

how to lose weight when over 60

Embracing a Healthier You: Your Comprehensive Guide on How to Lose Weight When Over 60

how to lose weight when over 60 is a common concern, but it's a journey that's entirely achievable with the right knowledge and approach. As we age, our bodies undergo natural changes that can impact metabolism and muscle mass, making weight management seem more challenging. However, by focusing on a holistic strategy that combines smart nutrition, targeted exercise, and mindful lifestyle adjustments, individuals over 60 can successfully shed excess pounds and significantly improve their overall health and vitality. This comprehensive guide will explore the unique considerations for weight loss in this demographic, offering practical, science-backed advice to help you navigate this path effectively and sustainably. We'll delve into the importance of protein, the role of cardiovascular and strength training, sleep hygiene, and how to address common physiological shifts.

Table of Contents

- Understanding the Age Factor in Weight Loss
- Nutrition Strategies for Weight Loss Over 60
 - Prioritizing Protein Intake
 - Focusing on Whole, Nutrient-Dense Foods
 - Managing Carbohydrate Consumption Wisely
- The Importance of Hydration
- Portion Control and Mindful Eating
- Effective Exercise for Seniors Seeking Weight Loss
 - The Power of Strength Training
 - Incorporating Cardiovascular Exercise
 - Flexibility and Balance Workouts
- Finding Joy in Movement
- Lifestyle Factors Supporting Weight Loss
 - Optimizing Sleep for Weight Management
 - Stress Reduction Techniques
- Building a Supportive Community
- Navigating Common Challenges
 - Dealing with Slower Metabolism
 - Managing Joint Pain and Mobility Issues
 - Addressing Hormonal Changes
- Sustaining Long-Term Weight Loss Success

Understanding the Age Factor in Weight Loss

As individuals enter their 60s and beyond, several physiological changes naturally occur that can influence weight management. A primary factor is the gradual decline in metabolic rate. This means the body burns fewer calories at rest compared to younger years. Muscle mass also tends to decrease with age, a phenomenon known as sarcopenia,

which further contributes to a slower metabolism, as muscle tissue is more metabolically active than fat tissue. Hormonal shifts, particularly during and after menopause for women, can also play a significant role in body composition and fat distribution. Understanding these fundamental biological shifts is crucial for setting realistic expectations and tailoring an effective weight loss plan. It's not about deprivation, but about smart, informed choices that work with your body's current capabilities.

Furthermore, factors such as reduced physical activity levels, which can be due to lifestyle changes, career retirement, or age-related limitations, can exacerbate weight gain. Chronic health conditions that are more prevalent in older adults, such as arthritis, heart disease, or diabetes, can also impact dietary choices and exercise capabilities. Therefore, any weight loss strategy for those over 60 must be approached with a personalized and holistic perspective, often in consultation with healthcare professionals. The goal is not just to lose weight, but to improve overall health, increase energy levels, and maintain independence and quality of life.

Nutrition Strategies for Weight Loss Over 60

When considering how to lose weight when over 60, nutrition forms the cornerstone of any successful strategy. The principles of healthy eating remain universal, but certain adjustments can be particularly beneficial for older adults. The focus should be on creating a sustainable calorie deficit through nutrient-rich foods, rather than resorting to restrictive fad diets, which can be detrimental to health and often lead to rebound weight gain. It's about making smart, informed food choices that provide essential vitamins, minerals, and energy while supporting metabolic function.

Prioritizing Protein Intake

Protein is incredibly important for individuals over 60, especially when aiming for weight loss. It plays a vital role in preserving muscle mass, which naturally declines with age. Maintaining muscle is crucial because it is metabolically active tissue that helps burn calories. Adequate protein intake also promotes satiety, meaning you feel fuller for longer, which can help curb cravings and reduce overall calorie consumption. Furthermore, protein has a higher thermic effect than carbohydrates or fats, meaning your body burns more calories digesting it. Aim to include a source of lean protein at every meal and snack.

