

Winning the Inch War

Simple, no-nonsense
WEIGHT LOSS for grown-ups

**WARNING:
CONTAINS
COMMON SENSE**



Paul Lonsdale & Ann Hirst

Winning the Inch War

**Simple, no-nonsense weight loss
for grown ups**

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As with all materials related to health, exercise and diet, you must first consult your doctor, physician or health care provider before implementing changes to your life style.

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WARNING

This book contains graphic depictions of common sense. It is not suitable for anyone who prefers to keep their head stuck firmly where the sun doesn't shine!

Note

This is a free sample. Full details of how to buy the rest of the book are available at the end

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Preface

In one way or another, we've spent our entire lives in the health and fitness industry. In 2002, we opened Get Physical, our personal training company in Sheffield. Then, in 2014 - after years of writing articles for a variety of magazines - we published our first book: *Dump the Diets, Ditch the Scales, Drop the Inches*. However, earlier this year (2018), we had a revamp and expanded to move online with a brand-new website under the banner of 'Winning the Inch War'. So, we sat down, rewrote and renamed the original book to fall in line with our new venture. In the process, we've cut out a lot, making it more concise and relevant to the reader (it seems ironic that a book about weight loss should go on a diet).

So, before we get started, we'd just to mention that this book is a jointly written effort from both of us, hence the continual use of the pronoun 'we' throughout the book. Although I'm the one who puts the words on the page, I can get a bit carried away with the sciencey-bits, so Ann is the one who then puts them in the right order! Without Ann (who is the type of woman that could teach common sense at Cambridge) this book would be full of phrases such as '*calcium ion exchange across the sarcoplasmic reticulum*', or '*phospholipid bi-layer cell membrane*'.

We'd also like to point out that this is a self-published book, so please excuse any typos and inconsistency of grammar, etc. I think I've finally managed to break the spelling and grammar checker on Word 2016 because it no longer underlines any errors, but just waves a white flag!

Finally, it's impossible to cover every single dietary and training option, so we've kept to the basics and added lots more meal options, recipes and training videos to our website. You can find us at **www.getphysical.co.uk** and if you have any questions, please don't hesitate to get in touch. You can drop us an email at **info@getphysical.co.uk** and our phone number is **0114 2666433** (our full contact details can be found at the end of the book).

By the way, this is not a novel, so please feel free to read it in any order that you wish.

PART 1:
**DUMP THE DIETS, DITCH THE
SCALES, DROP THE INCHES**

'You don't need to live like a saint to have the body of an angel'
Paul & Ann

Chapter 1:

Weight loss for grown ups

'Dieting is like living in a world of soup, armed only with a fork'

Paul & Ann

Without a shadow of a doubt, weight control can be such a struggle. Yet strangely enough most people understand why they gain weight, they just don't understand why they can't lose it. We've never had a client that's claimed, "I don't get it. I went to bed resembling a Greek God and woke up looking like Buddha! I must have had a visit from the Fat Fairy again".

But, why is it so hard to shift the weight?

Well, there are many explanations. A restrictive diet requires the strength of willpower capable of bending iron bars - ironically, the very lack of which may have already caused the weight problem. Another reason is our natural evolutionary safeguards that protect against times of famine. Eons-old emergency survival measures automatically kick in to preserve your unwanted wobbly bits when you consistently burn off more energy than you consume.

But possibly the most common reason of all is the necessity of breaking the habits that you've grown to love and cherish.

It's important to understand that habits are not just a mental issue, they're physical as well.

Humans, in general, are habitual creatures and there is some potent biochemistry going on in your body and brain that makes us cherish our habits - both good and bad. So, it's not just a case of breaking old habits, you've got to replace them with better ones - and learn to love them as well.

Without doubt, some dieters will succeed temporarily, dropping a dress size or two for a momentary period before it all piles back on again. Possibly, they've had partial success, getting halfway to their targets until suddenly, the siren call of the bacon sandwich or chocolate chip muffin becomes unbearable, and life resumes as before - albeit slightly lighter. For most, this will sound all too familiar.

So, the answer is not complicated: if you want to lose weight and feel good about yourself, you've got to make your new diet and lifestyle fit around you; around your way of thinking and on your terms, not the other way around, and we'll show you how.

Who are we to talk?

