

JUMP START

Your 5-Day Plan to
Get Revved Up
About Weight Loss



A Mini Ebook by Arlene Pellicane

A Mini EBook about getting back on track



Dedicated to moms who want to be a healthy example to their kids

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Introduction

As a mom, you're like a race car driver. You have to zoom around the house at mach speeds, maneuver around dirty laundry, and stay calm under pressure. You need high-octane fuel to run as efficiently as possible. And that means eating healthy!

But on the racetrack of motherhood, **it's easy to crash and burn when it comes to nutrition and exercise. You can get stalled in a mire of junk food and busy days. Before long, you've given up on ever having your pre-baby body back.**

It's time to give your racecar a jump start! Today is your pit stop. It's time to take care of the "me" in mommy.

When you decide to take care of yourself physically, you set an invaluable example for your children. Just think generations will be affected by the choices you make today. You are a success story in progress.

Losing weight after baby isn't just about getting into your goal jeans; although that is a real incentive! More importantly, it's about:

- ❖ Decreasing your risk for serious illnesses like diabetes and heart disease
- ❖ Having enough energy to easily keep up with your kids
- ❖ Someday **attending your child's college graduation** in great health
- ❖ Boosting your self confidence
- ❖ Not being a slave to food

In the next five days, I'll show you how to:

- ❖ Re-program your thoughts about food, exercise and your body
- ❖ Get the support you need
- ❖ Find time in your busy schedule for exercise
- ❖ Banish the diet mentality

Here's the most important part. You are in the driver's seat. You have to DO the action steps at the end of each day's reading to successfully jump start your weight loss. Losing weight isn't about knowing how many calories are in a potato chip, or having a treadmill in your home. Losing weight is about DOING what you know is best for your body. Let's get started!

Day 1: Turn On the Ignition

Have these thoughts buzzed around in your brain:

- If I had time to exercise, I could lose weight.
- I have terrible metabolism so it's very hard for me to burn calories.
- I can't stop eating desserts and other things I love.
- It's not worth it to lose weight because I just gain it back again.

If you want to turn the key in the ignition to **start losing weight, you'll** have to check under the hood to make sure your engine is working properly. Your engine is your brain. You must begin with a winning mindset.

You're a mom so you probably have Winnie the Pooh somewhere around your house. I love it when Pooh bear taps his head and says **"Think Think Think."** Just like that silly old bear had to work hard at remembering things, you do too. **When it comes to losing weight, the stomach isn't the most important organ in your body. The brain is. What you think about food and your ability to lose weight will dictate your actions.**

In his *Daily Readings from Your Best Life Now*, best-selling author Joel Osteen has an entry titled, "As You Think, You Will Be." That is so true. If you're constantly thinking, "I'm so fat. I hate how I look," you will walk around discouraged and depressed. When you allow yourself to believe thoughts like "It's too much work to lose weight" or "I could never look like that," you've created a self-fulfilling prophecy. You will never rise above your expectations.

So how do you reverse negative thoughts that have occupied your brain for years? You push them out with positive ones. You possess the creative power to remodel your body, starting from the inside and working out.

I have found the Bible to be a tremendous source for helping me change my thought life. Ephesians 4:23 instructs you and me to be constantly renewed by having a fresh mental and spiritual attitude. What is that fresh mental and spiritual attitude, and how can you get it?

Philippians 4:8 offers the answer, "Always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect."

Let me share some things I know to be true about you. You care about your **health and family or else you wouldn't be reading this.** You love your child with all your heart. You are a beautiful person. You don't just want to survive as a mom, barely getting by each day. You want to thrive and live a healthy life for decades to come.

So set your mind on thoughts like this:

- Today is my day to begin eating healthy and exercising.
- I believe I can lose all of my baby weight and become a success story.
- My future is bright and full of hope.
- My season of change is here.
- I am going to have a food victory today.

Remember, as a mom thinks in her heart, so she will become. What have you been thinking about lately?

Today's Action Step:

Do you believe with all your heart that you are able to lose weight? If not, what limiting beliefs stand in your way?

Write down 3 affirmations that are meaningful to you. Put them somewhere you can see them often like your bathroom mirror. Say them out loud at least once a day.

1. _____
2. _____
3. _____

Brain tickler: To write a great affirmation, think of something you're having a hard time with. For example **take**, "I am too tired to exercise" and spin it into, "Today I have energy to exercise."

