

Dieting: 5 Keys to Obtain Your Ultimate Physique

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Dieting can be a tedious, torturous part of your lifestyle, but it certainly does not need to be. It might be as simple as limiting your consumption of “sweets”; or it could be as complicated as measuring out every gram of food you consume and then converting those measurements to calories. With our popular culture largely focused on physical appearance, many of us at least attempt to jump on the latest diet craze at one time or another during our lifetime. Which is not to say that some do not temporarily succeed on these diets; however, these diets are designed more to catch the public’s eye than to be a sustainable weight loss solution.

Fads like the Atkins, Grapefruit, Zone and Cabbage Soup Diets all offer a mainstream approach to weight loss that can produce temporary results if you are willing to put up with their often unorthodox guidelines. Don’t get me wrong here – I am not saying dieting is a bad thing. If it is done correctly with the proper keys to success, amazing results can be accomplished.

There are two nutritional approaches towards achieving these amazing results. One option is to evolve an entire lifestyle change, which includes healthy, balanced nutrition that can dramatically improve internal health, yet still leave you potentially unsatisfied with your body. The other solution is to improve your healthy lifestyle by going on a temporary calorie-restricted diet.

There is definitely something to be said for a full lifestyle change. Ultimately, changing your lifestyle to eliminate harmful activities such as smoking, excessive alcohol intake and processed food consumption will not only lead to improved internal health, but it will also promote a healthy and substantial weight loss. Everyone should have a goal similar to this change of lifestyle, even if for some this change might not be enough to obtain their desired physique. Assess your lifestyle and make the necessary alterations before even thinking about dieting. A healthy lifestyle should have priority over a good-looking physique.

While a healthy lifestyle change is a long term and hopefully more permanent goal to strive for, dieting is also more than a temporary change that can lead to an absolutely ripped physique. Whether you are a bodybuilder dieting for a competition, or a housewife trying to shed that baby weight, dieting can always be done at a number of different levels. Certainly the more organized, implemented and evaluated your diet plan is, the more successful you will be towards achieving your goal.

Organization

First of all, you need to organize the goals of your diet. You should establish short term goals like: “I am going to loose 5 pounds in two weeks” or “I am going to drop

my body fat by two percent in fifteen days.” Long term or overall goals should also be established: “I am going to loose thirty pounds by the end of the year” or “I am going to lower my body fat to seven percent.” Once these goals have been established, it is time to lay out your plan.

Planning

It is most important that you plan out your daily caloric intake and macronutrient ratios to ensure that your body receives the proper nutrients that it requires, ultimately maintaining muscle while shedding fat, which is the primary goal of any smart weight-loss diet. There are two options when planning out your daily food intake. You can plan out exactly what foods you will eat and their corresponding gram measurements before you begin dieting, in what is called a meal plan. This is an easy to follow option that simply requires you to do a small amount of prep work for easy food measuring and making. The other option is to measure out your food as you go and record it in a food log. Although this can be just as successful within your daily calorie and nutrient allowances, in the long run it also takes a lot more time and can cause unnecessary frustration.

Mental Preparation

The third and possibly most important ingredient to a successful dieting experience is the mental preparation. Discipline is the key to any dieting - you must be able to resist those tempting foods that you crave so much. This might not seem that hard to some, but anybody with a sweet tooth knows how hard it is to resist temptation. Showing discipline is the primary reason why the mental aspect of dieting is so critical.

Everybody is human and is bound to “cheat” in one form or another when dieting; yet it is those that show enough discipline to get back on track and continue with their diet plan who will eventually achieve their ultimate body. For instance, say you have been dieting for several weeks with awesome results, but you end up skewing your diet at a work party one night. This is when you must stay positive and get back on track the next day. Discipline truly is the hallmark to any successful diet; without it you will be disappointed with suboptimal results.

Implementation

The Implementation of your diet plan might sound easy compared to the previous keys, but underestimating the implementation of your diet can come back to haunt you. When you implement your diet plan, it is also important that you be willing to adapt your plan if circumstances change. Life can often be unexpected and you can't afford for your nutrition to suffer because of it.

This key to your diet is not just about eating the food you prepare, it is about having the necessary tools and prep work in place to succeed. You must plan accordingly - if you will be traveling, make sure to bring your food scale, find out where the nearest health food store is in relation to where you will be staying, and always be prepared

for the unexpected. Dieting improvisation is an aspect that many don't consider when creating their diet plan; however, it must be present when implementing your plan or you will easily face difficulties.

Evaluation

The final key to obtaining your ultimate body when dieting is evaluation. When you eventually come to the end of your dieting cycle, it is important to record your final results both by statistics and by photo. Since the start and finish of your diet are the most important points in recording your progress for comparison, it is also suggested that you periodically record your progress in between to fully display your transformation. The evaluation key is essential in your start-to-finish comparison and to your success with future diet plans. Just because your diet is over doesn't mean your work is done - use your diet not only to look good, but also as a learning experience to improve upon in the future.

These five keys to obtaining your ultimate body are crucial to your results. While some have a knack for unorganized or crash dieting, it is those who follow these five keys who will not only see temporary success, but also experience prolonged results and increased dieting knowhow. My final suggestion would be to tailor your lifestyle in order to feature a healthy, balanced nutrition with periodic dieting thrown in to obtain your ultimate physique.