So, who are we to talk, and what gives us the authority to make these claims? Surely, we should boast a long string of important-looking letters after our names? At the very minimum we should be renowned for being the trainers on some reality-train-crash-weight-loss television show where we bully and beat the fat out of unfortunate, overweight contestants. Sorry, we cannot claim any of these accolades. The truth is we're just simple, ordinary folk, who now seem to be very successful at helping other simple, ordinary folk overcome their weight problems.

Between us we've about seventy years of accumulated nutritional knowledge and training experience.

We've had hundreds of thousands of hours honing our training skills in the gym, many tens of thousands of hours spent one-to-one with clients and countless hours of research and study.

Our classroom is the gym itself, face to face with people from every walk of life and to us that's a badge of honour we're proud to wear. Oddly enough however, it's safe to say that at times we've probably learned more from our clients than they did from us.

Every exercise programme we designed, and meal plan we created had to be redrawn each time for every new client: “You’re having a laugh mate, I can't do that, I've got bad knees”. Or, “Oh no, I can't eat that, it gives me terrible wind”. Solving such mundane, yet typical problems such as dodgy joints and problematic bowels, along with clarifying misguided ideas about weight issues, diets and exercise is what we do best and led us to writing our books in the first place.

A little bit of common sense

Our solution to the problem is simple: we apply common sense. It's a philosophy we call **'weight-loss for grown-ups'**. We don't treat our clients as children, threatening them with the naughty step if they misbehave. We don't make them feel guilty when they slip-up - we're after consistency, not perfection. And we use our sense of humour, rather than cruelty or humiliation for motivation. For example, we would never tell anyone they are fat - or even overweight. Rather, we would suggest they are either under-height - or possibly the wrong species!*

But our driving principle is not to hold your hand because we believe that your issues are yours alone and only you can resolve them. It's vital that you learn to take responsibility for your life and take back control.

This is the presiding theme throughout this book and we'll slowly, bit by bit, show you how to do it.

* Well, Mr Smith, according to our charts, your weight would be ideal if you were eight feet tall, or a small hippo, perhaps. (We said it was our humour, we never said it was funny!)

What to expect

The book mirrors our usual approach to solving a client's weight problems. Therefore, it's based first and foremost on education. We work on the principle that if you give a man a fish, you feed him for a day; but teach him to fish and you feed him for life* (*14th century philosopher, Maimonides*).

Now, this book has nothing to do with fishing, but it is all about life, specifically, your life.

So, what can you expect from us?

Following a brief introduction to set the scene, it's straight into talking about food: helping you to decide what to eat and when to eat it. Then, we'll uncover the truth about what happens to your body when you lose weight and how to avoid the dreaded weight-loss plateau.

Following this, it's a quick dip into your mind, freeing you of the most common myths and misconceptions that regularly bewilder the unwary dieter. Finally, we'll tell you all about exercise and how to train smarter, not harder.

We believe that to win the weight-loss war you need to fully understand your opponent. Therefore, our aim is to provide you with both the necessary strategy and essential weaponry to claim complete victory.

Don't worry, it's not complicated (we're not clever enough for that).

You won't need a science degree; nor will you need to count calories, eat obscure vegetables or slurp vile tasting juices. You won't need to buy expensive kitchen gadgets, and exercise certainly won't involve a near-death-experience to see results. You may, however, need a tape measure and possibly an overdraft to fund the new wardrobe for when your old clothes no longer fit.

We're not promising that you can have all your cake and eat it, but you will get to enjoy the occasional slice.

* *It also gets him out of the house for the weekend, which is often a relief for his wife as well.*

So, enough waffle for now (there's plenty more to come), let's tell you a story about someone who's quick-fix diet made him as fat as a pig!

Chapter 2:

As fat as a pig!

'The quick-fix diet industry promises light at the end of the tunnel. Unfortunately, it's that of an oncoming train: the 3.15 to Fatsville!'

Paul & Ann

BECAUSE WE promote lifestyle change for weight loss it would be easy to assume that we are anti-diet. But we're not. Far from it in fact because we've spent years helping professional athletes become competition ready and this involves designing precise, calorie-controlled diets. Yet it's this experience that allows us to show that diets are not only unnecessary, but possibly the root cause of a person's weight problems. In fact, we recently came across a perfect illustration of the after effects of a badly designed, low-calorie diet.

We had a consultation with a potential male client who'd decided he wanted to get in fantastic shape. To give us an idea of what he wanted to look like he brought with him a photo of a friend, and a copy of the diet the friend had followed.