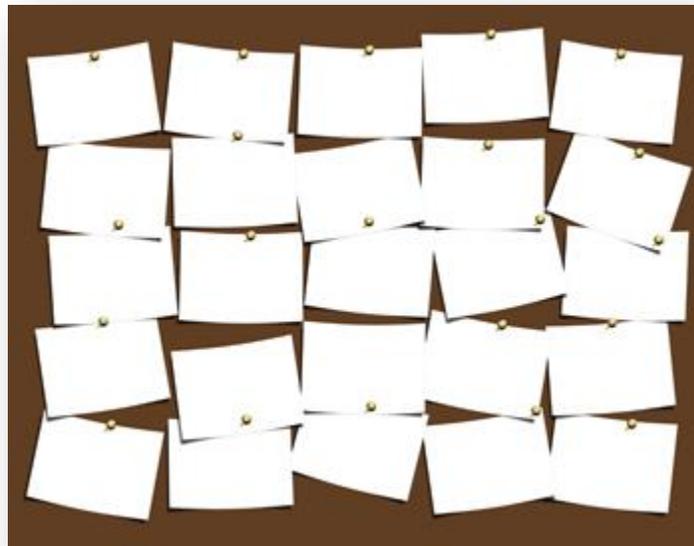
Examples of Positive Affirmations:

I will lose two pounds this week.

I will enjoy trying new foods that are healthy.

I am hard working, determined and disciplined.

I am attractive to my spouse and others around me.



Day 2: Demolish Your Diet

There's a joke I heard that goes something like this...

A woman in a diet club was lamenting that she had gained weight over the weekend. **She'd made her family's favorite cake and they'd eaten half at dinner.** She however had refrained.

The next day, she kept staring at the other half, until she finally cut a thin slice for herself. One thing led to another, and before she knew it, the whole cake was gone.

"What did your husband do when he found out?" asked one of the ladies. The woman smiled. "He never found out. I made another cake and ate half!"

Diets often lead to cheats of gigantic proportions, don't they? Many diets work for a short period of time, but then the deprived dieter finds herself gaining even more weight when the diet is over. Talk about **depressing!** It's not so much that the diet itself is the problem. It's the mindset we have about "dieting."

When a mom says, "I'm on a diet," here's the translation: "I will behave until this diet is over and then I am going out **to dessert for a week!**" It **doesn't take long before** mom is consuming too many calories, enjoying desserts regularly again and eating **whatever's convenient** instead of healthy.

Demolish the dieting mindset! Put a wrecking ball through it. Dieting is a temporary fix that will not solve your long-term weight problems. Instead **embrace a new life of healthy eating and exercise.** You are aiming for small, incremental changes that you can sustain – not just for a few months, but for the rest of your life. I know it sounds daunting. **You're starting to back away thinking,** "You mean I have to make *changes?*" Well, you've heard the definition of insanity – "doing the same thing over and over and expecting different results." **If you're not happy with** your current body weight and fitness level, you have to start making changes to get the results you crave.

Follow these five simple principles and **you'll keep your waistline from** growing in the wrong direction:

- Eat healthy portions
- Choose nutritious foods
- Drink water, not soda or other sugary drinks
- Save desserts for special occasions, not every occasion
- Exercise 3-4 times a week

These steps are extremely simple, but **don't be deceived. They're not easy. That's why the diet industry is booming.** Everyone is looking for the next quick fix. **Don't fall for the latest diet program unless you're willing to make** lasting changes.

When **you decide you're going** on your last diet, you will open the door to a **new life of health and vitality. It's time to get off the crowded sidelines** where all the yo-yo dieters hang out, and head towards the winners circle of healthy eating and exercise for life.

Today's Action Step:

Have you been on a diet in the past? What worked? What didn't?

Are you ready to make changes and embrace healthy habits as a lifestyle?

- Yes
- No
- Almost

What is one positive change in your eating habits you will make today?

A few suggestions:

- Drink only water
- Skip dessert
- Eat a smaller portion size for dinner
- **Don't** snack after 7:00 p.m.



Day 3: Your Fast Pass to Weight Loss

You've probably heard the saying, "If you fail to plan, you plan to fail." Or "If you aim for nothing, you'll hit it with amazing accuracy." That's exactly how many mothers approach losing their pregnancy pounds. They don't have any plan for losing weight and just hope that it will come off somehow. And I have to admit, for some women this actually works, especially if they are breastfeeding. But many mothers like me need a plan of action to really get that scale moving down.

Let's get more specific with the five principles we talked about yesterday. Follow these directions for your fast pass to weight loss:

1. **Start with healthy portions.** Eat 3 small meals and 3 snacks throughout the day. If you dine out, eat an appetizer or half of your entrée and box the rest up. As you "de-supersize" your meals, you will feel hungry. Drink water to fill you up.
2. **Choose nutritious foods.** Pick nutrient dense foods like apples, broccoli, walnuts, oatmeal, blueberries, chicken and fish.

