

75 No-Diet Weight Loss Tips



75 No Diet, Eat and Stop Yourself Tips!

1. Self-Stopping Tip #1-Sit in the same place at home when you eat.

Try sitting in the same chair at home when you eat. That will bring boredom and predictability to part of your eating experience. That boredom and predictability will let you get up from your chair faster when you've finished eating. That's because you'll be more interested in doing your next non-eating activity than remaining in that "same" chair. Try it. It works!

2. Self-Stopping Tip #2-Use the same color dishes when you eat.

When eating at home try and eat from the same dishes or at least the same color dishes. Eating from the same dishes or the same color dishes will bring boredom and predictability to part of your eating experience. This boredom and predictability will make it much easier for you to stop eating when you've had enough and move on to your next non-eating experience.

3. Self-Stopping Tip #3-Keep a Neutralized Kitchen.

Keep what I call a neutralized kitchen. A neutralized kitchen is when you only keep foods in your kitchen that won't call to you in the middle of the night or for that matter in the middle of your day. Just keep foods in your kitchen that you feel neutral about. Foods that you can comfortably say no to or walk away from after you've decided how much is enough.

4. Self-Stopping Tip #4-Do you eat quickly?

Try and not eat quickly. Enjoy each chew in each bite. The more aware you become of each chew in each bite the slower and longer the experience will last. This slow down will heighten the relationship that you can have with the texture and the flavor of the food. It will also satisfy you in new and exciting ways which will help you cut down on your daily caloric intake.

5. Self-Stopping Tip #5-Are you kind to yourself each day?

It's important to be realistic about how much weight you can comfortably lose each week. Sometimes, pushing too hard for weight loss at different points of time is unrealistic, stressful and self-defeating. Be kind to yourself. It will pay off.

6. Self-Stopping Tip #6-What will you be doing after you eat?

If you know what you want to do "after" you eat, then you'll have a greater sense of motivation to stop eating after you've had enough. So, what will you be doing after you eat? Planning for it, might help you stop.

7. Self-Stopping Tip #7-If you're a mom, here's what to do.

If you're a mom who's always preparing meals for her family then instead of potentially eating the meal before it's served, set aside a favorite low calorie snack (which you should keep close at hand) and then snack on that instead. That will help you wait more comfortably for dinner and will give you the opportunity to share in your family's meal.

8. Self-Stopping Tip #8-Sit in the same place at work when you eat.

Try sitting in the same place at work when you eat. That will bring boredom and predictability to part of your eating experience. That boredom and predictability will let you get up from your chair faster when you've finished eating. That's because you'll be more interested in getting to your next non-eating activity which could be a short walk before returning to work or a long one if you're lucky!

9. Self-Stopping Tip #9-Keep small sucking candies around.

It might help you out if you keep small sucking candies around during those "hard to wait for more food times." It will help take off the edge.

10. Self-Stopping Tip #10-Keep a Neutralized Work Place.

If you work, then keep a neutralized desk or office space. Only keep foods in your desk or in your work space (if you do keep any types of food in your work space) that you know that you can say no to. Foods which you know won't be calling out your name

throughout your work day. You want to be able to focus on your work and keeping foods around you that are too exciting is going to get in your mind's way.

11. Self-Stopping Tip #11-What are you doing with your leftovers?

If you've just eaten and put your leftovers in your refrigerator but you're afraid that you're going to eat them sooner than later then I suggest that you run them under hot water or take them to the garbage room. I am definitely not one to waste food but if it's a choice between my hips and the hot water you know where it's going.

12. Self-Stopping Tip #12-When you eat only eat!

It's important when eating to only eat. That means that when you're eating, don't watch T.V., read the newspaper or watch a home movie. As soon as you don't concentrate on what you're eating, chances are that you're going to have a harder time stopping yourself and therefore probably have "too" many calories.

13. Self-Stopping Tip #13-There is NO magic pill for weight loss.

There is NO magic pill for weight loss. Weight loss is a commitment to a daily lifestyle change. Find the patience inside yourself to commit. You can do it. Trust yourself.

14. Self-Stopping Tip #14-When you're food shopping, here's what to do.

When food shopping, why not pack a low caloric snack like an apple or a package of sucking candy to help you stay focused on what you stepped into buy and stick to the old adage that less is more.

