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### 50 WAYS TO LOSE WEIGHT WITHOUT DIETING

It is estimated that 45 million Americans diet each year and spend more than \$1 billion on weight loss programs. Unfortunately, diets DO NOT work because they are usually short-term measures. They are designed to dramatically modify your eating habits for a specific period of time during which you may see positive results. In fact, if you strictly adhere to your diet regimen, you will probably lose weight (of course, sticking to a diet is much easier said than done). The problem is, few diets are designed to last for the rest of your life. Once you achieve your weight loss goals, you will eventually return to your previous eating habits. You will then gain the lost weight back, plus some additional weight. This 20-page booklet offers alternatives to dieting. It is based on the idea that successful, long-term weight reduction requires permanent changes to your eating habits. The great news is that these modifications need not be dramatic. Throughout this booklet you will find simple, easy to implement steps you can take to achieve permanent weight loss. The steps are divided into 5 categories including Eating Habits, Eating Out, Nutritional Choices, Exercise and Physical Activity, and Other Activities. Some of the tips described in this booklet include the following:

- Eat 4-6 meals a day instead of 3.
- Never go more than 4 hours without eating.
- Eat your last meal 3 hours before bedtime.
- Determine your daily caloric needs.
- Eat prior to arriving at a family or social gathering.
- Eat protein at every meal.
- Get at least 7 hours of sleep every night.



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