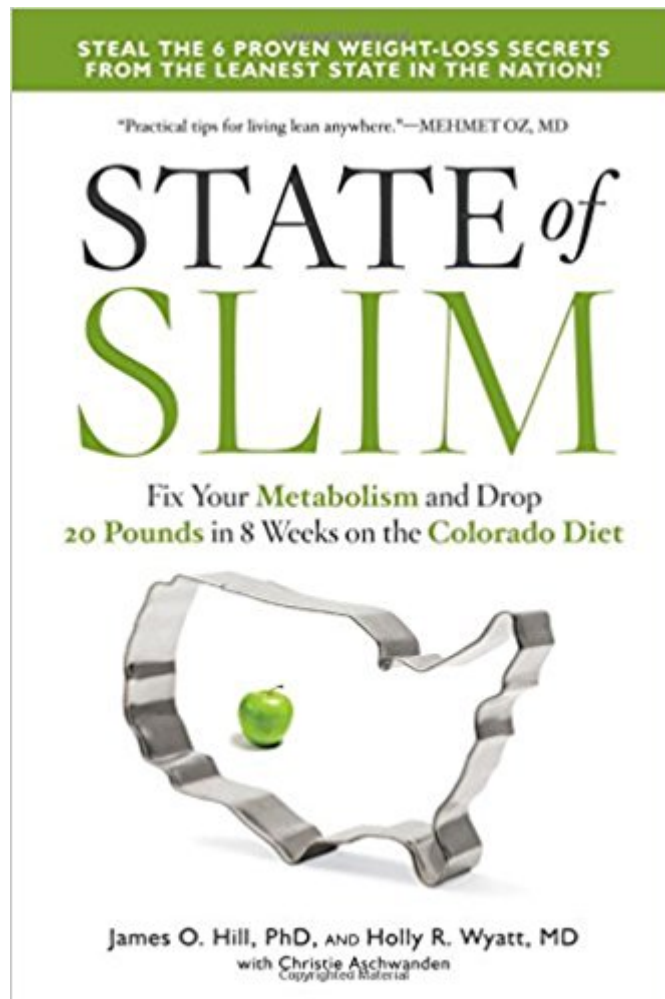


The book was found

State Of Slim: Fix Your Metabolism And Drop 20 Pounds In 8 Weeks On The Colorado Diet



Synopsis

Slimâ itâ™s the state everyone wishes their body was in. And it turns out thereâ™s actually a state of slim: Colorado, the place that boasts the lowest obesity rate in America. Now leading weight-loss researchers Dr. James O. Hill and Dr. Holly R. Wyatt reveal how slender Coloradans get and stay that way and show how you can achieve the same resultsâ•even if you live in Connecticut, California, or Canada!If youâ™re someone who has begun to doubt you will ever reach your ideal weight, help and hope are here. State of Slim is broken down into three phases to help you reignite, rebuild, and reinforce your bodyâ™s fat-burning engines so you develop a Mile-High Metabolismâ•one thatâ™s keenly responsive to shifts in activity and diet. In the reignite and rebuild phases, youâ™ll learn the diet and exercise strategies that will help you drop up to 20 pounds in just 8 weeks. In the reinforce phase, youâ™ll continue to lose weight and solidify your new lifestyle. Along the way, youâ™ll discover how to make changes in your environment and your mind-set so they support, rather than thwart, your success. With State of Slim as your guide, you wonâ™t just lose weight, youâ™ll actually change your body so itâ™s primed to stay in a state of slim for good.

