

# HOW TO LOSE WEIGHT AND KEEP IT OFF!

**成功瘦身不复胖!** by Sam Tan, Nutritionist  
陈健德, 营养师



Losing weight can be difficult and for some, keeping it off can be an even bigger challenge. For decades, people have tried countless methods and products just to achieve a slimmer figure, and weight loss remains one of the most lucrative segments of the wellness industry. What many fail to take into account however, is that certain methods of weight loss while being effective for their purpose in the short term, are not sustainable and may even be detrimental to health. Many resort to “quick and easy” ways, and end up suffering for it.

Always remember that good health begins with your mindset, and any plan you choose to follow should be holistic and sustainable. Don't sacrifice long-term health for short-term “results”!

Here are some of the unhealthy methods that are commonly used to lose weight:

**“Yoyo” or Crash Dieting** is when someone goes on a short-term, very extreme diet where they eat very few calories or selective foods. While highly effective short term, crash dieting is not sustainable and most often does not address the main issues of eating habits and lifestyle choices that cause unhealthy weight gain. They can also be dangerous as the body may be starved of certain essential nutrients.

## “Celebrity Diets”

While the dietary plans of the Hollywood's rich and famous may appear highly effective and glamorous, celebrity diets can be dangerous and are most often fads rather than solid, science-based eating plans. Always remember that different things work for different people, and it's important to find what is effective and sustainable for you.

## Liquid Fasts

A highly restrictive liquid diet can result in more muscle being lost than fat, and is dangerous if done without medical supervision. It also doesn't address the problem that once off the diet, many people go back to their previous eating routines. It is much more effective to make gradual, sustainable changes for long term results.

## Diet Pills

The dangers of diet pills for weight loss need no introduction! We've all heard the horror stories. Diet pills represent the “quick and easy fix” mentality that many people apply to their health. Remember that nothing worth doing is easy to do. We only get one body - let's give it the very best possible!

## Meal Replacement Formulas

Meal replacement formulas and weight loss shakes are favourites within the weight loss industry. While appearing to be effective and healthy at the same time, unfortunately many of them are heavily processed and contain artificial flavours, colours, and additives. They tend to contain fillers and sugar. Healthy, whole foods are better (and often cheaper) options for your weight loss plan, and always remember that the closer to nature, the better!

减肥瘦身对很多人来说是件艰难熬的事，而要长期维持理想体重更是一大挑战。几十年来，人们尝试了无数的瘦身方法和产品以达到苗条好身材，由此瘦身纤体便成了健康行业最能赚钱的一环。然而，有很多人却从未慎重衡量这些减肥方法，它们当中大多都只能在短期内达到减肥效果，但都不能持续长久，有些甚至还可能危害健康。许多减肥人士为了采取“易而快”的瘦身法，最终却吃尽了苦头。

切记健康始于拥有正确的观念，不管您选择哪种减肥瘦身途径，它必须是全面和能持久的方法。千万别牺牲长期的健康来换取短暂的效果！

以下是一些普遍的不良瘦身法：

**摇摇式或快速减肥节食法**是指短期内采用非常极端的减肥饮食法，即摄取极少的热量或选择性的食物。虽然进行节食可在短期内达到超快的效果，但此减肥方式并不能耐久，并且很多时候也无法解决饮食习惯和生活型态所造成体重增加的主要问题。另外，节食减肥也可能导致身体缺乏一些必需营养素而严重危害身体的健康。

## 名人饮食

好莱坞中的富豪或明星所采用的饮食计划看来似乎十分有效、独特有魅力，但可能暗藏危险与副作用。这些饮食经往往只是一时的风尚，没有实际与科学基础的根据。不要盲目推崇，最重要的是找到真正对您有效和可持之以恒的瘦身法。