Excellent sources of lean protein include:

- Lean meats such as chicken breast, turkey, and lean cuts of beef.
- Fish and seafood, particularly fatty fish like salmon and mackerel for their omega-3 fatty acids.
- Eggs, a complete protein source packed with nutrients.

- Dairy products like Greek yogurt and cottage cheese, which are also good sources of calcium.
- Plant-based proteins such as beans, lentils, tofu, tempeh, and edamame.
- Nuts and seeds, consumed in moderation due to their calorie density.

Focusing on Whole, Nutrient-Dense Foods

Embracing a diet centered on whole, unprocessed foods is paramount for effective and healthy weight loss over 60. These foods are packed with essential vitamins, minerals, fiber, and antioxidants that support overall health, boost energy levels, and aid in weight management. Whole foods typically have fewer calories per volume compared to processed foods, allowing for larger, more satisfying portions that contribute to satiety. Prioritizing these nutrient-dense options ensures that even when consuming fewer calories, your body is still receiving the nourishment it needs to function optimally.

Key categories of whole, nutrient-dense foods to incorporate:

- **Fruits:** A wide variety of colorful fruits like berries, apples, oranges, and bananas provide fiber, vitamins, and natural sweetness.
- **Vegetables:** Non-starchy vegetables such as leafy greens (spinach, kale), broccoli, cauliflower, peppers, and tomatoes are low in calories and high in nutrients and fiber.
- **Whole Grains:** Opt for oats, quinoa, brown rice, whole wheat bread, and whole grain pasta for sustained energy and fiber.
- **Healthy Fats:** Avocados, olive oil, nuts, and seeds contribute to satiety and provide essential fatty acids.
- **Lean Proteins:** As mentioned previously, these are vital for muscle maintenance and satiety.

Managing Carbohydrate Consumption Wisely

While carbohydrates are an essential energy source, managing their consumption is key for weight loss over 60. The focus should shift from refined carbohydrates, such as white bread, pastries, and sugary drinks, to complex carbohydrates. Complex carbohydrates are digested more slowly, leading to a more gradual rise in blood sugar levels and preventing energy crashes and subsequent cravings. They also typically contain more fiber and nutrients. By choosing the right types of carbohydrates and controlling portion sizes, you

can effectively manage calorie intake and support stable energy levels throughout the day.

Strategies for managing carbohydrate intake include:

- Replacing refined grains with whole grains.
- Choosing starchy vegetables like sweet potatoes and legumes over white potatoes.
- Limiting added sugars in beverages and processed foods.
- Pairing carbohydrate sources with protein and healthy fats to slow digestion and enhance satiety.

The Importance of Hydration

Staying adequately hydrated is a surprisingly powerful tool for weight loss, especially for individuals over 60. Water plays a crucial role in numerous bodily functions, including metabolism. Sometimes, feelings of hunger can actually be a sign of thirst, so drinking water before meals can help you feel fuller and potentially eat less. Proper hydration also aids in the efficient transport of nutrients and the elimination of waste products. Aim to drink plenty of water throughout the day, and don't wait until you feel thirsty, as thirst can be an indicator that you are already slightly dehydrated.

Portion Control and Mindful Eating

Portion control is a fundamental aspect of achieving a calorie deficit necessary for weight loss, regardless of age. For those over 60, it's particularly important to be aware of serving sizes, as metabolism may be slower. Using smaller plates and bowls can visually trick your brain into believing you are eating a larger portion. Mindful eating is equally critical. This involves paying attention to your food, savoring each bite, and recognizing your body's hunger and fullness cues. Avoid distractions like television or phones while eating. By eating slowly and deliberately, you give your body time to signal satiety, preventing overeating.

Effective Exercise for Seniors Seeking Weight Loss

Exercise is an indispensable component of a successful weight loss plan for anyone over 60. It not only helps burn calories directly but also offers profound benefits for overall health, including improved cardiovascular function, increased bone density, enhanced mood, and better mobility. The key is to find activities that are safe, enjoyable, and

sustainable, catering to individual fitness levels and any pre-existing conditions. A balanced exercise regimen that incorporates different types of training can yield the best results for weight management and overall well-being.

