

# *IN or OUT?*

*Preparing your way for weight loss, lower  
bodyfat and more energy through simple nutrition!*

**GREG RYAN**

*SAVE a life,  
share this!*





# **RESOLUTIONS™**

Changing from the Inside Out

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*In or Out?*

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## **Acknowledgment**

This book is dedicated to the people who try every day to eat the best they can, to those who slow down just enough to chew their food, and to those who say,

**“I’M IN!”**



## FROM THE AUTHOR

The art of making something great is to take little bits of things that are good, put them together and make something better.

My intentions are not to endorse one eating plan over another. Having said that, my experience tells me if you combine the psychology of Dr. Phil, the accountability system of Weight Watchers and the disciplines of the Sugar Busters and/or the South Beach diets into one program, you will have a sensible eating plan of action.

However, eating goes much deeper than just words on a page. Most of you eat for reasons that go far beyond just nourishment. Eating reaches into the soul of your belief system.

I suggest that while guidelines are necessary, it is not wise to get hung up on all the details of commercial diets. Being consistent with basic eating patterns is the best approach to take.

It is your attitude that matters more than anything. Eating right is not easy. However,

if you have an “**ALL IN**” for life attitude, the hard days will not seem so difficult.

Your goals may change, but making a life decision to eat healthier should not. I suggest that you decide to be **IN** this for life or stay **OUT** of it all together.

## PROLOGUE

Eating right and keeping your weight down are not nearly as complicated as you've heard or experienced. They do not take as much intelligence as you think, but you do need some discipline and the ability to think ahead.

Weight loss and eating are more about common sense and perseverance than anything. Do you have outside pressures? Sure you do, but that's no excuse for poor eating habits. Are there programs out there to help guide you? Sure there are, but they don't possess some magic formula that melts the pounds away with little or no effort.

No matter how you add the numbers up, or subtract the fat amounts, it's still the same equation; calories IN, calories OUT. It's really just that simple!

This book will not offer you some magic diet plan or give promises that are unrealistic; but it will give you straight-forward truth about your weight, food and your habits. It is up to you to take it IN—or spit it OUT!

*“While eating guidelines are based on good scientific principles, they do not necessarily agree with human nature or common sense.*

*Recent history tells us that we are better off encouraging the mediocre people who are willing to include eating better in their daily lives, rather than forcing guidelines on the majority of those who want to fight the inevitable.*

*In the end, keeping things simple and in a supportive environment will keep everyone happy and committed.”*

Greg Ryan

## INTRODUCTION

High expectations, unrealistic pipe dreams and hang-ups have cost you in your attempts to stick to a good, balanced eating program.

Your eating habits and waistline grow larger by the day. The only thing you seem to have lost over the years is *balance*.

Your life has grown into this chaotic mess of playing catch-up. At the end of the day, you search to regain some form of control through food. Most of you will say, "*I do the best I can.*" Really, the best you can?

Eating, like anything else with positive, lasting effects requires discipline. The unfortunate thing is you cannot see the internal effects. You downplay the importance of following through by only thinking of the immediate gratification that the meal can bring.

The only thing you gauge your health on is what you can see in the mirror at that moment. You continue to push back the boundaries of acceptance and then one day,

wham! Something happens to your health and your life changes!

You then spend the next few days thinking, should of, could of, and would have, only IF! Come on—it doesn't have to be this way if you start now thinking about today!

What we need to do as a country and as individuals is get back to the basics of eating healthy. It's not complicated, my friend! Sure, there are external pressures, but we are the same people we were 50 years ago. What's stopping you? Could it be your attitude?



PART ONE

# WHAT'S WITH THE BIG ATTITUDE?



What price will you pay for bigger or  
supersized?



# 1

## WHAT'S THE BIG FUSS?

### **Social attitudes**

"Supersized" meals are all the rage these days. Why? Social attitudes have helped create this BIG problem. Biggie this and biggie that; everything seems to be getting larger when it comes to food. Why am I making a big fuss about it? Because you are eating yourself to death from the inside out, that's why!