15. Self-Stopping Tip #15-Weight Loss Proofing Your Car.

If you bring food into your car then always try to put it in the "same" place. This will help bring boredom and predictability to your car "eating" experience and will support you in stopping sooner than later.

16. Self-Stopping Tip #16-Do you take your lunch to work?

If you take your lunch to work then try and use the same container. This will help make your eating experience more predictably boring and that will always help to make it easier for you to stop.

17. Self-Stopping Tip #17-Do you have foods in your house that talk to you all day?

If you have foods in your house that talk to you all day then here's what to do.

Remembering that I'm not one to waste food I suggest that you either run those talkative foods under hot water or bring them to your garbage room. Either one of these actions will just give you the choice to have a more peaceful day with food. Trust me. I've been there.

18. Self-Stopping Tip #18-Is your fork always in your hand?

Try and put down your fork between each mouthful. This will give you more time to enjoy each piece of food that you bring to your mouth and totally concentrate on it when you're chewing. This type of concentration will help you develop a whole new relationship between you and the flavor and texture of the food in your mouth. As a result, this will help you enjoy each mouthful more and more and therefore want less and less.

19. Self-Stopping Tip #19-Weight Loss Proofing Your Dorm Room.

If you're a college student and live in a dorm then try and sit in the same chair each time that you eat. Sitting in the same chair will bring boredom and predictability to part of your eating experience. This boredom and predictability will let you leave your eating experience after you've had enough, sooner than later.

20. Self-Stopping Tip #20-Use the same utensils at home when you eat.

When eating at home try and use the same utensils. Using the same utensils will bring boredom and predictability to part of your eating experience. This boredom and predictability will make it much easier for you to stop eating sooner than later. Try it. It works.

21. Self-Stopping Tip #21-What do you order at the restaurant?

If you go out to dinner a lot, then why not try ordering the same types of food more than less. If you always order a chicken dish, then the predictability of that chicken dish and therefore the boredom of that experience will let you stop eating sooner than later. This will give you an opportunity to focus more on other aspects of the meal such as where you're eating it, who is with you at the table and exactly what they're saying. Just food for thought!

22. Self-Stopping Tip #22-Use the same utensils at work when you eat.

When eating at work try and use the same utensils whenever possible. Using the same utensils will bring boredom and predictability to part of your eating experience. This boredom and predictability will make it much easier for you to stop eating sooner than later.

23. Self-Stopping Tip #23-Do you keep a daily routine?

I believe that it's important to have a daily routine. Keeping a daily routine gives you an idea of what you can or can not realistically do on any given day while always remaining flexible. It will also let you find the times of the day when eating is the most comfortable for you and so you can depend on your schedule.

24. Self-Stopping Tip #24-Setting a goal.

It's important that you set a goal for your weight loss. It's important to have that goal in front of you so that you're able to measure your progress. Setting your weight loss goal is the same as setting any other goal. It's important to know what you would like your end result to be so that you can work to achieve it.

25. Self-Stopping Tip #25-Have you ever tried food journaling?

Eating provokes all kinds of feelings and the higher the intensity of any one feeling, the often harder it is to stop. A great way to calm yourself down after you've eaten is to record what you've had. This can help you in many ways. First it will immediately give you something to do to take your mind off the food. Secondly, it lets you take a second

look at what you've just had and lastly it lets you track your weight loss or weight maintenance progress which is always a good thing to do.

26. Self-Stopping Tip #26-Use the same kind and color napkin when eating at home. When eating at home try and use the same kind and color napkin. This will also help make part of your eating experience more predictably boring and therefore easier to walk away from.

27. Self-Stopping Tip #27-Be realistic when setting your weight loss goal. It's important not to look at size 0 or size 2 celebrities as your ideal weight role models. They're part of the celebrity culture and their weight-loss values are crazed. Set a weight-loss goal that you can REALISTICALLY LIVE WITH. That's the only size that counts.

28. Self-Stopping Tip #28-Do you eat on the run? With the hectic schedule in so many of our lives today, a lot of people often eat on the run. Eating on the run doesn't help make you aware of what you're eating and you're probably going to eat more than you're probably comfortable with. Eating on the run is just not a good habit to get into.

29. Self-Stopping Tip #29-Use the same kind and color napkin at work when you eat. When eating at work try whenever possible to use the same kind and color napkin. This will help make part of your eating experience more predictably boring and therefore easier to walk away from. Try it. It works!