The Power of Strength Training

Strength training, also known as resistance training, is perhaps the most critical type of exercise for individuals over 60 looking to lose weight. As mentioned earlier, muscle mass naturally declines with age, leading to a slower metabolism. Strength training helps to counteract this loss by building and preserving lean muscle tissue. More muscle means a higher resting metabolic rate, meaning you burn more calories even when you're not exercising. Furthermore, stronger muscles support joints, improve posture, and increase functional strength, making everyday activities easier and reducing the risk of falls.

Examples of effective strength training exercises:

- Bodyweight exercises like squats (using a chair for support if needed), lunges, push-ups (modified on knees or against a wall), and planks.
- Using resistance bands for exercises targeting various muscle groups.
- Lifting light weights or dumbbells for bicep curls, shoulder presses, and rows.
- Utilizing weight machines at a gym under professional guidance.

It is recommended to engage in strength training at least two to three times per week, allowing for rest days in between to allow muscles to recover and rebuild.

Incorporating Cardiovascular Exercise

Cardiovascular exercise, often referred to as aerobic exercise, is essential for burning calories and improving heart health. Engaging in activities that elevate your heart rate and breathing for a sustained period helps to create a calorie deficit and can significantly contribute to weight loss. Cardiovascular exercise also strengthens the heart and lungs, improves circulation, and can help manage blood pressure and cholesterol levels, which are crucial for long-term health in older adults. Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity per week, or a combination of both.

Various forms of cardiovascular exercise suitable for seniors include:

- Brisk walking, which is accessible and can be done almost anywhere.
- Cycling, either outdoors or on a stationary bike.

- Swimming or water aerobics, which are low-impact and gentle on the joints.
- Dancing, a fun way to get your heart rate up and improve coordination.
- Elliptical trainers, which offer a full-body, low-impact workout.

It's important to start slowly and gradually increase the duration and intensity as your fitness improves.

Flexibility and Balance Workouts

While not directly responsible for significant calorie burning, flexibility and balance exercises are vital for overall well-being and injury prevention, which are paramount when navigating weight loss over 60. Improved flexibility allows for a greater range of motion in exercises, making them more effective and reducing the risk of strains or sprains. Balance exercises are crucial for preventing falls, a common concern for older adults, and maintaining independence. A fall can sideline any exercise program and negatively impact motivation.

Consider incorporating:

- **Stretching:** Gentle static stretches held for 15-30 seconds after workouts or on rest days.
- **Yoga or Tai Chi:** These practices are excellent for improving flexibility, balance, and mental focus.
- **Specific Balance Exercises:** Standing on one leg (with support nearby), heel-to-toe walking, and single-leg stands.

Finding Joy in Movement

To ensure long-term adherence to an exercise plan, it's crucial to find activities that are genuinely enjoyable. When exercise feels like a chore, it's much harder to maintain consistency. Exploring different options and finding what resonates with you can transform exercise from a task into a cherished part of your routine. This enjoyment factor is key to making weight loss a sustainable lifestyle change rather than a temporary endeavor.

Lifestyle Factors Supporting Weight Loss

Beyond diet and exercise, several lifestyle factors significantly influence a person's ability to lose weight when over 60. Addressing these aspects holistically can create a more supportive environment for achieving and maintaining a healthy weight. These elements often work in synergy with nutritional and physical strategies, amplifying their effectiveness.

Optimizing Sleep for Weight Management

Sleep quality and duration have a profound impact on weight management. When you don't get enough quality sleep, your body's hormone regulation can be disrupted. Specifically, sleep deprivation can increase levels of ghrelin, a hormone that stimulates appetite, and decrease levels of leptin, a hormone that signals fullness. This hormonal imbalance can lead to increased cravings for high-calorie, often unhealthy, foods. Furthermore, fatigue from poor sleep can reduce motivation for exercise and make it harder to make healthy food choices. Aim for 7-9 hours of quality sleep per night.

