

Three Secrets To Weight Loss

To help you get started
on your weight loss
journey.



CIARA HEALION



You can't live your life going from diet to diet. Letting food play such a huge role in your life is not a fun way to live. Giving it the power to dictate how you feel about yourself is, in my opinion, no way to live. Life can be hard enough without constantly beating yourself up and feeling like a failure.

Imagine a life where you can enjoy food without guilt. A life of food freedom is totally possible.

We all know women who seem to be able to eat whatever they want. They never seem to be on a diet, and sometimes they might even forget to eat because they are busy doing other things. These ladies eat to live not live to eat.

Welcome

Hi, I'm Ciara,

I'm an Online Nutrition and Fitness Coach who has spent the last 6 years helping ladies lose unwanted weight through mindset and behavior change, building new habits so they don't have to keep looking for motivation to arrive.

I found a love for health and fitness while I was on my own weight loss journey. After trying all the diets and quick fixes I figured out that if you really want to change any area of your life you have to change your behavior, habits, and mindset.

A weight-loss journey does not have to be as hard as we tend to make it ourselves. I show my clients how to lose weight while reducing stress, gaining energy, feeling great, and getting their mojo back, feeling more confident in the process.

Don't fall for the BS of the diet industry.

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Secret # 1

*Diets don't work!!!! Not even
the new super-duper ones.*

None of us know how long we have left on this planet, and not allowing ourselves to eat the foods we love just sucks! We might tell ourselves that losing weight is important and that this is what we must do to become slimmer. But what happens when there's a party, event, or something that breaks your heart??? If you're like most you could say Feck this and break out eating as much as possible.

I'm not sure about you, but I've tried most diets. While they did work for a few weeks when I finished I put all the weight back on, felt terrible, and ended up eating more to make myself feel better. The next thing I knew, I was heavier than before I started

Does this sound familiar?

Don't waste any more time going round and round in circles.

For decades the diet industry has been fooling us, dumping billions into advertising that tells us how you should look and eat using their magic pills, detoxes, and belly wraps. Major influencers found on social media, radio, and TV, create the illusion of rapid weight loss.

It's the diet industry's dirty little secret, that 95% of all dieters will regain their weight in under six months. And 83% will gain more weight than they lost.



"Don't make change too complicated. Just begin!"

At the end of the day, we are human, not robots and we can't restrict ourselves and we shouldn't.

A lot of the time when people struggle with weight, it's because they overeat, or emotionally eat.

The first place to start on your weight-loss journey is to figure out what's going on with you. Start by keeping a food mood journal.

It's important to not judge yourself and be honest. You need to notice what's going on before you can fix it.



"You are in charge of your life. Choose wisely"



Are you eating because you are hungry, or are you eating because you are:

- **Bored?**
- **Lonely?**
- **Tired?**
- **Sad?**
- **Stressed?**
- **Angry?**



***"Focus on
what
matters.
Forget
everything
else"***

A lot of the time, we try to deal with our emotions with food or alcohol. We try to numb emotions or not think about them. This works for a little while but ends up making us feel worse about ourselves and the weight piles on.

Once we figure out what the emotions are that we are trying to hide, we can find healthy ways to deal with them.

Journaling can also be very helpful in finding out what's really going on and working through it.

Secret #2

*Changing your
environment makes a
difference.*

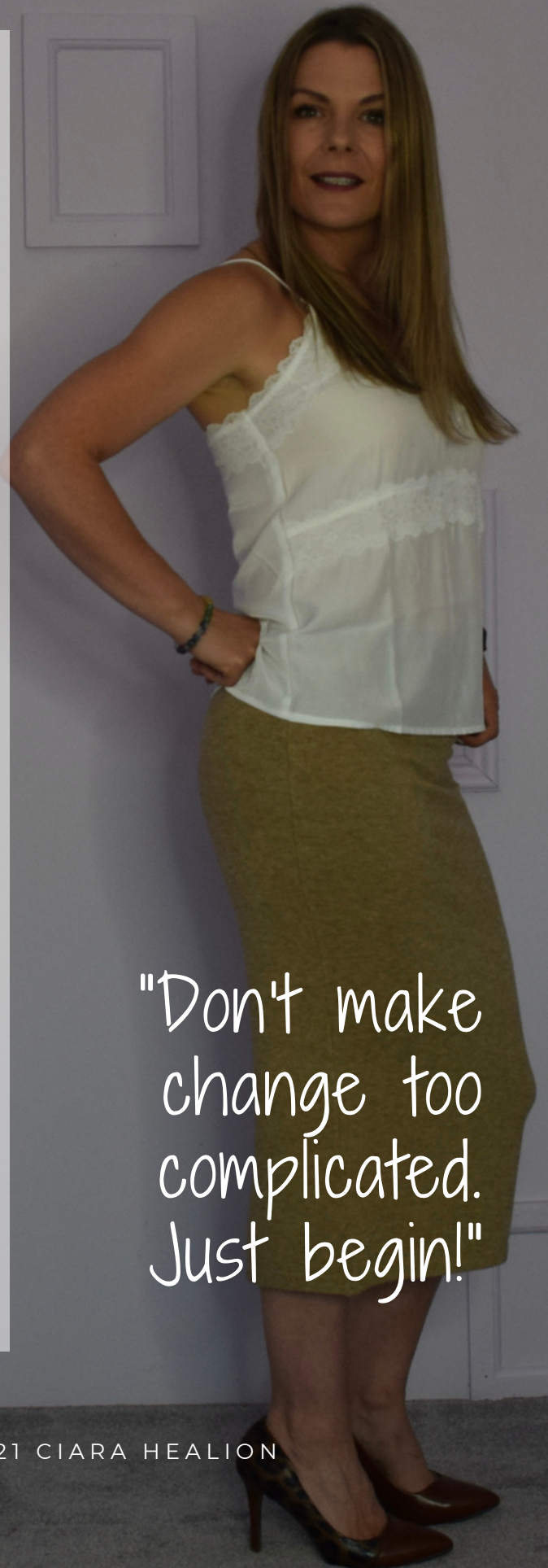
The environment that we live in can make a huge difference in your success for weight loss. Making small changes will help you without you even trying. Here are some tips to get you started.