30. Self-Stopping Tip #30-Listen to Music. If you've just finished eating and you're feeling full but want some more, then get your favorite CD and listen to that instead.

31. Self-Stopping Tip #31-Do I have to exercise?

Exercise is fun and it doesn't mean that you have to go to the gym. Take a nice walk each day or buy some type of yoga or work out tape that you can do in your house. I really believe that it's important to find some type of activity that is comfortable for you and that is easy to get to. That's because exercise, aside from burning calories does make you feel really good!

32. Self-Stopping Tip #32-Keep your house food purchases the same.

Try and always buy the same brands of foods that you bring into your house. For example: If you like rye bread then always buy the same brand. Always buying the same brand will help to make your eating experience more predictably boring and will therefore support you in being able to stop yourself when eating sooner than later.

33. Self-Stopping Tip #33-Creating a Do Don't Chew Lifestyle.

When you make the commitment to let your weight go it's really the choice to create a new lifestyle. In this new lifestyle, you'll find yourself chewing less and doing more. Doing things helps build self-esteem, excess chewing puts weight on your body and doesn't particularly make you feel good about yourself. Just some food for thought!

34. Self-Stopping Tip #34-Your aftertastes can help!

After you've finished eating the food that you wanted, there will always be aftertastes. Knowing that there will be aftertastes can help you stop yourself before you consider potentially overeating. Connecting with your aftertaste and then asking yourself, "Do I still want more?" will slow you down from potentially having more and so gives an easier choice to say no.

35. Self-Stopping Tip #35-Where do you keep the foods in your house?

If you bring any new and exciting foods to your house (and you'll know which they are) then try and always put them in the same place. Always putting the same types of food in the same place will make them boring to get to. Bringing that type of boredom to your eating experience will also support you in wanting less.

36. Self-Stopping Tip #36-Call a friend.

If you've just finished eating and you're feeling full but you want some more then call a friend and chat instead.

37. Self-Stopping Tip #37-What do you do with your dishes after you eat?

Try deciding what you're going to do with your dishes after you eat. Will you want to leave them on the table? Will you immediately bring them to the sink? Will you then leave them in the sink? Having an idea of what you will do with your dishes and utensils after you've eaten gives you something immediate to do after you've eaten and a way to get up from your seat (probably having eaten less) sooner than later.

38. Self-Stopping Tip #38-Just breathe.

When you feel like eating, but you've just eaten, then become aware of your breath and breathe. Breathe and imagine something lovely and let your food thought go.

39. Self-Stopping Tip #39-Watch for those saboteurs!

If you're losing weight or even working to maintain your weight then don't be sabotaged by the people you know. Even though people may appear to want support you, you never know so listen carefully and ignore those you need to ignore!

40. Self-Stopping Tip #40-If you want to pig out...

If you really feel that you want to pig out, then get yourself some David's Sunflower Seeds. There are about 175 seeds in a half-ounce package for 80 calories. That's 175 trips to your mouth for only 80 calories. I'd say that that's the best weight-loss or weight maintenance deal in town!

41. Self-Stopping Tip #41-Self-Compassion is Key.

It's very important that you be compassionate towards yourself in your weight-loss journey. Rome wasn't built in a day and self-compassion and self-forgiveness are just as important.

"Always remember that you're a human being first and make sure to honor that!"

42. Self-Stopping Tip #42-Don't be shy with your waiter.

If you're at a restaurant and the waiter brings bread to the table but you'd rather not have it there then don't be shy about asking him to take it back. Just ask!

43. Self-Stopping Tip #43-Remember that you're human.

If you're watching your calories and you overeat then don't go beating yourself up. You're only human and that's what you chose to do at that moment. Just remember to breathe and then get yourself back on track. Always remember that you're a person first and that self-compassion counts!

44. Self-Stopping Tip #44-Just say, "NO".

If a friend or family member offers you food but you don't want it then give yourself the choice to say "No thanks, I'm watching it!"

45. Self-Stopping Tip #45-Just for fun!

If you have some free time, then just for fun you might want to Google to find out more about the history of your favorite foods. This increased knowledge about your favorite foods will bring you to your next eating experience looking at your favorite foods differently! This might help slow you down and possibly eat less!