Tips for improving sleep:

- Establish a regular sleep schedule, going to bed and waking up around the same time each day, even on weekends.
- Create a relaxing bedtime routine, such as reading or taking a warm bath.
- Ensure your bedroom is dark, quiet, and cool.
- Avoid caffeine and heavy meals close to bedtime.
- Limit screen time (phones, tablets, computers) before bed, as the blue light can interfere with melatonin production.

Stress Reduction Techniques

Chronic stress can be a significant barrier to weight loss. When stressed, the body releases cortisol, a hormone that can increase appetite, particularly for sugary and fatty foods, and promote the storage of abdominal fat. Furthermore, emotional eating can become a coping mechanism for stress, leading to unintended weight gain. Implementing effective stress reduction techniques can help manage cortisol levels, curb cravings, and improve overall well-being, making it easier to stick to a weight loss plan. Finding healthy ways to cope with stress is crucial for both mental and physical health.

Effective stress reduction methods include:

- Mindfulness meditation and deep breathing exercises.
- Engaging in hobbies and activities you enjoy.
- Spending time in nature.
- Gentle exercise, like walking or yoga.
- Connecting with loved ones and practicing social support.

Building a Supportive Community

The journey of weight loss can be significantly enhanced by having a strong support system. Sharing your goals with friends, family, or joining a support group can provide accountability, encouragement, and a sense of camaraderie. Knowing that others are on a similar path or are cheering you on can be a powerful motivator, especially during challenging moments. Support communities can offer practical advice, share experiences, and provide emotional encouragement, making the process feel less isolating and more achievable.

Navigating Common Challenges

It's important to acknowledge that losing weight over 60 comes with its own set of unique challenges. Understanding these potential obstacles and having strategies to overcome them is crucial for sustained success. These challenges are often interconnected and require a multi-faceted approach.

Dealing with Slower Metabolism

As discussed, a naturally slower metabolism is a primary challenge. This means fewer calories are burned at rest, requiring a more deliberate approach to calorie intake and expenditure. To combat this, a combination of increased protein intake to preserve muscle mass and regular strength training to build more metabolically active tissue is essential. Pairing this with a controlled, but not overly restrictive, calorie deficit through a nutrient-dense diet will be more effective than drastic calorie cutting, which can further slow metabolism.

Managing Joint Pain and Mobility Issues

Arthritis and other musculoskeletal conditions are common in older adults and can make

exercise difficult. However, it's crucial not to let these issues halt physical activity entirely. Low-impact exercises are ideal. Activities like swimming, water aerobics, cycling, and gentle walking can provide cardiovascular benefits and calorie expenditure without putting excessive stress on joints. Consulting with a physical therapist can also provide tailored exercises to strengthen supporting muscles and improve joint function, making movement safer and more comfortable.

Addressing Hormonal Changes

Hormonal shifts, particularly menopause for women, can affect metabolism, appetite, and body fat distribution, often leading to an increase in abdominal fat. While these changes are natural, their impact on weight can be mitigated. Maintaining a healthy diet rich in lean protein and fiber can help manage appetite and blood sugar. Regular exercise, especially strength training, is also vital for counteracting hormonal influences on body composition. Open communication with a healthcare provider about these changes and potential management strategies is recommended.

Sustaining Long-Term Weight Loss Success

Achieving weight loss when over 60 is a significant accomplishment, but sustaining it long-term requires a shift in mindset towards a permanent lifestyle change rather than a temporary diet. This involves continuing the healthy habits cultivated during the weight loss phase indefinitely. Consistency in nutrition, regular physical activity, adequate sleep, and effective stress management are not just tools for weight loss but pillars of overall health and well-being for this age group. Embracing a positive and patient approach, celebrating small victories, and adapting to life's changes will pave the way for a healthier and more vibrant future.