## 流质饮食

高度限制性及严格的流质饮食不但没发挥真正的消脂作用，反而会导致更多的肌肉流失。如果在没有医疗监督下进行，将会对健康造成很大伤害。这类减肥方式并不能彻底解决不良的饮食或生活习惯，尤其当人们一停止进行流质饮食，便会回到以往的饮食习惯，最终还是无缘达成长期的减肥目标。因此，必须循序渐进和坚持遵循健康生活与饮食习惯，才能长远地看到效果。

## 减肥丸

应该没有人不知道利用药物减肥会对身体造成巨大的危害性吧！我们都闻很多服食药物来减肥的恐怖真实经历。减肥药凭着“快速和容易满足”心理的需求，吸引很多人服用它来达到减肥的目的。所谓天下没有不劳而获的事情，要实现目标必须得靠努力实践才行。我们只有一个身体，当然要好好维护照顾，给它最好最明智的选择！

## 代餐配方

在现今的瘦身行业里，减肥代餐或瘦身能量奶昔皆广受人们喜爱。表面上看来似乎很有效符合健康标准，但不幸的是，许多代餐都已经过大量加工，而且高含人工香料、色素和添加剂，再加上其他的填充剂和糖类。有鉴



Many dieting methods often remove important foods and important nutrients - they are designed for rapid weight loss but not to keep you healthy. They put people at risk nutritionally, and as a result we often see quite severe health effects which can range from fatigue or constipation to more serious health risks like heart disease, kidney failures or osteoporosis. Long-term dieters may notice dry skin, brittle nails, and even hair loss, and those who lose weight too quickly may increase their risks of suffering from a heart attack.

Now that we've looked at a few things NOT to do in managing your weight, let's talk about methods that lead to a healthier and wholesome lifestyle!

## Mindset Is Everything

Maintaining a healthy weight starts with maintaining a healthy mind. Losing weight can be a difficult process at times, therefore it is important to keep your eyes on the prize while you're munching on green salads with low fat dressing. Here are a few things you could do to stay focused and motivated towards healthy weight loss:

### Set reasonable goals

When starting a weight loss plan, it's natural to want to lose as much weight as quickly as possible. Statistics have shown however that people who lose between 0.5-1 kg of weight per week tend to be more successful at keeping the weight off!

Setting reasonable goals and benchmarks that you can achieve on a weekly / monthly basis will make your weight-loss journey far more enjoyable, and allows for you to set yourself up for success from the beginning. Give yourself a long term goal of your ideal bodyweight (or ideal body composition, i.e. body fat %) and then break it down into smaller benchmarks that you can track on a weekly basis.

### Have a support system

Don't do it alone! One of the most important factors to success is having a solid support system. Share your goals with your close friends and recruit a "workout buddy" to exercise with. If you're willing to make a bigger investment, find a personal trainer or a fitness studio that you can train with. Being part of a community that encourages you to keep fit and healthy will make it so much more fun and enjoyable!

### Reward your achievements

Everybody needs a little "sugar". Make it a point to celebrate your achievements and reward yourself for sticking to your diet and exercise plan. Rewards are a great way to keep yourself on track and motivated! So go ahead and book that beach vacation while you work towards a trimmer figure!

### Do you eat to live or live to eat?

The way we look at food has a huge impact on our eating habits. Many of us eat purely for the pleasure of it, and this can make it hard to give up certain foods that are hampering your weight loss plan. Start looking at food as sustenance for life, and keep an open mind towards healthy recipes that you could use at home. It's amazing how delicious healthy food can be! Check out **pages 12-13** for some delicious recipes for healthy Power Shakes!