Skip this:

Fried chicken, chicken nuggets
French fries
Full fat dressing
Mayo
Steak and cheese sandwich
Cheese enchiladas
Tempura
Chinese dishes with thick sauces
Fish and chips

Choose this:

Grilled or baked chicken
Green salad
Lowfat dressing
Mustard or ketchup
Turkey sandwich
Fajitas
Sushi
Stir-fry dishes
Baked or grilled fish

3. **Drink water, not soda or other sugary drinks.** Water is your best friend! It will keep you healthy, hydrated and feeling full without any calories or sugar. Do you get tired of the taste? Drink it with a slice of lemon or lime, or even try mint leaves. My friend even adds thinly sliced strawberries. Very refreshing and beautiful!

4. **Have desserts for special occasions, not every occasion.** Don't buy any desserts for your home. It's too tempting to invite those enemy cakes, cookies, or brownies into your kitchen! Save dessert for social occasions. **When you're out, split dessert with your husband or friends who are most likely trying to lose weight too.** Set mini goals like, "I will go 3 days in a row without eating dessert."

In tomorrow's reading, we'll talk about one roadblock that troubles many moms: finding time to exercise. Until tomorrow, enjoy eating healthy and feeling great as a result!

Today's Action Step:

Keep a food journal for one week. **Write down everything you eat so you'll** have an accurate picture of your food intake. Look for patterns. Do you tend to overeat at a certain time of day?

Approximately how many calories are you eating per day?

Are you making the most nutritious choices given your circumstances?

Note: To lose one pound of body fat, you need a 3500 calorie deficit. So if you want to lose a pound a week, cut back 500 calories per day and you'll get there. You could skip a 250 calorie snack, take a brisk walk and voila – there's your 500 calories for the day.

Day 4: Don't Let Your Battery Die

What would happen if you let your car sit idle in the garage for days, weeks, and even months? Your car battery would die. So what do you think happens to your body when you **don't exercise**? **You know where I'm going, don't you?** Moving your body is so important to your longevity, yet so many moms can't seem to find the time for regular exercise.

If Oprah's personal assistant called you today and said, "Miss Winfrey will be in your town next week and she's wondering if you would be available for coffee." What would you say? Most likely, you would make a few sacrifices to meet Oprah. You'd make time even if your schedule was crammed from morning 'til midnight.

Well, what if I called you and said, "You've got an appointment to exercise today. You won't want to miss it because it will lengthen your life, make you feel more energetic, help you lose weight, and save you money." Would you politely tell me, "I have too much to do. Why don't you call back next month?"

Isn't it true you'll rearrange your schedule and bend over backwards to accommodate someone else, but you're completely paralyzed when it comes to planning something for yourself? In her book, *Taking Care of the Me in Mommy*, Lisa Whelchel says that moms get so busy giving to their families that they often balance on the edge of burn-out. According to Lisa, taking care of the "me" in mommy is not selfish because your family's well-being depends on yours.

A key component of your well-being is your health. **That's why exercise is not optional. It's a must!** So here's the last principle for your fast pass to weight loss:

Exercise 3-4 times a week for 30-60 minutes each time. Shoot for a mix of cardio and strength training throughout the week. Examples of cardio are aerobics, running, zumba, biking or spin class. Cardio will help you burn fat. **Don't bother to** do cardio for more than 50 minutes (which shouldn't be a problem for us moms). **That's because** after 50 minutes of cardio, you start burning muscle instead of fat. Make sure you also incorporate weight training in your exercise regimen. The more muscle you build, the more calories your body will burn even while **you're sleeping.**

If exercising 3-4 times a week seems like a pipe dream, start small and work your way up. Exercise once a week. Wake up early one day or ask your husband to watch your baby for 30 minutes while you exercise in the early evening. Once you adjust to working out weekly, add another day.

Don't buy into the lie that you don't have time to exercise. You are a creative, problem solver. You're a mom! Get creative and brainstorm:

- When and where can you exercise?
- Who can help watch your kids?
- How can you involve your kids?
- How can you make exercising fun for your whole family?