Q: How much protein should someone over 60 aim for when trying to lose weight?

A: For individuals over 60 aiming for weight loss, it's generally recommended to consume a higher protein intake than younger adults, typically ranging from 1.0 to 1.6 grams of protein per kilogram of body weight per day. This higher intake helps preserve lean muscle mass, which is crucial for maintaining metabolism and preventing sarcopenia. Prioritizing lean protein sources at each meal is key.

Q: Is it safe to start a new exercise program at 60 if I've been inactive?

A: Yes, it is generally safe to start a new exercise program at 60, but it's crucial to do so

cautiously and consult with a healthcare provider first. They can assess your overall health, identify any potential risks, and recommend appropriate types and intensities of exercise. Starting with low-impact activities and gradually increasing intensity and duration is essential.

Q: How do hormonal changes affect weight loss for women over 60?

A: Hormonal changes, particularly the decrease in estrogen during and after menopause, can affect metabolism, leading to a slower metabolic rate and a tendency for fat to accumulate around the abdomen. These changes can make weight loss more challenging. A combination of a nutrient-dense diet, sufficient protein, and regular strength training is vital to counteract these effects.

Q: Can I lose weight without strenuous exercise?

A: While strenuous exercise can accelerate weight loss, it's not strictly necessary. Focusing on a consistent, moderate exercise routine that includes walking, swimming, or cycling, combined with a calorie-controlled, nutrient-rich diet, can lead to significant and sustainable weight loss. The key is consistency and finding activities you enjoy.

Q: How important is hydration for weight loss over 60?

A: Hydration is critically important for weight loss at any age, including over 60. Drinking adequate water helps boost metabolism, aids in digestion, can help you feel fuller, and prevents confusion between thirst and hunger. Aim for at least 8 glasses of water per day, and more if you are active or in a warm climate.

Q: What role does sleep play in weight loss for seniors?

A: Sleep plays a significant role. Poor sleep quality or insufficient sleep can disrupt hormones that regulate appetite (ghrelin and leptin), leading to increased hunger and cravings for unhealthy foods. It can also reduce energy levels, making exercise less appealing. Aiming for 7-9 hours of quality sleep per night is beneficial for weight management.

Q: Should I be concerned about losing muscle mass when I lose weight over 60?

A: Yes, preserving muscle mass is a major concern when losing weight over 60, as muscle mass naturally declines with age. This is why a strong emphasis on adequate protein intake and consistent strength training is crucial in any weight loss plan for seniors. This helps ensure that the weight lost is primarily fat, not valuable muscle tissue.

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how to lose weight when over 60: *The Ultimate 1200-Calorie Diet Plan for Women Over 60* Olivea Moore , Are you a woman over 60 struggling to lose weight, regain energy, or feel strong and confident in your body? Traditional diets often fail at this stage of life because your nutritional needs and metabolism have changed — and fad diets simply don't work. This book offers a fast, easy, and effective 30-day meal plan designed specifically for women over 60. Inside, you'll discover how to balance proteins, healthy fats, and fiber-rich foods to boost energy, preserve muscle, support bone and heart health, and nourish your mind. With daily meal plans, over 20 simple recipes, and practical tips for portion control, mindful eating, and safe exercise, you'll have everything you need to succeed — without feeling deprived. With guidance on overcoming cravings, social pressures, and plateaus, this plan empowers you to stay motivated and make sustainable changes that fit your lifestyle. Stop struggling with diets that don't understand your body. Grab your copy of this book and start your 30-day journey to weight loss, strength, and renewed energy today.