于此，天然新鲜、未经加工的食材，不但往往都较便宜，也绝对是您瘦身计划中的最佳食物选择。让身体回归大自然始终是最美好的！

事实上，许多减肥饮食法常常都排除了一些重要的食物和营养素，它们的设计焦点只在让您取得快速的瘦身目标，往往都牺牲了健康。有些甚至还会造成营养过度缺乏，因而导致很多减肥者都患有严重的健康问题，例如疲劳或便秘及更严重的疾病如心脏病、肾脏衰竭或骨质疏松症等。长期减肥者大多数也会出现皮肤干燥、指甲易裂以及脱发的现象。像那些体重下降太快的减肥者极可能诱发心脏病发作。

我们已领略了一些错误、不理智的减肥途径。接下来让我们一起探讨有关正面、积极的瘦身法，以走向更健康的生活！

## 正确的理念将改变一切

要维持健康体重，必须要拥有一个正确的观念与心态。很多时候减肥会是一个很艰辛的过程，因此当您在啃着只加了低脂沙拉酱的蔬菜沙拉时，必须锁定自己已设定的目标，别让自己一时的转念而半途而废。在此列出一些可帮助您专注积极达到健康减肥效果的建议：

### 设定合理目标

在刚开始进行减肥计划的时候，很多人都希望越快达到减肥效果越好。根据统计数字显示，那些连续一致每个星期减轻半至1公斤的减肥者，比较能长期坚守瘦身目标。

设定每周或每月的减肥目标，最重要的是目标需要合理、实际，那么您的瘦身旅程将会比较愉快，成功率也大大提高。拟定一个达成理想体重（或理想的身体组成成分，如体脂肪%）的长期目标，然后再划分成每周可实行的短期目标。

### 找个支持小组

不要独自进行减肥！往往减肥成功的最重要因素之一，就是旁边有个全程给予支持或一起减肥的同伴。因此，与最要好的朋友分享减肥目标或邀请一个“运动伙伴”一起展开减肥之旅。若经济允许，您也可雇用私人教练或上健身房进行锻炼，当作是做长远的瘦身投资。融入一群有健康减肥共识的大家庭里，不但可激励您时时刻刻保持健康体魄与理想体重，也会让您生活变得更加多姿多彩！

### 奖励自己

每一个人经一番努力过后都需要得到一些奖励来激励自己。因此，应该特意重视庆祝遵循减肥与运动计划的坚志力与努力，给予自己一个小小的奖励来振奋心情，也是保持原有动力再继续实现理想目标的最佳方式。所以在努力瘦身身体的同时，赶快为自己预定和计划一个阳光海岛之旅吧！

### 为吃而活，还是为活而吃？

一个人对食物的观点会对其饮食习惯造成深远的影响。很多时候对大部分人来说进食是一种享受过程，因此会使我们较难放弃某些食物，从而妨碍了减肥计划。因此即日起，视食物纯粹为维持生命的物质，放胆尝试不同的居家式食谱。最终您会发现健康食物也可以很美味！请参阅**第12至第13页**，健康活力奶昔制备的美味食谱！



# 8 Tips for Healthy Weight Management

## 维持健康体重的8个小贴士

### 1 Regulate your thyroid function 调节甲状腺的正常功能

The thyroid is an endocrine gland that secretes hormones which regulate many bodily functions including your basal metabolic rate (BMR). Your BMR is the amount of energy your body uses at rest. It has been long proven that people with underactive thyroid glands (hypothyroidism) have lower BMRs, making it difficult for them to lose weight despite exercise or being on a strict diet.

Iodine deficiency is one of the many causes of hypothyroidism, and in such cases the supplementation of iodine may be helpful in regulating thyroid function. NewLife™'s Kelp is a rich source of iodine and contains 22 trace elements that are vital for health. Research findings suggest that kelp supplementation may have endocrine modulating effects, and some studies have demonstrated its ability to regulate thyroid function.

If you have always struggled with losing weight successfully and preventing excessive weight gain, Kelp is a must-have for your weight-loss plan!

