



How To Stick To Your Diet

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This worksheet is a supplement training guide to “How To Stick To Your Diet ” video repurposed on March 1, 2016.

It's time once again for our video highlight of the week! This week is all about Humpday Hustle. It can be tough to stay motivated when it comes to diet. Why else do so many people make the same New Year's resolutions year after year? So today, we're going to look at a few of the tips and tricks that I've found useful in sticking with a healthy diet: <https://www.youtube.com/watch?v=BBx95NxxhQnI>

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Sleep and Diet

Lack of sleep leads to more ghrelin and less leptin, as well as disrupted glucose and insulin metabolism.

But what is ghrelin and leptin? No, they are not twin brothers nor sisters, they are hormones that are responsible for feeling hungry or full.

Ghrelin is a hormone that sends signals to the brain to enhance hunger. It is produced by the stomach and is activated before mealtime. As your body responds to the feeling of hunger by eating, your body stops the secretion of ghrelin, hence the feeling of a full stomach, either physically or psychologically. Leptin, also called the “satiety hormone”, on the other hand, gives the feeling of fullness. It is a hormone released by the adipose cells and acts on your brain receptors to deter hunger.

Hormones play an important role in our desire to eat even when we feel full. Feeling full, on the other hand, does not necessarily mean physically full stomach. It simply means that our hormones suggest fullness even when it is actually not full. The role of leptin in our body greatly affects us, as they say, the more body fat you have, the higher the leptin levels we have.

It's time to change your mindset and achieve your weight loss goals with these tips. Start planning, get some sleep, be proactive, remember that will power wears out, ask yourself is it real or fake hunger, and reduce your choices.

What will you do to make sure you'll stick to your diet?

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

Alvin Brown

CEO and Founder (THCPP)

Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

www.tchpp.com and www.journeypersonalgreatness.com