

Changing lifelong eating habits on your own is too difficult.

**You Can't Lose Weight Alone. The Partner Power  
Weight Loss**

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## **Introduction**

### **“You Can’t Lose Weight Alone.”**

After four years of owning Neighborhood Fitness, my partner and I discovered the secret to successful weight loss. We didn’t stumble upon a magic food combination or even a special way to exercise.

What we discovered was that it is nearly impossible to lose weight and keep it off on your own – without any help. We discovered that the best model for permanent weight loss is the personal training model.

That simple discovery was the impetus for creating the Partner Power Weight Loss Program. We realized that not everyone can afford the services of their very own personal trainer. We created Partner Power in order to give everyone the tools needed to create their very own “personal trainer” experience.

Our theory regarding the difficulty most people have losing weight alone isn’t just our opinion.

According to a recent NBC news report on weight loss, guess how many people who attempted a diet last year actually lost weight and kept the weight off? 50%? No. 25%?

Not even close. The answer is less than 5%.

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According to the vice president of one of the largest gym chains in the world, guess what percentage of people who join a gym stop going in less than 90 days? 10%? No. 25%? No. 50%? Not even close.

The answer is over 70%.

A recent CNN Presents on the subject of being overweight in America featured a segment on the National Weight Control Registry. The NWCR was developed in 1993 by Rena Wing, PhD, at Lifespan, Brown University and the University of Pittsburgh, and James Hill, PhD, at the University of Colorado. The NWCR is simply a database of people successful at maintaining weight loss. All the people in the NWCR are over 18 years old, have lost at least 30 pounds, and have maintained that loss for at least 1 year. There are almost 300 million people in the United States. Guess how many of them are on this registry of successful weight losers. Less than 5,000 - that's it!!! It's hard to lose weight. And it's even harder to keep it off.

So, as you can see, you are not alone if you've tried and failed at losing weight - 95% of dieters fail within a year and more than 70% of gym-goers quit in less than 90 days.

What do dieting and going to the gym have in common? Self-discipline. They both require you to have self-discipline in order to succeed. Sadly, most people don't have the self-discipline needed to diet or go to the gym every day for very long.

## You Can't Lose Weight Alone

That's why we feel that the support system Partner Power helps you create is essential for your long-term success. After the honeymoon stage of your diet and exercise program there's going to be a time when you get off track. Maybe you get sick or you go out of town or your kids get sick. Life is going to throw you a curve and you will get out of your routine. If you were on your own then one bad day could easily turn to two then a week then a month then before you know it you're way off your program. When you have a partner, that won't happen – your partner's number one job is to keep you on track. She must pick you up and help you get back on your program ASAP.

Accountability is the main tool your partner will use to keep you on track. Your written weight loss and health goals along with your written food and exercise journal are your partner's tools to keep you from failing. Those goals are the promises you made to yourself and to your partner. People will let themselves down. People break promises to themselves all the time. But people keep appointments they make with their partner.

### **THE PARTNER POWER WEIGHT LOSS PROGRAM**

The Partner Power Weight Loss Program is based on four principles. The first two are eating right and exercising (that's common sense). The last two are having a support system and someone to keep you accountable (that's just good sense).

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### **Eating Right**

Eating right in our program does not mean dieting. It means slowly modifying your current eating habits to healthier ones. Some examples are:

- Portion Size – decreasing the amount of food you currently eat.
- Eat Your Calories Don't Drink Them – limiting the amount of sugar drinks you consume such as: soda, juices, sweetened teas, etc.
- Eat Healthy Fats – substituting olive oil for vegetable oil in your cooking, rather than avoiding them altogether.
- Focus on eating fruits and vegetables at every meal.

### **Exercise**

We cannot emphasize the benefits of both cardiovascular exercise and strength training enough.

- Use a Heart Rate Monitor – determine what your target heart rate is and stay within this range. This will prevent you from overdoing it while still benefiting from the exercise.
- Start Slowly – when you lift weights start with very light weights and don't lift more until you perfect your form.
- Break Up Exercise Into Chunks – you don't have to carve an hour out of your day. You can break your walking into 2 half-hour walks or 3 twenty-minute walks and still get the benefits.

### **Support System**

In order to have long term success you must have a support system in place. This could be a spouse, a child, or a friend. Someone who is going to make sure you stay on track when you slip.

- **Be Aware That You Will Slip** – everyone slips, you will too. By knowing in advance that you will overeat or skip your exercise will help you be ready for it and enable you get back on the program as soon as possible. This is where your support person becomes critical.
- **Choose A Positive Person** – you don't want someone to berate or tease you. That will not work over time. Your support person should be your cheerleader. The ideal person is someone you don't want to let down.

### **Accountability**

You have to have a goal that you are working toward. Remember – a goal that is not set is a goal that is not met. Putting things in writing where you can see them will keep you focused and on track:

- **Use a Food Journal** – keep track of what you're eating and drinking each day. You'll be surprised how quickly calories add up.
- **Use an Exercise Journal** – keep track of your activity.

In the Partner Power Weight Loss Program we'll teach you exactly how to implement each of the four principles of Partner Power (Eating Right,

## Introduction

Exercise, Support System, and Accountability) into your daily life. And as a bonus, we've included samples of all the forms and journals we mention in the book on our website at [www.NeighborhoodFitness.com](http://www.NeighborhoodFitness.com) so you can make copies and use them in your program. You can also subscribe to our free Partner Power newsletter. Our newsletter shares weight loss tips and answers some of our subscribers' questions about their specific concerns.

Remember, you can't lose weight alone. So read the book, find a partner, and then lose all the weight you've always wanted to lose. And most importantly, enjoy the health and confidence that your new weight gives you.

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