甲状腺即是一种内分泌腺，具有分泌荷尔蒙以调节各种生理机能，包括基础代谢率(BMR)的功效。基础代谢率是指身体在静态下，维持生命所需消耗的最低能量。研究已证明那些患有甲状腺功能减退症的人士都拥有较低的基础代谢率，造成他们尽管积极运动或严格节食，都很难达到减肥效果。

碘缺乏是造成甲状腺功能减退的因素之一。在这种情况下，碘的补充可以调节甲状腺功能。新生命海藻宝是一个富含碘的食物增补剂，它包含健康所需的22种微量元素。研究结果显示，海藻宝补充剂具有调节内分泌的作用，一些研究证明它也可调节甲状腺的功能。

如果您常面对减肥失败或体重不减反增的困扰，赶快将新生命海藻宝列入减肥菜单内！

### 2 Balance your electrolytes 平衡体内电解质

Many people carry excess weight in the form of water retention due to electrolyte imbalance caused by a potassium deficient diet and an over-consumption of sodium. The most effective way to fix this imbalance is to supplement with K Salt. It contains potassium extracted from plant sources and can be taken mixed in fresh juices or apple cider vinegar and honey. With reduced sodium intake and the addition of K Salt, your body will flush out excess water retention.

很多人因身体水肿而显得肥胖，原因是饮食中钾摄取缺乏和钠摄取过量所导致的体内电解质不平衡现象。因此，解决钠钾不平衡最有效的方式就是建议大家服用新生命钾质。它富含提取源自植物的钾质，可添加新鲜果汁或苹果蜜糖醋饮料一起混合饮用。通过钾质的补充和减少钠含量的摄取，身体会将滞留过多的水分排出体外。

### 3 Drink enough water 喝足够的水

Drinking enough water also helps to promote weight loss, and distilled water is the best choice! Water helps to regulate your metabolic rate, and sometimes the urge to snack is actually your body's response to dehydration! You should be aiming to drink at least 8 cups of water per day, and remember that other drinks do not count towards this amount! Sticking to pure water instead of sweetened or carbonated drinks is another way to cut out unhealthy calories from your diet.

饮用足够的水也有助促进减肥效果，而蒸馏水是最好的选择！水可帮助调节身体新陈代谢率，其实有时候强烈想吃零食的冲动是因为身体脱水而产生的反应！您应设定每天至少喝8杯水的目标，这不包括其他饮料的含量！坚持饮用纯净蒸馏水，以取代所有含糖或碳酸饮料，由此可在饮食中减少不健康的卡路里。

### 4 Add fibre to your diet 增加纤维量的摄取

A high fibre diet helps to promote weight loss and regulate your blood sugar. Eat high fibre foods such as fruits, vegetables, wholemeal bread, unpolished rice, and legumes. NewLife™'s Herbal Klenz powder is a great supplement for those who find it hard getting enough fibre daily. It contains both soluble and insoluble fibres, along with detoxifying herbs. Research suggests that eating more fibre helps to prevent weight gain and encourage weight loss, so make the switch from white bread to wholemeal for that added fibre every morning!

高纤维的饮食有助瘦身效果和调节体内血糖。高纤维食物包括各种蔬果、全麦面包、糙米和豆类食品。新生命天然净化粉对那些每日都摄取不足纤维的人来说是最好的纤维补充品。它包含可溶和不可溶的纤维，以及排毒草药成分。研究显示，多吃纤维具有预防增重和促进减重的功效。因此，从即日起，将早餐所吃的白面包转换为全麦面包，以增添每日纤维量！



## 5 Go for green foods and juices 多摄取绿色蔬果

Introducing green foods such as raw salads and fresh green juices to your diet, is one of the most effective ways to shed the fat! Raw salads and fresh vegetables are high in fibre, vitamins, minerals and nutrients, and low in sugar and calories. Making them a larger part of your diet will go a long way in helping you to lose weight while getting you healthier at the same time! Green vegetable juices contain less calories than sweet fruit juices, and are packed with nutrients. They are also a healthy replacement for less healthy beverage choices. Remember, "green is lean"!