how to lose weight when over 60: Lose Weight, Feel Great Kevin Given, 2009-04-13 Kevin Given is a personal trainer with the Private Trainers Association (www.propta.com). Kevin spent over twenty years with his own personal 'Battle of the Bulge' trying to lose weight with every fad diet on the market until he finally hired a personal trainer that showed him how to lose the weight and keep it off once and for all. Now Kevin has become a personal trainer to help those in the same Way that he was helped. Does this sound like you? You've tried low carb diets, low fat diets, all vegetable diets, all yogurt diets and any fad diet that came your way, Kevin did too! He even went through army basic training and got down to 175 pounds only to regain the weight when basic training was over. Kevin couldn't understand why he wasn't able to keep the weight off. If this sounds like you then you should buy this book. The techniques described in this book worked for Kevin and they can work for you to. Check out the before and after photo's in this book. Kevin went from his peak weight of 265 pounds down to 190 pounds in less then six months, and he has kept the weight off! You can to. Kevin is a compulsive eater that doesn't know when to quit, yet he lost all that weight and still maintains a healthy lifestyle If you want to lose weight and keep it off, then this is the book for you. Kevin describes why fad diets don't work. You might lose a few pounds on a fad diet but you will gain the weight right back, because you lose the wrong kind of weight and you go about it the wrong way. Included is a nutrition guide, a work out guide and a calorie counter to help you achieve your weight loss goal! It's time to keep that New Years resolution that you made to

yourself and get that bathing suit body back just in time for summer. Weather you need to lose ten pounds or one hundred and ten pounds, the time is now! Buy this book today, after all what have you got to lose? Except more weight?

how to lose weight when over 60: *A Truckers Guide to Weight Loss* Edward Anderson, 2013-07-15 A Truckers Guide to Weight Loss This book was written by a veteran truck driver who understands the propensity of drivers to gain weight over several years of inactivity. It was written with truckers in mind, but will work for anyone with a weight problem.

how to lose weight when over 60: *Anti Inflammatory Diet Cookbook For Women Over 60* Lolita Campbell, Are you ready to take control of your health and feel your best at every stage of life? With the Anti-Inflammatory Diet Cookbook for Women Over 60, you'll discover how simple and enjoyable it can be to eat in a way that supports your body's natural healing and energy. Say goodbye to the confusion of complicated diets and restrictive plans. Instead, embrace delicious, nourishing meals that help reduce inflammation and enhance your overall wellbeing. This cookbook is designed to be your ultimate guide to better health. Packed with over 130 mouthwatering recipes, it offers straightforward, step-by-step instructions that make cooking approachable for everyone—even if you're starting. Each recipe is designed to make you feel confident in the kitchen and comes with:

Key Features of The Anti-Inflammatory Diet Cookbook for Women Over 60:

- Over 130 Delicious Recipes: A wide variety of anti-inflammatory recipes that support your overall health, from easy weeknight meals to unique dishes. Each recipe includes clear, step-by-step instructions to make cooking approachable for all skill levels.
- Nutritional & Anti-Inflammatory Benefits: Every recipe includes detailed nutritional content and clear explanations of how the ingredients reduce inflammation, enhance energy, and promote well-being.
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- Meal Prep Tips & Time-Saving Strategies: Practical advice for meal prepping so you can cook in batches and enjoy healthy meals throughout the week without feeling overwhelmed or spending too much time in the kitchen.
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- Bonus Recipe Journal: A dedicated space to track your culinary creations, experiment with new dishes, and record your anti-inflammatory journey. This journal encourages exploration and helps you stay motivated.
- Anti-Inflammatory Grocery & Food List: A comprehensive list of anti-inflammatory foods and pantry staples to help you shop confidently. This guide will make stocking your kitchen easy, ensuring you always have the ingredients to create healing, nourishing meals.
- User-Friendly & Accessible: Designed with simplicity, this cookbook makes healthy cooking easy and enjoyable, even for beginners or those new to the anti-inflammatory lifestyle.
- Supports Long-Term Health & Vitality: The recipes and meal plans are designed to help you feel better, inside and out. Reducing inflammation will improve your energy levels, manage chronic pain, and embrace a more vibrant life.