The guy in the image was in exceptionally good condition with a full six-pack on display (what we call in bodybuilding terminology, ripped or shredded). And his diet plan was a straight-forward, competitive bodybuilding plan: twelve weeks of extreme low-calories, lots of protein and about six to ten hours per week of hard training.

"Can you get me into the same condition?", he asked. "Yes", we said, "it can be done".

But we could see his face change when we explained some of the sacrifices that he would face. However, he thought he could manage it and said he wanted to think it over. Just before he left, I had a sudden thought: “Is this a recent photo?”, I enquired. “No”, he replied, “it’s a couple of years old”. “So, does your friend still look like this?” I asked. “Oh, no” the guy said without realising the irony of what he was about to say, “he’s as fat as a pig now!”. (Unfortunately, the guy never came back so we don’t know if he ever tried it).

This is just one example out of hundreds that we’ve come across over the years. Incidentally, it’s also why we’re rarely impressed by the before and after photo. It’s not to say that the ‘after’ photo doesn’t deserve merit, because it certainly does. It’s just we’d prefer to see the ‘twelve-months-later’ photo to see if the diet and training is still effective. And it’s also why the only before and after photos you see on our website are of our professional body building clients. (And we only put them there just to show that it can be done – we respect our client’s privacy too much to put their wobbly-bits on display just to promote our business.)

Whilst we have no scientific study to back us up, we would say that if you try too much, too soon, then you will regain all the weight, plus a further ten percent, in about half the time it took you to lose it.

Tip: When you see an impressive before and after photo advertising a diet or weight-loss product, just remember that the National Lottery only ever shows the one or two lucky jackpot winners, not the millions of losers.

The problem with diets

So, what’s the problem with diets? Well, most diets suffer from three obstacles:

1. They are only a short-term solution to a long-term problem.
2. You can’t live on a diet forever.
3. Diets require self-control. And, as we’ve already noted, the very lack of which may have created the situation.

However, we live in the real world and fully understand that some people will always feel the need to simply be told what to do: eat this, don't eat that; do this form of exercise, not that. (But it's not our preferred way of helping anyone to get in shape because we believe in teaching people how to do it for themselves.)

Although this may sound contradictory, we have no issue with any of our clients following the Paleo diet or joining weight-watchers, etc. Why? Because we're firm believers that if something works for you, no matter what we or anyone else says, then great. Our job is to offer guidance and support, not criticism.

Unfortunately, what most people don't understand is that all weight loss plans follow the same principles: reducing your calorie intake to less than your calorie expenditure. It's how they achieve this that raises our concerns. Nevertheless, there are some good diets on the market and some bad ones. There are not however, any perfect ones. All weight-loss plans, including ours, have pros and cons. The trick is find the ones that suit you as an individual.

So, what criteria do we use to determine a good diet?

What is a good diet?

Well, the underlying principle is simple:

- ✓ **You cannot measure the true success of any weight-loss plan in days, weeks, months, years or even in a decade, but in a lifetime. Because once the weight is off, it's got to stay off.**

Yes, you can lose weight for a holiday or a wedding but unless you fix the issues that caused the weight gain in the first place, it just comes back – often with a vengeance.

This is especially true if you lose the weight too quickly.

It's like borrowing money from a pay-day loan shark: the repayments are high, and the interest is extortionate. So, let's see how we put the above principle into action.

A good diet will:

- ✓ Teach you how to eat, not how to starve.
- ✓ Focus on fat loss and reducing inches rather than just losing weight.
- ✓ Promote lifestyle change, increased activity and healthy eating.
- ✓ Improve your relationship with food and not create an eating disorder.
- ✓ Provide a plan for long-term weight control.

On the flip-side, **it will not**:

- ✗ Permanently ban any food group.
- ✗ Use pseudo-science to establish its claims (e.g., chanting burns fat or carbs are calorie-free on weekdays when Leo is rising in Sagittarius).
- ✗ Have its own range of foods or arcane kitchen gadgets that you must buy.

Tip: It's important to realise that simply avoiding something only offers partial control. Yes, stopping having your chocolate digestives delivered by the pallet-load from Biscuits R'Us is a great start. But until you learn to eat just one or two - and not half the packet in one sitting - you haven't got full control of your diet. This is the reason why diets that ban certain foods or complete food groups eventually fail because they only reinforce the negative, i.e. the things you can't eat. **In fact, telling you that you can't have something often just increases your desire for it.**

Okay, let's get started with your diet.