46. Self-Stopping Tip #46-Take a "Before" Photo.

When you commit to letting your weight go, have a friend take a "Before" Photo. Then when you've reached your weight loss goal have your friend take an "After" Photo. What a sense of accomplishment you will feel! Be proud of yourself! You earned it!

47. Self-Stopping Tip #47-Find a buddy!

It really helps if you have a friend to talk things over with when you're working on losing your weight. When you share your feelings with a friend you can always find new ways of handling difficult and challenging situations. It's a great way to help you stay on course. Try it!

48. Self-Stopping Tip #48-Stay Positive!

No one said that it would be easy. All change requires becoming aware of what you're doing so that you have the choice to make new choices. However, keep in mind:

The Chinese characters that spell crisis means opportunity spelled backwards.

49. Self-Stopping Tip #49-Inch by inch, anything's a cinch, yard by yard life is hard.

In any weight loss program that you have committed to, there will always be days that are easier than others. It's important to learn from your tougher days to try and make the next one "less" tough. Just remember what Winston Churchill said, which was:

"Winners never quit and quitters never win."

50. Self-Stopping Tip #50-Are you losing weight for yourself or someone else?

It's very important when you commit to losing weight that you're doing it for yourself and not to make someone else happy. Doing it for yourself will make each day easier to handle whereas doing it for someone else, won't.

51. Self-Stopping Tip #51-Find Support.

It's a great idea if you tell the important people in your life that you are committed to losing weight. In this way they can support you or help you even if you're having a tough day.

52. Self-Stopping Tip #52-Keep your mood swings in check.

Don't let your moods affect your commitment to your weight loss challenge. When you're feeling stressed, find a way to talk to yourself and then find a non-chewing

activity to get some relief. Moods ultimately pass, so why not find a way to comfort yourself without overeating.

53. Self-Stopping Tip #53-Don't look at how your friend is doing

I believe that everyone should run their own race in every area of their life. It's when we start looking at what others are doing that we get ourselves into trouble. So stay committed to your own committed weight loss, don't compare yourself to how your friend's are doing and *just do your best!*

54. Self-Stopping Tip #54-Use Affirmations.

Find affirmations that tell you that you love yourself and your body. It's all about being the Chief CEO of Yourself and filling your mind with positive self-talk. Remember that everything starts with a thought, so why not support your weight loss through your own positive, self-talk.

55. Self-Stopping Tip #55-Having "At" Hand Affirmations

If you find some affirmations that you like then why not write them down and when the going gets tough, just read them out-loud for additional self-support.

56. Self-Stopping Tip #56-Breathe between Forkfuls or Spoonfuls.

If you see yourself rushing through your eating experience, then why not breathe between each forkful or spoonful. Anytime you become, a more aware eater, then success is right there! The breathing will slow you down and *that is always* a good thing!

57. Self-Stopping Tip #57-Food is a Fun Thing

Food is to be enjoyed. Think of food as a friend whose company that you enjoy. So have fun with it and savor every bite!

58. Self-Stopping Tip #58-Let your scale go.

I let my scale go a long, long time ago. I only weigh myself from time to time at my local gym. I believe that getting on a scale every day only adds to the pressure of your weight loss journey or to the pressure of your weight maintenance process.

Why do that to yourself? You have the choice not to!

59. Self-Stopping Tip #59-Become a Giraffe

At any point in your day, when you feel that “tension” creeping up on you, then stand up and stretch for a while or if you prefer you can stretch while sitting in your chair.

Just find a way to keep stretching and you’ll find a way to keep happy!

60. Self-Stopping Tip #60- “On the side, please.”

Anytime you go to a restaurant ask for your salad dressing “on the side.” You can also ask for any sauce “on the side” as well.

Don’t be shy!

Just ask!

61. Self-Stopping Tip #61-You're the Chief CEO of YOU.

It's very important that you believe in yourself. That you believe that you can commit to your weight loss challenge and that *you can succeed*. You're the Chief CEO of YOU AND YOU CAN DO IT.

BUT, YOU MUST WANT TO DO IT ENOUGH!

62. Self-Stopping Tip #62-The Hare and The Tortoise.

I've always loved the children's book, The Hare and The Tortoise. Even though the tortoise is a real slow poke he does win the race against the hare. He wins the race because the hare (the rabbit) makes some foolish choices thinking that the tortoise is no competition.