With the Anti-Inflammatory Diet Cookbook for Women Over 60, you'll receive tools and guidance to make healthier eating part of your daily life, including:

This cookbook is more than a collection of recipes—it's a tool to help you reclaim your health, find joy in cooking, and create meals that taste great and make you feel fantastic. Let this cookbook be the guide that simplifies your transition to an anti-inflammatory lifestyle. It's not just about food—it's about embracing a new lifestyle that supports your energy, health, and vitality. Get your copy of the Anti-Inflammatory Diet Cookbook for Women Over 60 today and begin your culinary journey toward better health. Your body and mind will thank you!

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metabolism – without running into the very mechanisms that cause rebound overeating and fat storage when you finally fall off the treadmill. But I wouldn't hold my breath. Download 180 Degree Metabolism: The Smart Strategy for Fat Loss, and how you look, how you feel, and how you think about “waist management” will be forever changed. Most importantly, whether you wanna lose weight or not, you'll divorce restricted dieting for life – especially after you finish reading the chapter “Duck Fiets!”

how to lose weight when over 60: Eating Less is Making You Fat Vijay Thakkar, 2023-01-20 In this seminal take on well-being and fitness, celebrity health coach and functional medicine expert Vijay Thakkar presents his trademarked four-step formula for weight loss. He builds on years of research and personal history to dispel misinformation about nutrition, calorie-deficit diets, metabolism and how hunger and satiety work. Backing his theories with science and data, Vijay traces the origins of diabetes and heart diseases, conditions that are gaining ground among the young and seemingly fit. He explains how stress, exercise and the quality of food impact hormones; simplifies the science behind low-carb diets and intermittent fasting; and offers sustainable methods to maintain optimal weight and lifelong health. While addressing common dietary and fitness queries, this groundbreaking manual also proposes easy-to-follow lifestyle tips, wholesome recipes and effective workouts to guide the reader through the fog surrounding weight management.

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how to lose weight when over 60: 15-150 Secret to Simple Dieting Bobbie Freiberg, Steven Rosenberg, 2010-10-16 Gaining weight is easy; losing and maintaining weight loss is the difficult part. But what if there was a simple diet that was guaranteed and very easy to follow? You found it! Not only are you insured success, you will be guided to lose your weight and live a healthier lifestyle! Dr. Rosenberg and Bobbie Freiberg, one of the many 15/150 success stores, will help you learn that you can accomplish anything your mind or heart desires with positive thought and a practical diet guide. A scientifically proven approach to eating, combined with a focus on thinking positively, will help you discover how to make your goal of weight loss achievable, real and permanent.

how to lose weight when over 60: Rapid Weight Loss Hypnosis For Women Mary Pegson, Many people don't believe in hypnosis and, faced with irrefutable results, try to rationalize. They are right. That is: the hypnotist does not have a magic wand that will make, for example, the extra pounds disappear. Sometimes, those who turn to him have already done a part of the path, have already become aware of their problem, and have decided to solve it. Why does hypnosis work? Certainly not because the therapist has some strange paranormal powers, but, on the contrary, because the mind of each of us has unlimited resources. Your mind has immense potential, and hypnosis can be the button that turns on the right light bulb. And this works extremely well when you have weight to lose; hypnosis can make your extra pounds disappear and give you the perfect shape you have been looking for for many years. How? As soon as you start reading this incredibly exhaustive guide, you will realize how you will no longer be able to do without this book... ... you will start freeing yourself from overeating and creating a new happier, healthier life thanks to hypnosis! In this book, you will: · Clearly Understand What Weight Loss Hypnosis Is and Why It Works So Well for Weight Loss, being the only solution to act on the body's memory, reflexes, and beliefs towards food. · Learn How to Use Hypnosis to Remove Subconscious Weight Loss Blocks and get to your weight goal in a very short time. · Discover Seven Secret Weight Loss Motivation Tips to help you stay focused, because following a diet and an exercise plan to get back in shape can be very stimulated at first, but after some time the motivation to lose weight may begin to decline. · Find Out How to Free Yourself from Emotional Eating to stop using food as a reward when happy, and craving sweets or unhealthy snacks when stressed. · Realize How Important It Is to Lose Weight With Mindful Eating. The vast majority of studies agree that mindful eating helps you lose weight by changing your eating behaviors and reducing stress. Research is revealing that when you focus on what you are eating, without distractions, you develop a healthier relationship with food, may lose

