

STELLAR *Life*

Hosted By *Orion*

The Secret Life of Fat

10 Point Checklist

Sylvia Tara

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

STELLAR *Life*

Hosted by *Orion*



"Fat is a clever organ. You have to understand it to lose it."

SYLVIA TARA

10 STEPS YOU CAN TAKE TODAY

Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.

- Develop a healthy psychology towards food. Don't treat your body fat as the enemy. The harder you push yourself in your weight loss journey, the more likely it is that you'll experience negative side effects.
- Understand what the hormone leptin does to your body. Leptin acts on the brain to regulate food intake and energy expenditure. Weight gain and weight loss directly affect the amount of leptin in your body, which can also impact your immune system, bone strength, reproductive system, and ability to heal.
- Eat a high-fiber diet. Incorporate a lot of green leafy vegetables and high-fiber fruits to your daily meals for a faster metabolism.
- Make sure your diet includes foods that boost your microbiome, like kefir, kombucha, and kim chi. Having the right bacteria can help burn more calories.
- Choose a type of diet that works for you socially, biologically, and psychologically. There's intermittent fasting, Paleo, Keto, etc., but make sure that whatever you choose fits your lifestyle.
- Form habits that allow your weight loss practices become automatic. Committing to a program will make you realize how committed and disciplined your mind and body can be.
- Don't be too hard on yourself if you occasionally give in to cravings, but don't let yourself lose your drive in achieving your ideal weight.
- Be mindful of your environment. If you aren't surrounded by a support system, it may be harder for you to lose weight.
- Develop a realistic body image. Remember that not everything the media portrays is real. In fact, most of the images we see are altered and photoshopped, creating false expectations of what is achievable.
- Grab a copy of Sylvia Tara's book, [The Secret Life of Fat](#), to find out how you can conquer your own body fat by understanding the science behind weight loss.