I, on the other hand, am a turtle! I'd rather be slow and steady than go racing around like a chicken without a head! At least most of the time.LOL

Having said that, I truly believe that slow and steady always wins the race!

So keeping that in mind, it's your daily commitment to your weight loss challenge WHICH IS THE SHORTEST ROUTE TO YOU REACHING YOUR GENERATED WEIGHT LOSS GOAL.

63. Self-Stopping Tip #63-Steady at the top.

If you've been trying to lose weight for a while and you've made some progress but are having a hard time losing additional weight, then that just means that you've plateaued. Sometimes it just takes your body more time to adjust to its new weight until it's ready to let go of some more. So keep the faith, stay consistent and you will lose more weight!

64. Self-Stopping Tip #64- Don't Sweat the Small Stuff.

Everyone has so much going on these days that I think that just as important as losing weight is learning to keep your stress level down and finding ways to relax.

In my opinion, making the choice not to stress out is a developed taste.

You simply decide that you want to learn to let go of as much as possible **and not sweat the small stuff!**

So whether you decide to consciously breathe through a stressful time, stretch during a stressful time or maybe simply pray while taking a walk around the block, it's all good!

65. Self-Stopping Tip #65-Making Your Dreams Come True.

Think about the dreams in your heart that you wish would come true.

Start taking three steps a day to make them happen!

66. Self-Stopping Tip #66-Advantages of Weight Loss.

As a way of motivating yourself to lose weight think of all the advantages that **will** happen when you reach your weight loss goal.

Your clothes will fit better (you can fix your old ones or buy new ones), you'll feel lighter and healthier and you'll be ready to take on your dreams with a more steady beat!

67. Self-Stopping Tip #67-Money in the Bank.

I think of calories as money in the bank. How do you want to spend your money each day and do you want to receive a dividend or not? In the case of weight loss, less calories each day would be a dividend which would help take you to your pre-decided weight loss

goal. Overeating each day would do just the opposite. So just remember, that the choice is always yours! That's because you're the banker!

68. Self-Stopping Tip #68-Two Hands.

I believe that each of us has two hands, one for helping ourselves and one for helping others. So why not get involved with some kind of volunteer work, which would let you help others and at the "same" time help you think less about eating.

69. Self-Stopping Tip #69- 3:00A.M. in the Morning.

If you have some food in your house that's been talking to you all day and at 3:00A.M. it's just about to go into your mouth then why not run it under hot water!

I am totally against wasting food but if I know that at 3:00A.M. that I will lose the fight then under the hot water it will go.

Remember, it's your choice!

70. Self-Stopping Tip #70-Watching TV or a Movie.

If you're having a long day and find the time why not watch some TV or a movie (if you have a long amount of time). This way you have the choice to let your eyes and ears pass the time without potentially overeating.

71. Self-Stopping Tip #71-Why Not Bloat?

If during the course of your day, you find yourself wanting food but you know that you're really not hungry (but just want *something*) then why not "bloat" instead.

Bloating is the choice that you can make to stuff your stomach on a low caloric type of food such as lettuce or an apple. Having these types of "bloatable" foods will make your stomach feel full. Having that "full" stomach "feeling" will give you the choice to wait more comfortably before having your next meal.

72. Self-Stopping Tip #72-Do you need a calorie book?

I believe that "Knowledge is Power." So coming from that place, I believe that it's important to be able to see how many calories you're spending when you eat. Again, I believe that calories are like money, so why not check what you're spending, when you do spend!

73. Self-Stopping Tip #73- Gum vs. The Sucking Candy.

I believe that when you're trying to reach your weight loss goal or even if you're in maintenance that having gum or a sucking candy "at" hand is not a bad thing.

There are always more difficult times in your day when you might potentially want to overeat and so when that happens, why not have either gum or a sucking candy for the choice of what I call a cheap "chewing" release!

74. Self-Stopping Tip #74-Travel and Weight Loss.

The best way to prepare yourself for travel while on your weight loss journey is to pack some of the foods that you like. These foods should be low in calories and some of your favorites. It's having these foods "*at hand*" while on your business trip or on a vacation which will help support you in reaching your intentioned weight loss goal.

75. Self-Stopping Tip #75- Like to Drink.

While on your weight loss journey there's no reason that you can't drink responsibly. But it's also very important to factor in the calories that you take in when you drink. You need to do that so that you can also reach your weight loss goal.