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how to lose weight when over 60: Happy Hormones, Slim Belly Jorge Cruise, 2013-12-23 #1 New York Times best-selling author, Jorge Cruise, has created the perfect plan for women over 40 looking to maintain a healthy weight. Happy Hormones, Slim Belly is the answer to your broken metabolism and losing weight long-term. Jorge realized basic dieting wouldn't work from women over 40 due to increased hormone levels and developed a strategy to keep your body burning fat without feeling hungry or deprived. Women's Carb Cycling™ resets your insulin sensitivity, keeping you slim, while simultaneously elevating serotonin levels, which keeps you happy, energized, and free of cravings. It balances your hormones so you can lose up to 7 lbs. in a week, and then 2 lbs. weekly—guaranteed!

how to lose weight when over 60: Sixty, Sexy, and Successful Robert Schwalbe Ph.D., 2008-05-30 As a psychotherapist who focuses on working with the issues that challenge midlife and older men, Robert Schwalbe feels that the 60s and beyond can be the most rewarding or the most miserable period in a man's life. An aging male baby boomer looking at 60 encounters very specific psychological and physical changes. The impact of these changes can be felt in relationship to others and in how a man sees himself in his world. Does he continue to fit in? In particular, how a man adapts to being in his 60s is an indicator of how he feels about living the rest of his life. Dr. Schwalbe knows from personal experience, as well as from his patients, the challenges produced by anxiety and depression in dealing with aging in a youth-oriented society. He looks at competition in the gym, sports field, financial and business arena, the political world to the social and sexual world and urges men to adapt to the outside forces. The key is in the expectations and how to recognize and plan for them. Candid and straightforward talk with vignettes drawn from Dr. Schwalbe's practice illustrate problems and solutions related to marriage, relationships, career, retirement (don't, he urges), divorce, death of a partner, fitness, nutrition, sexual behavior, dealing with adult children, lifestyle changes, financial planning, ageism, and many other topics. Schwalbe presents a heart-felt and therapeutically tested guide to keeping things in perspective in order to maintain self confidence and self esteem. Most importantly, this book is directed to the aging male baby boomer (and to those who love him, know him, or live with him). It tells him that he is not alone and that the intimate thoughts that he has about his aging body and mind are shared by millions of men who are in their 60s and are dealing with their new age.

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how to lose weight when over 60: The Body Size and Health Debate Christine L. B. Selby, 2017-10-27 Has the connection between body size and overall health been overstated for decades? This book examines how our dogged efforts to eradicate obesity may be doing more harm than good and explores alternative ways to measure and encourage health. It's fair to say that Americans are obsessed with body size and weight—whether it's in the name of health and disease prevention or the idealization of unrealistically thin proportions. But trying to lose weight and drop clothing sizes is healthy, right? Or is it not healthy, in many cases? In this book, the latest in Greenwood's Health and Medical Issues Today series, Certified Eating Disorder Specialist and Certified Sport Psychology Consultant Christine L. B. Selby, PhD, examines the often confusing information—and misinformation—that exists on obesity and its connection to overall health. She provides a broad examination of this timely topic, addressing the rate of obesity in the United States, questioning the appropriateness of BMI to gauge overall health and well-being, discussing controversies related to

weight and health including excessive dieting, and providing real-world scenarios that clearly illustrate major concepts related to weight and health. The book also summarizes a relatively new and still controversial approach to improving well-being that takes the focus off the number on the scale. But can individuals really be happy and healthy at any size

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nine weeks and who were featured on ITV's Central News.

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