunches. Whether you're standing or on the floor, cross body movements are the most effective means of whittling your waist.

In truth however, the absolute best way to make your waist smaller is to burn the fat that is deposited there. Once you do that, you'll be able to see the actual results in your muscles and you'll be able to peel off inches from your body. In order to burn up that fat, you're going to need to reduce your calorie intake and increase your aerobic workouts.

Pumping iron without an aerobic component doesn't do any good here. True you are using energy to lift the weights, but you need to ramp up that heart rate and get your body working to burn that fat. If aerobics aren't your thing, find exercises that do get your heart rate up and stick with them. Even [spinning](#) can help you burn abdominal fat if you do it long enough.

Photo Credits: [1](#)

## [How to Eat Low Fat Without Low Taste](#)



One of the main things that keeps people from trying low fat foods is the fact that a lot of them taste, well, pretty bad. It's all too easy to brush it off as "rabbit food," and convince yourself that you need real food. However, there are many [low fat foods](#) that are actually quite flavorful and there are methods that you can use that can enhance flavors without adding fat. Low fat food doesn't have to taste awful and we'll show you how you can actually start enjoying it with a few tips.

Let's look at a popular low fat food, skim cottage cheese, that is high in protein and very helpful for anyone that is on a diet. If you're used to eating regular cottage cheese, or none at all, the flavor in the skim or fat free variety can be a bit off. Try adding a little black pepper on top, or even some paprika. If you like it spicy, try adding a little shot of Tabasco sauce to it. Look for seasonings that are fat free and that will add to the flavor of your low fat cottage cheese.

Now, let's move onto low fat cereal. In some cases, it may be better to call it low fat cardboard. The same is true with low fat chips. They really can taste a little flat and pretty unappetizing. If you're eating low fat cereal and barely choking it down, try adding a little Splenda to it. This is a great calorie free sweetener that can really help and it doesn't affect your blood sugar as opposed to Nutrasweet or [saccharin](#). You can also try using vanilla flavored soy milk instead of regular milk. You'll be getting the benefits of soy protein and the vanilla flavor helps mask the tastelessness of the cereal. For fat free chips, try dipping them in fat free salsa. Once again, you're tricking your tastebuds and it really does work.

[Salsa is a great additive](#) for a lot of foods that can spice things up without adding any fat. Use it on lean chicken to make it less boring, or add it to some celery for an extra kick. Anytime you would normally use high fat dip, replace it with fat free salsa. This gives you that feeling of being able to enjoy dipping foods without the guilt.

The main key is retraining your palette. Let's face it, high fat foods taste pretty good and that's why they are so hard to quit. However, here's an experiment you can try. Eat low fat foods for one month and then allow yourself a small sample of the foods you used to enjoy. Chances are, that high fat food is going to taste pretty awful. You'll be able to literally taste the oil and it may even make you a bit nauseous. The human palette is highly trainable and if you can convince it that low fat tastes better, you'll never be in danger of falling off the wagon again.

Photo Credits: [1](#)



### **3 Weight Loss Techniques You Need to Avoid**



We all know that fad diets are a bad idea and rarely work, but it is so easy to get swept away by their claims that many forget this. Who doesn't want to lose ten pounds in a few days? The problem is, these diets not only are not effective over the long term, but they can actually end up harming your body. It's no good being thin if you've wrecked your health in the process. Instead of picking on [individual name diets](#), we're going to cover the techniques that need to be

avoided for weight loss. New and very similar diets pop up all the time, so it's best to focus on their methods.

#### **1. Lose ten pounds in a weekend with special drinks.**

This is an incredibly popular diet that many people swear by. Yes, it works, and most see a weight loss of around 5 to 8 pounds. However, the reason that it works is that it sucks all of the water out of your system and basically acts like an incredibly powerful laxative. This diet is one that should be avoided simply because its side effects are so dangerous. Thousands of people have managed to become severely dehydrated as a result of these diets. In addition, since it's only water weight that you're losing, those pounds are going to creep right back on the minute you start eating normally again.

#### **2. Starvation diets.**

Although these diets produce almost instant results, they are incredibly damaging to your metabolism and your brain. When your body goes into starvation mode [your metabolism actually slows down](#) - it does not speed up. This means that once you return to eating normally, you're going to gain even more weight than before. Your body needs food, plain and simple. Your brain cannot function properly without the right kind of fuel. Starving yourself is the worst way to lose weight.

#### **3. Diets that focus on one type of food.**

Soup, cabbage, you name it, eating one food only is not a smart idea. Your body is built with an internal balancing system that requires the right percentage of fats, proteins and carbs. By depriving yourself of this balance, your body will eventually rebel and demand, usually through insanely strong cravings, the food that it needs. Again, you may see quick results initially, but they won't last long.

Photo Credits: [1](#)

# Questions and Answers

To submit a question to be answered in this book please leave the question as a comment on a blog post to which the question pertains...

# The Author

## Weight Loss



**[Before and After Weight Loss Photos](#)**

***Before 390 pounds***



***9 Weeks and 53 pounds lost***



# Recommended Reading

## Weight loss Motivation

- [Living Large](#) by Michael Berman

## Diet:

- [South Beach Diet](#) by Arthur Agatston

## Life:

- [The 4 Hour Workweek](#) by Tim Ferris
- [Getting Things Done](#) by David Allen

**“Your focus determines your reality”**  
-- Qui-Gonn Jinn