In addition, look for ways to sneak in exercise throughout your day. Make it a game for yourself and your kids. Here are some suggestions:

- When shopping, park further away
- **When changing baby's diaper**, stand on your tiptoes, pull your abs in tight and balance as long as you can
- When brushing your teeth, balance on one foot. Balance on the other when flossing
- When washing dishes, tighten your butt muscles and release (**maybe when no one's watching?**)
- Instead of walking around the house, jump (**don't worry, your kids will like it**)
- Wear 3-5 pound ankle weights around the house
- Jump in place whenever you find yourself waiting at home
- Instead of watching a video, take the kids out to play in the park

When you are physically fit, you'll have the energy to keep up with your family. You don't want the early wonder years with your children to be a blur of exhaustion. You want to be fit and strong to enjoy making each memory.

So if you ever get that call from Oprah Winfrey, let her know you'll meet her for coffee...after your workout!

Today's Action Step:

How often do you exercise per week? What do you need to do to ramp that up? Who can help you?

Create an ideal exercise schedule for yourself. Work yourself gradually towards this goal.

DAY	EXERCISE	WHEN & WHERE
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Day 5: Make Some Headlines

Women love to talk don't they? So why not give your friends something to talk about. **Imagine them saying, "Have you seen (your name)? She looks FABULOUS!" It's your turn to make some headlines with your newly slenderized body.**

The only way you're going to make headlines is by assembling a great pit crew: a group of people who will fully support your efforts until you cross the finish line.

Left to yourself, you will get discouraged and be tempted to give up. But when you have people who have a vested interest in you and your success, **you'll work harder not to let them down.** Plus if you eat half a cake like the woman in Day 2's reading, **you'll have to tell someone about it.**

I had three people in my pit crew when I lost my 40 pregnancy pounds. My husband kept me from eating junk food at home. He had the eyes of an eagle and always seemed to catch me right before I cheated on my food allowances. My mom and spin instructor were my other two allies. Every Tuesday and Wednesday morning, I would pick up my mom and we would sweat through spin class together. Without the responsibility of getting my mom, I probably would have slept in and skipped class on many days. Plus our instructor always gave us a really hard time if we missed spin without a good reason.



With my mom, a terrific ally!

Who do you know that could keep you accountable to your eating goals? **Maybe it's your husband. It doesn't hurt** to have someone in your house who will stop you from eating bon-bons and potato chips. Who will you exercise with? Maybe another mom who needs to lose weight too. When **you partner with others, weight loss is not such a lonely journey. That's why** Weight Watchers and groups like it are so successful. People can achieve more when working together with friends.

When you look at weight loss with a positive can-do attitude and sense of humor, it makes the journey much easier. So as we conclude our five days together, **let's** end on a funny note:

A mother who needed to lose weight was listening to the radio around Christmastime. The announcer began reading an advertisement for a **weight-loss center. "Egg nog, gravy, stuffing, apple pie...as you can** imagine, the average American gains between 4-7 pounds over the holiday season."

To her surprise, **the mother's five-year-old boy said, "Oh mom, aren't you glad you don't have to worry about that?"** The mother asked what he meant.

He replied, "We're not Average-Americans, we're Irish-Americans!"

Well, no matter what kind of American you are, I know you are not average. Unlike too many moms who have given up, you are not content with **mediocrity. Don't allow yourself to believe the lie that moms can't drop their** pregnancy pounds. Instead dream about being healthier and more attractive than ever! Buckle your seat belt mom, enjoy the ride, and keep heading towards your goal!

Today's Action Step:

Who will be your accountability partner(s)? Fill in their name(s) here:

Talk to your accountability partner(s) today and decide how you are going to help each other.

Some ideas include:

- ✓ Exercising weekly together
- ✓ Weekly call or email to check on:
 - Current weight
 - How many times you exercised
 - Food victories and cheats
- ✓ Have a biggest loser contest
- ✓ Plan a celebration when you reach your goal



About the Author

The inspiration behind this eBook *Jump Start* came from Arlene's firstborn son who was crazy about racecars. While Arlene's children were babies and toddlers, she created resources to help other moms lose that dreaded baby weight.

Arlene Pellicane is a speaker and author of *31 Days to Becoming a Happy Mom* and *31 Days to a Happy Husband*. She is also the co-author of *Growing Up Social: Raising Relational Kids in a Screen-Driven World* (with Gary Chapman). She has been a featured guest on the *Today Show, Fox & Friends, Focus on the Family, FamilyLife Today, The 700 Club*, and *Turning Point with Dr. David Jeremiah*.

Before becoming a stay-at-home mom, Arlene worked as the Associate Producer for *Turning Point Television* with Dr. David Jeremiah. Arlene earned her BA from Biola University and her Masters in Journalism from Regent University. Arlene lives in Southern California with her husband James and their three children.

Visit www.ArlenePellicane.com for Arlene's blog and free monthly Happy Home Podcast.

Arlene and her daughter Noelle in 2007