It is really important to keep focused on the big picture. Yes, you need to monitor the calories, fats and types of foods you eat. More importantly, however, you must become aware of what fuels your behaviors when eating.

There are hundreds of *how to* books out there telling you what type of foods to eat, how much to eat and how to monitor your calories. But none of them talk about the attitudes to have toward the food.

You can buy all the books, but in the end you will still be confused and frustrated. The eating plans that do work have one common thread: the big-picture attitude toward eating right.

## **Social economics**

Do you think for one second that the food industry does not know what they're putting in the products they offer? They have the advertising and marketing plans down to a scientific formula. Do you think that they really care about your health? Come on! It is always about economics, not about you becoming healthier.

*Biggie meals* bring you back for more a few days later. What about *value meals*? You think you are getting a good deal but the “*value*” meal brings you back more often. In the end you eat more, you get fatter, and you are probably hooked on the taste.

The food industry today is just as bad as the tobacco industry was 30 years ago. They know exactly what they are giving you, and they also know that it can be addictive. Who knows, it just may be by design within the food combinations!

## **Social pressures**

It seems as though competition in the food and restaurant industry comes in the form of who has the bigger portions to sell and better merchandising campaign. You fall prey to the notion that good deals are better than good eating habits.

When you are buying the biggie meals, you're not thinking of the biggie waistline you're creating.

You go out to dinner with some friends, and they are eating everything under the sun. Do you toughen up and stay disciplined? NO! You don't want to stand out or hurt someone's feelings, so you go do the same. Your kids do not eat the way you want to eat, but the food is there for them, so you eat it, too.

*Denial on a personal level may be the biggest reason you — and America — are so far out of shape!*

Greg Ryan

*SAVE a life,  
share this!*



## 2

### WHAT'S WITH THE BIG ATTITUDE?

#### **It won't happen to me**

In the past you've thought, "*My health is not that bad. My vital signs are decent. My joints don't ache very badly, so maybe I can get by a little while longer.*" And now, you act surprised to hear the doctor say, "Your health is rapidly deteriorating!" Why are you so shocked? Deep down, you knew it was coming.

Most Americans have had this big attitude that bad health only happens to other people. Where did that notion come from? And what do you do about it?

#### **Take a chill pill**

Today there is seems to be a pill for everything. Even a nervous leg twitch has a specific name and tablet. Give me a break.

Take a pill and cover it up in hopes the pain goes away. It may, but it's a false hope. Today the pharmaceutical industry is trying to get the supplement industry under its umbrellas and covered by insurance.

When are you going to wake up and see that your big attitude is only helping the big three; the insurance, medical and pharmaceutical industries? You need to sit back, take a chill pill and remember how it use to be done years ago.

Our country wasn't always as fat as it is today. We used to work through it by sweating it out. Not today! Today you don't even want to deal with the problem, so you deny it exists.



In a nutshell:

Yes, you there are social pressures to face every day. You will be confronted with all kinds of marketing and advertising gimmicks enticing you to try new products. That does not mean you have to buy into them.

The attitude of the food industry is getting bigger and bigger along with your waistline and cholesterol levels.

If you are going to get a grip on your growing love handles, accept the fact that the buck stops with you.





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PART TWO

WHAT'S THE  
BIG PROBLEM?



Busy is what busy does!

# 3

## THRIVING ON CHAOS!

The reason for your weight problem lies far deeper than the foods you eat. Where are your behaviors anchored? In today's trendiness? Are they the byproduct of technology? Is it laziness? Could it be a little bit of them all?

### **Lifestyles**

I don't have to tell you life is hectic. You do all you can do to keep up the pace. Just the basic responsibilities fill your plate to a daily breaking point. Your mind becomes so filled up with business; the last thing you want is to have to make another decision.

So what do you do? You take the path of least resistance—you eat at a fast food joint, gobble down carbohydrates, sweets, things that are of a convenience and taste good.

The busier the mind, the more you eat and the less healthy your menu. In today's world, business can be a seduction – a seduction of the mind if you will.

