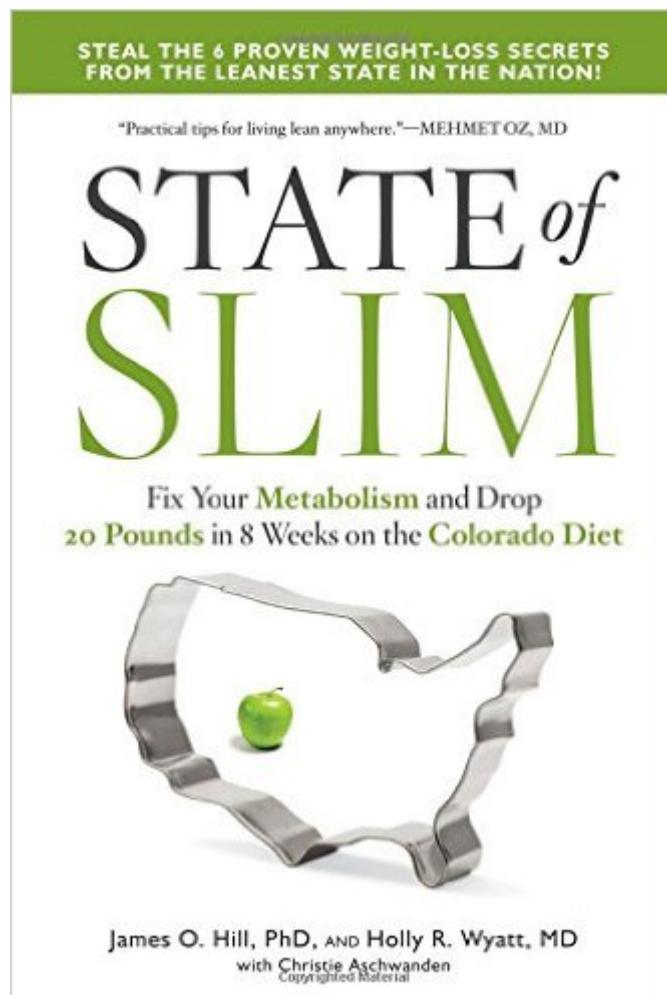


The book was found

State Of Slim: Fix Your Metabolism And Drop 20 Pounds In 8 Weeks On The Colorado Diet



Synopsis

Slimâ •itâ™s the state everyone wishes their body was in. And it turns out thereâ™s actually a state of slim: Colorado, the place that boasts the lowest obesity rate in America. Now leading weight-loss researchers Dr. James O. Hill and Dr. Holly R. Wyatt reveal how slender Coloradans get and stay that way and show how you can achieve the same resultsâ•even if you live in Connecticut, California, or Canada! If youâ™re someone who has begun to doubt you will ever reach your ideal weight, help and hope are here. State of Slim is broken down into three phases to help you reignite, rebuild, and reinforce your bodyâ™s fat-burning engines so you develop a Mile-High Metabolismâ•one thatâ™s keenly responsive to shifts in activity and diet. In the reignite and rebuild phases, youâ™ll learn the diet and exercise strategies that will help you drop up to 20 pounds in just 8 weeks. In the reinforce phase, youâ™ll continue to lose weight and solidify your new lifestyle. Along the way, youâ™ll discover how to make changes in your environment and your mind-set so they support, rather than thwart, your success. With State of Slim as your guide, you wonâ™t just lose weight, youâ™ll actually change your body so itâ™s primed to stay in a state of slim for good.

Book Information

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Customer Reviews

The part of the book that will resonate with anyone who has ever tried to eat a 1200-calorie diet or follow a gimmicky diet for longer than 3 days is the bathtub analogy - you can reduce your calories (turning down the water) but if you don't unclog the drain (increase your metabolism), you can keep turning the flow down all you can but the water level (your weight) is going to level-out and then start

rising again... and just keep rising. Just decreasing calories is a temporary fix. You gotta move. Every single day. The book wants you to work up to 70 minutes a day, 6 days a week with a rest day. There's no magic pill, no fancy formula, and no expensive shakes. Good/Smart calories in, as many calories out in activity as you can get. Phase 1/Those first two weeks? *Not* overly enjoyable - but I experienced waaaay less rage than I did with Whole30. I didn't lose the "it could happen" 8-10lbs in 2 weeks - I lost 3-4. I'm down 14lbs after 9 weeks, way more inches than I'd expect out of "just" 14lbs, and my energy level is the highest it has ever been. The meal plan is easy enough, you just fill in the blanks. You should have 4-6oz lean protein (I'm guessing this plan might be tough for non-meat eaters?) and at least one "veggie carb" (ha) at each of your 6 meals. At up to 3 of those meals, you can add a carb. And at 2 of those meals, you can also add a healthy fat. It's easy enough to fill out the blanks and if you think about it, also very similar to 21 Day Fix portions. I have never eaten more than 5 meals (and those are really rare, it's almost always 4) of the 6 recommended daily meals. I track calories (even though the book says not to worry about it) in MFP and those 4-5 meals put me in the range of 1250-1600.

I am a Colorado native, but left the state as my educational path and career took me elsewhere. I have had both the right and left hips replaced over the last four years and an old right knee injury that dogged me was finally fixed through arthroscopic surgery in Feb of 2013. Seven weeks later, I had the right hip replaced. I am in my late 50s now and was appalled at the pound creep from my orthopaedic issues. On top of that, I had a nerve inflammation in my right shoulder in early 2005 that required a lot of corticosteroids to resolve. That resulted in the development of a steroid "spare tire" around my mid section that more than one doctor told me would be the "toughest 35 pounds I would never lose." Before all this happened, I did not have a weight problem. All of this was driving me crazy, so I resolved that after I healed adequately from the second hip replacement, I would begin to try to get rid of my problem with the tire and the pound creep. I am trained as a human biologist, so I was not going to settle for some weird fad diet, and I could not afford to buy meals from some mail order outfit. When I found out about this plan, I realized that it was balanced with an exercise commitment (which I knew absolutely had to be part of permanent weight loss) as well as proper nutritional components. I realized already that my metabolism was messed up by the steroids and orthopaedic-induced inactivity. After reviewing parts of this book on-line before purchase, I was pretty much sold on it. I began the diet on 9/16/2013 and as of 10 days ago, I have lost a little over 23 pounds by the end of Week 9. I will weigh again in four days. I weathered the Thanksgiving Holiday in fine form even though I was staying at my in-laws out of state.

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