Chapter 3:

Food: The basics

*'Excess fat is made from excess food and drink.
Now, what part of that did you not understand?'*

Paul & Ann

THE FIRST consideration about designing any eating plan is that it's a totally subjective issue: it's relative to you and you only. It's not just personal likes and dislikes* but health, moral and religious considerations play a part as well. For example, you may be:

- ✓ A vegetarian who eats eggs and dairy but not meat or fish; or fish and dairy but not eggs and meat.
- ✓ Maybe you're completely vegan.
- ✓ You may have gone gluten free, sugar free, low fat, low sodium, no carb, non-dairy, soy-free, meat-free, wheat-free, paleo, macrobiotic, probiotic, antioxidant, non-GM, sustainable, raw, organic or local.
- ✓ Possibly your meat must be halal or kosher.
- ✓ You may even insist that your food must only be prepared by men or women who have never been intimate with their opposite sex (we've never really seen this one, but we bet it's out there somewhere).

* For example, Ann hates celery and fennel. I think parmesan cheese looks and smells like something scraped from a tramp's sock. So, the celery and parmesan cheese diet would be a definite no-no for us.

This alone makes it almost impossible to cover every variable, so we've decided to stick with the basic food groups - proteins, carbs and fats - and explain their role in planning a diet that will last you a lifetime.

The specifics: recipes, meal planners, detailed nutritional data, etc., are on our website where you can 'cherry-pick' the options that suit your own preferences. So, before we 'tuck in', let's have a quick chat about nutritious foods, filling in a food diary and reading food labels.

Nutritious food

This is a term that's bandied about so much, no one seems to wonder what it means anymore. We often hear, 'Ooo..., this is so nutritious; it's full of goodness'. But what exactly does it mean?

The word nutrition basically applies to the process of providing your body with the types of food necessary to support optimal health and growth. These foods come in two basic classifications:

1. **Macros.** These are nutrients we need in relatively large amounts (measured in grams): proteins, carbs, fats and water.
2. **Micros.** These are nutrients we need in tiny amounts (measured in milligrams or micrograms): vitamins, minerals, salt, electrolytes and phytonutrients (antioxidants), etc.

Generally-speaking, where the word nutritious is used, it usually refers to the micros. So, let's have a quick look at these tiny, but vital compounds.

Building your house

Humans require about forty essential micro-nutrients to function properly (in fact, we need hundreds more, but we can make them from the essential ones).

So, if we use an analogy of building a house, we could liken the macros to the building materials: bricks, cement, wood, etc. and micros to the builders of various trades: bricklayers, electricians, jointers, plumbers, etc.

Obviously, both materials and builders are essential for the job and a shortage of either leads to problems. So, when we talk about nutritious foods, we are really looking at foods that are full of essential builders.

Such as:

Vitamins & minerals

We'll discuss their role in detail in chapter 7

Salts & Electrolytes

These are minerals such as sodium or potassium and they are essential for every cell in your body to function properly. They are also responsible for maintaining blood pressure and fluid balance. Without sufficient salts and electrolytes, we would simply stop working.

Phytonutrients

These are plant-based chemical compounds that are thought to help prevent disease and promote a healthy immune system. Unlike vitamins, minerals, salts and electrolytes, they're not essential for life, but they may keep your body working properly. If we stretch our house-building analogy to breaking point, they would be the painters and decorators.

Empty calories

On the opposite side of nutritious, you may often come across the term 'empty calorie'. These are foods that will provide plenty of macros – usually in the form of simple sugars – but no micros. In fact, you could class empty calories as anti-nutrients because they do nothing but add extra work for your builders to deal with.

To summarise:

- ✓ **A nutritious food is full of essential vitamins, minerals, salts, electrolytes and phytonutrients.**

Tip: It's almost impossible to get every macro and micro in one food (potatoes come close). You really need a variety of foods from all the food groups to make sure you've have sufficient nutrition. Therefore, we never advocate completely removing any one foodstuff from your diet.

Are you a mindful or mindless eater?

Understanding the nutritional value of what passes your lips is the difference between being a mindful eater and a mindless one. Sadly, if you're the latter, you'll be forever getting unwelcome visits from the Fat Fairy.

So, you must, at the very least, start to read food labels. Also, keep some form of food diary for a while until you're more confident about what you're doing.