*“Life most likely will not throw you under a bus, but it surely will drag you behind it...”*

Why do you do this to yourself?

### *Pride*

Yes, pride can be a factor. Keep up with the Jones's down the street, bunko on Tuesdays, dinner with friends on Friday, and soccer practice on Saturday—when does it end? You think you have to keep up! Do you?

### *Denial*

Yes, even denial plays a role. *If I stay focused on business, ignore the problem or take a pill, maybe it will go away.* You think?

# 4

## TECHNOLOGY

### **The NOW generation**

Doctors call today's teenagers the NOW generation. Kids expect to receive everything at a moment's notice. Waiting for something is not "in style" today. Working for a goal and reward is not the mindset, either. "Give the sign-on-bonus first, and then I will play on your team" is the backward mindset.

So when I say proper planning prevents poor performance in your food habits, what do you think?

The discovery of the microwave was the beginning of the instant gratification movement. What was once thought of as a timesaver has bred other technologies that fill your life with stimulation, stuff and stagnation. You have become accustomed to getting things you want when you want them.

### **Convenience**

The majority of the time your eating habits are determined by convenience rather than by what's healthy for you. Technology has made it easier for restaurants to prepare food, so you have more places to choose from.

That's why you see a lot of fix-it-yourself buffets today. All you have to do is go in, get your food, eat and out you go. No waiting around for a server; just pay and go! In and out!

Today you see coffee houses buying old banks just for the attraction of having a drive-up window. Forget getting out of your car or off the phone—order your coffee, talk to the babysitter, pay and go! Do you think that maybe in all of this you are just a little overwhelmed?

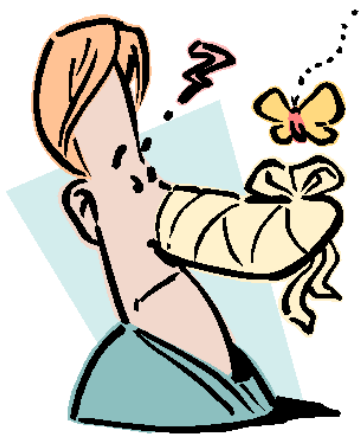
## **Over stimulated**

Technology has also allowed your brain to become addicted to stimulation from the fast-paced lifestyle. You want excitement in your life.

Your kids get bored with the slower-moving video games, so they scream for more brain candy.

What does this do? It overflows into wanting more and more fast food. Kids become accustomed to technology changing with their needs, so they want foods to do the same. This happens with adults as well.

The more you indulge in the technologies of this world, the more your brain will overload. As a result, you will overload your stomach because of it. The solution may be just to have more common sense and less stupidity.



Hum!

*SAVE a life,  
share this!*



# 5

## STUCK ON STUPID

When Hurricane Katrina hit the New Orleans area in 2005, many of the first responders and local officials were frustrated with the past. In the midst of reviving the mood, those in charge of the cleanup encouraged others not to get *stuck on stupid*.

The point being made was; move on, find a solution, quit being a victim, point your finger at yourself and stop being lazy.

### **Laziness**

While your busy lifestyle plays a big part in your eating habits, the underlying truth may be you are just lazy. Ouch! But, it's true. We also live in a world of so called protectionism. Many have the, "*It will not happen to me*" attitude, not realizing that their lack of ambition and inability to plan ahead will somehow affect them. This *stuck on stupid* thinking could kill you someday.

In fact, it's already affecting you. You just may not be able to see it because you're blinded by your own whirlwind lifestyle and denial.

Even though your health has suffered, you can still learn how to change your behaviors.

### **John, the ex- smoker!**

Not too long ago, I ran into a gentleman named John, who stopped smoking in the middle of the day after a lifetime of multi-packs a day. He said, "One day I saw a lady carrying an oxygen tank around with her and it hit me. If I continue to smoke that could very well be me. I stopped just like that and have not had a cigarette in 10 years."

Can you change your eating habits and eventually improve your weight and health? You bet! It will take effort, discipline and a life commitment. I call it, "BIG PICTURE THINKING."

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