Tip # 1

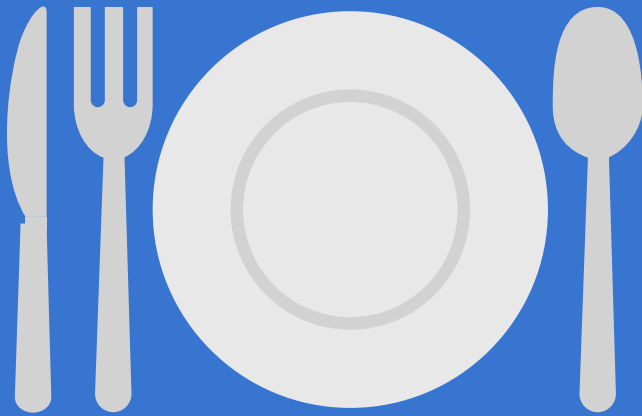
There should be no visible food sitting on your kitchen counters except fruit. Move sweets, chocolate, alcohol, etc... to a more inconvenient place e.g. a high cupboard, or even out of the kitchen, to stop you from eating it mindlessly.

Tip # 2

You're three times more likely to eat the first food you see when you open the cupboard, pantry or fridge. So, remember this when you are putting food away.



"Don't make change too complicated. Just begin!"



TIP #3

Choose plates that contrast with the colour of your food. Since most starches are white, rice, potatoes, and pasta. Use darker plates. If your plate is the same colour as your food you'll serve yourself 18% more.

Secret #3

You don't need grueling workouts to get in shape.

Sometimes we are led to believe that the answer to weight loss is more exercise. A lot of people think, if you work out, you can eat whatever you want.

Most of the time we overestimate how many calories we burn while working out.

Here's the truth...



According to Robert Bargar, MD

- 1 glass of wine is 83 calories
- chip shop fish and chips 840 calories
- Chinese Take Away, 8 balls 560 Calories
- Chinese Takeaway spare ribs 8 oz 949 Calories
- Chicken Fried Rice 640 Calories
- Snickers bar 245 Calories
- Danish Pastry 374 Calories
- Doritos Nacho Cheese Chips 12 chips (28g) 150 calories

I'm by no means saying you should never have any of the above because that's not true. Everything is ok in moderation and we shouldn't feel guilty about eating food.

Exercise is an important part of a healthy lifestyle and can help shape and tone your body.

It should never be used as a punishment for what you've eaten.



"Don't make change too complicated. Just begin!"

Exercise 101

If you're a complete beginner it's a good idea to start with walking. Get yourself a heart rate monitor and try to keep your heart at around 120-140. Try to work yourself up to 30 mins 4/5 days a week. (This might take a couple of weeks depending on your level.)

When you can do this (and it's not that hard anymore) you'll need to mix things up, by adding intensity and resistance training.

Adding weight training to your exercise routine is important. Before your brain starts to head down the road of weights and muscles, put the brakes on. I have heard 100s of times "lift weights? I DON'T WANT TO LOOK LIKE A MAN!!"

I always answer.... " that's great news, that would be so hard to do"



"You are in charge of your life. Choose wisely"

Here's why lifting weights is important and why you won't end up looking like a man.



Men have 10 times the amount of testosterone as women which is why it's so much easier for them to build muscles. That being said, it's still hard for them and takes a lot of work and dedication.

Adding resistance training will strengthen, tighten and tone your body. More muscle mass = A body that burns more fuel even at rest improves your posture and makes daily activities much easier.

The best way to "up" your intensity, is with interval training - short bursts of intense exercise followed by a rest period, and so on.





"Focus on
what matters.
Forget
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It's so important to make sure you work your way up to this. over time. If at any time you don't feel ok while exercising you need to stop. Always listen to your body.

We should think of exercise as a bonus for weight loss but most importantly it's a way to improve your health, lengthen your life, strengthen your body for the future making us more mobile, and less fragile, and improve our overall quality of life.

Having a physical therapy clinic for years. I can't understate how important exercise and movement are as we age. Making us slimmer is just a side effect. The important thing about exercise is to find something you enjoy.

The best way to predict the future is to create it. Where do you want to be six months from now? Starting over or celebrating your progress?

Final Thoughts

I have a little gift for you

Click below to get your copy of my free
food mood journal

CLICK HERE



Do you know about portion sizes?
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Fancy one of my cookbooks for free?
You know what to do.

CLICK HERE



A JOURNEY
WITH ME →





Have you realized that you need help on your weight loss journey? Click the link below to find out more info on my paid 1-1 bespoke coaching weight loss programs.

[Info link](#)



Lastly, I hope you enjoyed this pdf and I've been able to help you move forward towards your goal in some way.

Love, Ciara x



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