将绿色蔬菜如生菜沙拉和新鲜蔬菜汁列入减肥饮食餐单内，是个消除脂肪最有效的方法之一！生菜沙拉和新鲜蔬菜都含有大量的纤维、维生素、矿物质和其他营养素，糖分含量与卡路里则很低。若把它们作为饮食中的大部分食材，将有助您长期达到瘦身效果，同时也可促进健康！绿色蔬菜汁比一般果汁含有较少的卡路里，而且还富含了很多有益健康的营养素，更是取代较不健康饮料的最佳选择。所谓「绿色食物」即是「瘦身食物」。



## Exercise regularly 经常运动

No effective weight loss plan is complete without exercise. Regular exercise does not just burn calories, it also helps to raise your metabolic rate, which is the amount of energy your body uses just to function normally. As we know, weight loss happens when you use more energy than you consume, which makes exercise an important factor for weight loss. Exercise that tones and builds muscles also ensures that your body composition is improving while you're losing weight. Check out **pages 8-9** for some movements that will help you burn fat and build muscle using your rebounder!

要有效的减肥还是得靠运动。有规律的运动不只燃烧热量，也有助提高身体的新陈代谢率至身体所需消耗的热量，以维持正常身体机能。我们都知道，只要身体热量的消耗多过摄取量，就能达到瘦身的效果，因此运动是瘦身非常重要的因素。运动可增加和结实肌肉，也确保您在增加肌肉量的同时还可达到减肥效果。请翻阅**第8和第9页**，附有一些通过弹跳床运动来帮助您燃烧脂肪和增加肌肉量的健身操！

## 6 Eat healthy fats 摄取健康脂肪

Some people's first instinct is to eliminate all fats from their diet in trying to lose weight. Fats however are an important nutrient, and in fact healthy fats can help to ramp up your metabolism, keep you satiated longer, and assist in progressing weight loss.

Extra Virgin Coconut Oil is rich in short and medium-chain fatty acids which help to promote weight loss while maintaining healthy thyroid and endocrine function. Flaxseed Oil is rich in Omega-3, which helps to improve blood flow to muscles and stimulate enzymes which transport fat to where it can be used for energy. Mix either of these oils into your yoghurt smoothies as part of your healthy weight loss plan.

有些人对减肥的第一反应就是从饮食中剔除所有含脂的食物。但是，脂肪对人体是个很重要的营养素。事实上，健康的脂肪具有帮助提高身体新陈代谢的功效，也让您长时间都有饱腹感，有助控制食欲以达到减肥效果。

特级初榨椰子油富含短链和中链脂肪酸，具有促进瘦身，同时维持健康甲状腺和内分泌功能的功效。亚麻籽油则富含奥美加-3脂肪酸，有助改善肌肉血流量和刺激酶分泌，运载脂肪以提供身体能量所需。建议在酸奶奶昔中加入此两种油类的其中一种，作为瘦身饮食计划中的一部分。

## Get enough sleep 拥有足够的睡眠

Being short on sleep can affect your weight loss plan in a variety of ways. Studies show that a lack of sleep tends to prompt people to eat larger portions of food. Late night snacking and skipping exercise sessions can also be caused by a lack of sleep. Plan your sleeping schedule to get at least 7 hours, and stick to it as much as you can!

睡眠不足将多方面影响减肥瘦身计划。研究显示，睡眠不足者有吃过量的倾向。像是在凌晨时段吃零食或省略不做运动，很多时候都是因为睡眠不足所致。有鉴于此，好好规划您的睡眠时间，每天至少需睡足7个小时，并持之以恒。

Apply the tips above as part of your daily lifestyle and you'll be well on your way to a leaner, healthier you. Always remember that no matter how hard it gets, your health is worth every effort.

将以上的建议作为您日常生活的一部分，慢慢便会达到瘦身的目标，同时也变得更健康！无论减肥过程是多么的艰难，只要可换回健康，一切努力都是值得的！