Now, we know food diaries are a pain in the bum and you want an easy life. One that doesn't involve anything mentally strenuous but trust us, you'll thank us for it at the end when the inches start to come off. Being mindful about your food is an essential part of a long-term, successful weight-loss plan and filling in a food diary will provide some vital data.

Such as:

- ✓ Often just writing down what you eat can make it instantly obvious what's going wrong.
- ✓ It will highlight eating patterns, cravings and habits, e.g., missing out meals or long gaps without food. It shows if you are binging on chocolate in the evening or always eating biscuits with tea or coffee in the afternoon.
- ✓ It provides a basic calorie value of your diet (and possibly the protein, carbs and fat content as well), which you can use as a benchmark.

Tip: If you don't want to fill in a food diary, just look in your cupboards or fridge – or at your shopping list – and see what you buy every week. Then, if you decide to make any changes to your diet, look to these foods first as they will usually account for the greatest number of calories consumed over the year.

In our other books and articles, we've talked about the elastic properties of calorie calculations (i.e., they can be out by up to 40%), but a food diary can be invaluable if you use the calorie values purely as a comparative tool to determine what's happening to your body. For example, is your weight currently stable or are you gaining or losing weight on your current calorie intake? Only when you've determined this relationship between what you're eating and what's happening, can you make the necessary changes to your food intake, e.g., cutting out sugar, becoming more active, etc.

You can use an online apps (we use MyFitnessPal, which has an option that allows us to see what our clients are eating as well) but we found that reading the food labels and writing it down is more educational and provides a deeper and more personal connection with your diet.

Tip: Some people do a food diary before they change their diet and lifestyle, others change first and use a food diary to keep track. It doesn't really matter how or what you do, so long as you do something to monitor your diet. Please understand that **if you don't know where you are now, you'll never be able to plan a route to where you want to be.**

Food rules

Okay, let's discuss a couple of basic food rules.

1. There is no such thing as a fattening food

It's important to stop categorising foods into fattening or diet options because you're missing a very important point.

Foods can be high calorie or low calorie, but you cannot classify any one, individual food as either 'fattening' or 'diet' because its energy value is relative to your lifestyle.

For example, a **cheeseburger is not fattening if you've just run a marathon!**

Equally, if you're about as energetic as a two-toed sloth having an afternoon nap, you could become obese from eating broccoli* if you ate enough of it. Not convinced? Well, look how fat cows get and they only eat grass!

So, stop thinking of 'fattening' and 'diet' foods and start thinking of your overall lifestyle, not just what you put in your mouth.

2. Mother nature knows best

Mother Nature provides very few high calorie meals. Now we realise that you may scoff at this statement but let us explain. If we were to put a bowl of sugar, a few egg yolks in a cup and a bowl of double cream in front of you and give you a spoon and tell you to dip in, you'd think we'd gone mad. Yet, if we did the same with a bowl of ice-cream, which is basically all three mixed together, you'd probably tuck in with unabandoned glee and end up licking the bowl clean.

Why we mention this is because nature never, ever provides a single food that is high in both fat and sugar. It's only when you start to mix the two that the calories pile up. Let's give you some examples:

(Note: the following covers most of the common foods that you will eat on a regular basis, so please read the relevant food labels for a more precise nutrient content.)

- ✓ All animal-based produce: chicken, fish, beef, etc., will be high in protein and virtually carb/sugar free. The fat content will vary depending upon which cut you use, how it's trimmed, and if you eat the skin or not (the skin often contains plenty of fat).
- ✓ Eggs are roughly equal amounts of protein and fat but are carb/sugar free.
- ✓ Meat substitutes, such as soya (Tofu), Quorn, etc., are high in protein, contain a small amount of carbs and very little fat.
- ✓ Fruits contain varying amounts of sugar but are low in protein and virtually fat free (an exception is an avocado).

