



Transitioning off the Active 8 Better Health Better Life Diet Plan

We get many questions from customers as to whether this is a diet that they always have to maintain or whether it's one that can be discontinued after one loses the weight that one wishes to lose. The answer is – yes, you can certainly lose the weight that you need to lose and then be free of the supplements and shakes if one so chooses to do so.

However, as with any diet plan, just because you lost the weight doesn't mean that you can go back to your old eating habits. Those habits are what got you in trouble in the first place! So what steps do you need to take in order to keep the weight off successfully?

First, you need to be sure to weigh yourself no less than once a week to monitor how well you are doing. It is much easier to catch the 1, 2 or 5 pounds that you didn't realize that you have inadvertently may have put back on than it is to try and lose the 15 or 20 pounds that crept back on in the several months or years into the future because you weren't paying attention to the gradual weight gain. Double checking your weight sooner rather than later is also easier to keep yourself motivated if there isn't so much to lose.

Secondly, I highly recommend that you follow the diet plan itself (limiting carbs to 2/meal (lunch and dinner only for a total of 4 carbs/day and fats to 6/day total) and stick to an all protein breakfast. If you find that you are still losing weight, then you can add a carb to the meal (for a total of 5/day) to see whether you can maintain the same weight level. If you find that adding that extra carb keeps you at the same level, then you know that you are at your limit. If you start to gain weight, check to see if you are actually “doubling” your amount of carbs because your portion size is too large. This is where it really sneaks up on you – thinking you are eating the correct amount, but you are actually eating more than what you think you are. So watch your serving size! Some folks find it easier to maintain the protein drink breakfast instead of cooking or fixing an all protein breakfast.

The key is to monitor your weight and what you eat until you find the level that keeps you steady at the weight that you desire. You need to increase or decrease the amount of carbs and fat to get the right balance that keeps you where you want to be.

Thirdly, be sure to use the free online journal to keep track of what you are eating. Research has consistently shown that keeping some sort of food journal is absolutely key to your success. Journaling your food intake keeps you aware of what you are eating and how much, and helping you to not overeat. A recent study published by Kaiser shows that keeping a food journal can actually double your weight loss results! Read that again – yes, DOUBLE your results! So maintain your journal – you and your body will be glad that you did!

Successfully keeping off the weight that you have gained takes work and a very watchful eye. However, by paying good attention to what you are eating and keeping the good habits that you've learned, you can keep that weight off forever!