Book Information

Paperback: 288 pages

Publisher: Rodale Books; Reprint edition (June 7, 2016)

Language: English

ISBN-10: 1623367646

ISBN-13: 978-1623367640

Product Dimensions: 6.1 x 0.8 x 9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (167 customer reviews)

Best Sellers Rank: #13,142 in Books (See Top 100 in Books) #32 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #155 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

The part of the book that will resonate with anyone who has ever tried to eat a 1200-calorie diet or follow a gimmicky diet for longer than 3 days is the bathtub analogy - you can reduce your calories (turning down the water) but if you don't unclog the drain (increase your metabolism), you can keep turning the flow down all you can but the water level (your weight) is going to level-out and then start

rising again... and just keep rising. Just decreasing calories is a temporary fix. You gotta move. Every single day. The book wants you to work up to 70 minutes a day, 6 days a week with a rest day. There's no magic pill, no fancy formula, and no expensive shakes. Good/Smart calories in, as many calories out in activity as you can get. Phase 1/Those first two weeks? *Not* overly enjoyable - but I experienced waaaaay less rage than I did with Whole30. I didn't lose the "it could happen" 8-10lbs in 2 weeks - I lost 3-4. I'm down 14lbs after 9 weeks, way more inches than I'd expect out of "just" 14lbs, and my energy level is the highest it has ever been. The meal plan is easy enough, you just fill in the blanks. You should have 4-6oz lean protein (I'm guessing this plan might be tough for non-meat eaters?) and at least one "veggie carb" (ha) at each of your 6 meals. At up to 3 of those meals, you can add a carb. And at 2 of those meals, you can also add a healthy fat. It's easy enough to fill out the blanks and if you think about it, also very similar to 21 Day Fix portions. I have never eaten more than 5 meals (and those are really rare, it's almost always 4) of the 6 recommended daily meals. I track calories (even though the book says not to worry about it) in MFP and those 4-5 meals put me in the range of 1250-1600.

I am a Colorado native, but left the state as my educational path and career took me elsewhere. I have had both the right and left hips replaced over the last four years and an old right knee injury that dogged me was finally fixed through arthroscopic surgery in Feb of 2013. Seven weeks later, I had the right hip replaced. I am in my late 50s now and was appalled at the pound creep from my orthopaedic issues. On top of that, I had a nerve inflammation in my right shoulder in early 2005 that required a lot of corticosteroids to resolve. That resulted in the development of a steroidal "spare tire" around my mid section that more than one doctor told me would be the "toughest 35 pounds I would never lose." Before all this happened, I did not have a weight problem. All of this was driving me crazy, so I resolved that after I healed adequately from the second hip replacement, I would begin to try to get rid of my problem with the tire and the pound creep. I am trained as a human biologist, so I was not going to settle for some weird fad diet, and I could not afford to buy meals from some mail order outfit. When I found out about this plan, I realized that it was balanced with an exercise commitment (which I knew absolutely had to be part of permanent weight loss) as well as proper nutritional components. I realized already that my metabolism was messed up by the steroids and orthopaedic-induced inactivity. After reviewing parts of this book on-line before purchase, I was pretty much sold on it. I began the diet on 9/16/2013 and as of 10 days ago, I have lost a little over 23 pounds by the end of Week 9. I will weigh again in four days. I weathered the Thanksgiving Holiday in fine form even though I was staying at my in-laws out of state.

[Download to continue reading...](#)

State of Slim: Fix Your Metabolism and Drop 20 Pounds in 8 Weeks on the Colorado Diet 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) The Dash Diet Weight Loss Solution: 2 Weeks to Drop Pounds, Boost Metabolism, and Get Healthy Fast Metabolism Diet Cookbook: Healthy & Wholesome Fast Metabolism Diet Recipes to Slim Down and Burn Fat The Hungry Girl Diet: Big Portions. Big Results. Drop 10 Pounds in 4 Weeks Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, Tea ... Tea Cleanse Diet, Weight Loss, Detox) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Vegetarian: Vegetarian Diet For Beginners: 100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners, Vegetarian ... Cookbook, Vegan, Clean Eating, Raw Diet) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) The Organic Makeover Diet: 21-Day Program to Reset Your Hormones so You Can Lose Body Fat & Increase Energy Without Hunger! Drop 10 Lbs Fat in Just 3 Weeks. The Wild Diet: Go Beyond Paleo to Burn Fat, Beat Cravings, and Drop 20 Pounds in 40 days The UltraSimple Diet: Kick-Start Your Metabolism and Safely Lose Up to 10 Pounds in 7 Days PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners,

diabetes diet, paleo diet, anti inflammatory diet)

[Dmca](#)