



# Transition and Maintenance

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## Welcome to Transition and Maintenance

You should feel extremely proud of all that you have accomplished and good about all that you have to look forward too. If you are like most of us, you are also going to be extremely concerned about how you are going to keep the weight off. The fact is that while losing the weight is hard, the transition and maintenance phase is where most people start to blow it. This is typically no fault of their own, but the fault of not having the right information or having a strong understanding of what transitioning and maintenance means or what is required of them in order to succeed.

When you ask most people how they are going to keep their weight off, the typical answer is that they are going to stop the weight loss program that they are on, and start following a new program. For some, it becomes a low carbohydrate diet, for others, it's a zero sugar diet, for some it's a vegetarian diet and the list goes on and on. What people end-up doing is trying to follow program rules that will stop them from returning to their old behavior. Unfortunately, when most people transition off of a diet, the programs that people often try to transition too, are simply too rigid and don't serve as the building blocks for their continued learning. Meaning, reaching your goal weight is a fantastic achievement, but every person that achieves this goal still has much to learn.

To truly learn the most important lessons that are ahead means that you have to start living your life. This does not mean switching to another rigid program, but it means that you need to learn the fundamental building blocks for living your life, and keeping the weight off. Ultimately, transitioning and maintenance is not about changing your life and following a new program, it is about changing your life in a way that will allow you to live it differently!!

Now, the really exciting part is that as you go through this document, you'll really learn everything that you need to know to keep the weight off. And, we aren't talking about changing your behaviors or adjusting the way that you think, but truly talking about the cornerstone requirements for success. The actual things that you need to do and the rules that you will live by that will truly allow you to keep the weight off. And, beyond that, not just keeping the weight off, but continuing to maintain good health and fitness for the rest of your life.

Just like with your weight loss, it wasn't just one factor that allowed you to succeed. For example, when you were losing weight, you had to follow a program, you had to exercise, you had to drink water, you had to get enough sleep, and you had to be consistent. When you brought all of these factors together, they added up to success. And, living a healthy life and keeping the weight off is no different. To be successful, you must learn and practice the fundamental building blocks contained within this document, including:

- **Preparing Your Mind for Success**
- **Creating Accountability**
- **The Key to Your Weight Loss Success and Health**
- **Mastering Your Energy Balance**
- **How Much Should You Eat**
- **Your Nutritional Rules for Life**
- **How Much Exercise You Really Need**
- **Learning to Live Your Life with Purpose**
- **Synopsis of the Rules for Keeping off the Weight**

Once again, welcome to your transition and maintenance. This is an extremely exciting time and I couldn't be happier that you are reading this document. Please know that while this is not the biggest document you will ever read, it's quite possibly the most important one. Just know that within this document are not only your keys to maintaining your weight loss, but as you will discover, the keys to living and enjoying and being healthy for the rest of your life.

Sincerely,

Hamilton Erridge,  
*Founder of the New Lifestyle Diet*

Matthew Johnson,  
*Nutritionist and Exercise Physiologist*

## Preparing Your Mind for Success

In approaching transition and maintenance, one of the hardest things to do is overcome your own mind. For example, when many people lose weight, whether they want to believe it or not, they are viewing the program that they are following as a temporary set of rules that will enable them to lose weight. In a sense, the program that they were following allowed them to stop living one way and start living a new way. And, hopefully, during the weight loss process, learn a few things about themselves. Unfortunately, not everyone takes these lessons to heart. Often when people reach their goal weight, they see a new reflection in the mirror and believe that whatever previous issues they had, have gone away with the pounds they lost. As funny as it may seem, just about everyone is guilty of this at some level. Unfortunately, this is where most people also go wrong. In seeing their weight loss program as a moment in time where they were not enjoying the foods they liked, they now view the transition and maintenance phase as an opportunity to begin eating their favorite foods again. Of course, no one sets-out to go and binge on all of their favorites at once, but as a person re-approaches their favorite foods they create a slippery slope for themselves. Perhaps it's just a few things one day, then a few more the next...then over time...the old eating habits slowly return and the weight comes back on. This is the classic slippery slope that 85% of all people that lose weight will face even if their weight loss program included education, lifestyle modification, and exercise. But, it doesn't have to be this way. Research shows that through lifestyle modification sustainable weight loss can be achieved for the long term.

The truth is that one of the key building blocks for your success is first starting with the right mindset. It's having an understanding and appreciation for the fact that the foods that you were previously eating, and the way that you were previously living your life, were causing you to become overweight and unhealthy. Regardless of whether you put your weight on over the course of a lifetime or in a relatively short amount of time, the fact is that you were overweight because of the choices you made and the way that you were living your life. And, if you expect to keep the weight off, it starts with being honest with yourself and making a commitment and promise to yourself that you are going to live your life differently. As the old saying goes, if you want the same results, then all you have to do is repeat the same actions that you have in the past. Or, you can make a stand right now in your life! You can make a promise to yourself that as weird or awkward as it may feel, you are going to enter into this next phase of your life with an understanding that you are going to live your life differently. In fact, it's safe to say that your life actually depends on it.

Remember, your success at keeping your weight off is a choice! You control what goes into your body and you control how much exercise you get each day. You are the one that makes the choices that ultimately determine whether you keep the weight off or not. As you know, life is filled with caloric temptations and choices everywhere we go. Whether they are being offered by friends, family, co-workers or free samples at the grocery store, we each have to make choices each day as to whether we are going to succeed or not. And, our mindset is the key to how we react to things. For example:

- **We can react to a temptation by saying to ourselves that we can't have that right now because it will mess up our weight loss.**

*Or,*

- **We can react to a temptation by saying to ourselves that we choose not to have that because our weight loss and our new life mean so much more to us.**

Do you see the difference between the two scenarios? One of the reactions was a feeling where we can't have something and the other is a reaction where we choose not to have something. Remember, your success is a choice!! You can choose to eat everything and anything or you can choose to live a new life.



If you are like most people, you have lost weight on other diets in the past only to put the weight back on. Unfortunately, a number of factors were working against you that we will learn about in this document, but one of the first factors was your mindset. Remember, success is a choice! And, being successful and learning to keep the weight off is about making little choices each day that keep you on track. It's about having the mindset that you are now choosing to live your life differently and that this is not only something that you want, but something that you are going to do.

Your mindset is your first building block for success and it starts right now. So before proceeding any further, take a moment and make the decision to begin living your life in a new way. This is one of the biggest decisions that you will ever make, so don't take it lightly. In fact, put this book down at the end of this paragraph and give this some thought. Talk it over with your husband, wife, girlfriend, boyfriend, friends, or family and truly consider the impacts of putting excuses aside and owning up to the responsibility of making choices in your life that will protect your investment. Consider how you will think differently from the past and the difference that it will make in your future.

*And, when you are ready, let's begin....*