** (Interesting note: It would take 15kg of broccoli to supply enough calories to gain 1lb of fat. We wouldn't fancy being stuck in a lift with someone on the broccoli diet!)*

- ✓ Any vegetable that you can eat, either raw or cooked from fresh on a hob (not a microwave), in less than ten minutes will be high in fibre, low in carbs/sugar and again, almost fat free. Protein content is usually low to moderate.
- ✓ Starchy carbs, such as potatoes, swede, etc., need a longer cooking time to break down insoluble fibre into edible starch. But again, they are relatively low in protein and contain almost no fat.
- ✓ Pulses: beans, chickpeas, lentils, etc., are slightly higher in protein than most veg, contain very little fat and are full of fibre. They are almost sugar-free and their carb content (starch) is low to moderate.
- ✓ In their natural, unrefined state, cereals such as oats, wheat, barley, rice, etc., are high in starchy carbs, low in sugar and fat, but have moderate amounts of protein.
- ✓ Nuts, seeds, avocados and coconuts are probably a few of the exceptions to the above because of their higher fat content. However, they are all low in simple sugars.
- ✓ Herbs and spices are virtually calorie free.
- ✓ The only unprocessed food that has roughly equal values of proteins, carbs and fat is fresh milk. But by volume, milk is mainly water and when processed into cheese or cream, most of the sugar is removed and you're left with a high fat, high protein food.
- ✓ Therefore, the best low-calorie food option is always Mother Nature.

There is a promising area of investigation into how the bacteria in your intestines may help you to optimise your weight-loss efforts. Apparently, your gut flora reacts positively to natural, unprocessed foods (Mother Nature again), especially fermented foods, such as sauerkraut, kimchi or miso.

It seems that these foods increase the healthy bacteria, which in turn, improves vital metabolic functions such as energy levels, mood and even sleep patterns. Because this research is in its infancy, we're not going into detail here (we don't want to cover a topic that may need amending at a later point). However, we're keeping a close eye on this exciting new research* and if you are interested, you can check out our website and keep up with the latest news.

Domestic science 101

We are carrying on with the theme of 'food rules' and now we're delving into a bit of domestic science. Why? Because quite frankly, we've come across so many people of the years who don't have the vaguest idea as to the nutritional content of their diet.

This doesn't entirely absolve anyone completely of blame as it's obvious that burgers, fries and fizzy drinks are all highly calorific and unhealthy. But then, did you know that the fat content in some tins of 'cream of' tomato/chicken/mushroom soup is nearly three times higher than a standard (54g) Mars Bar? It's not just things like soup either. Your 'healthy' chicken salad sandwich with a liberal spread of butter on the bread and a generous dollop of salad cream or mayonnaise will provide the same amount of fat as a 100g bar of milk chocolate and increase the calories to that of a Big Mac.

So, let's set the scene with a quick domestic science refresher course and begin by talking about the power of protein.

** On an interesting but unrelated note, it appears that bacteria are more intelligent than first thought. Apparently, when food is dropped on the floor, millions of hungry bacteria rush forwards but the king of the bacteria commands, 'Stop, you must wait five seconds, that is the law'. You learn something every day!*

Sorry, but that's it for the free part. If you'd like to read more about Winning the Inch War, you can find it in **paperback** (£5.99) and **Kindle eBook** (£0.99) at Amazon ([link](#)) or you can download the full version as a pdf for only £3.99 by clicking here ([link](#))

About the authors

We are neither Doctors nor Professors but life-affiliates of the school of common sense. Membership only has one rule - KISS – Keep It Simple Stupid'
Paul & Ann



WE'VE SPENT pretty much our entire lives in the health and fitness industry. In 2002, we decided we'd had enough of working for others and set up Get Physical Ltd - our own personal training facility in Sheffield.

Despite having already busy lives, we also run an online training and dietary service, regularly lecture in and around South Yorkshire and often talk on local BBC radio.

We would love to say that in our spare time we do something exciting like paragliding, Himalayan trekking or raising money for endangered tree frogs in Patagonia. Sadly, this is not the case.

In truth, we divide our precious downtime with our families - especially our grandchildren (I've got four, Ann has two). We work in the garden (well, Ann does - the only 'garden' I enjoy is preceded by the word, 'beer').

We read, do crosswords and occasionally rant about the new-idiot-on-the-block who turns up in the media with some half-baked idea purporting to reinvent the weight-loss wheel or revolutionise the health industry (not surprisingly, this takes up much of our time).

If you were ever to meet us, you would quickly realise that health, exercise and nutrition isn't just something that we do, it's what we are.

Paul & Ann

Incidentally, most of the 'quotes' you've read throughout the book are ours (we've accredited the ones that aren't). They're bits and pieces of humour and observations that we've made over the years. We hope you've enjoyed them.

Get in touch

If you've enjoyed this book, then please feel free to post a review on Amazon or a like on your preferred social media channel: Facebook, Instagram, etc.

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