

Today Is All the Time You Need to Lose All the Weight You Want

The ① One Day



• Ditch the stressful
scale-checking

• Stop freaking out over
yesterday's banana split

• Break your big goals
into bite-sized pieces

Chantel Hobbs

Author of Never Say Diet

The **1**One Day Way

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WATERBROOK
P R E S S

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Today Really Can Be Different from the Rest

I'm going to assume you picked up this book because you want to take control of your life so you can lose weight and become healthier. It's probably not the first time you've read a fitness book, and you may be asking yourself, *Can I really do it this time?*

You want to accomplish more than just reaching a lower number on the bathroom scale or being able to say on your Facebook profile, "I work out every day." If you're going to do this, you want it to change your life.

Introduction

You want to stop revisiting all the issues you can't seem to get a handle on, going back as far as you can remember. But embarking on the adventure of self-improvement, for all the promise it holds, can feel a bit like jumping into an abyss. It's thrilling and scary because you're entering the unknown. You want to break free from the habits that have held you back, but you're beginning to realize that the changes won't last unless you look below the surface. You don't want just another diet; you want to achieve your deepest desires for your life. And you can't do that unless you first look closely at who you really are. It's not easy to take a clear, honest look at yourself, but if you want to experience change that lasts, it's time for you to get beyond that fear.

I have stood at the edge of that abyss. Nine years ago I reached the point where I knew I *had* to change my life. I was so miserable from trying but failing to change that I told myself, for the last time, I would *never* go back to life the way it used to be. I finally lost the weight that had been weighing down my life since childhood. I took off 200 pounds, dropping from nearly 350 pounds. More important, I've kept the weight off. How? I reconstructed more than my body. I rebuilt my entire life, one day at a time, one bite-size goal at a time. I wrote this book to help you do the same thing.

During the years I was overweight, I read so many diet and exercise books that I can't remember them all. Every time I'd pick up a new diet book, I'd hope that finally I was going to discover the secret I'd been searching for. But even as I tried to stir up the ambition to embark on yet another diet, I had an uneasy feeling in the pit of my stomach. Looking back, I know why I had so many doubts. I always knew deep inside that I wasn't ready to do all the things necessary to make permanent changes in my life. I wasn't prepared to look far below the surface to see who I really was and to start changing my life from within.

I know I'm not alone in this. Perhaps you've faced the same fear and it has prevented you from changing your life. The desire to be better, to look better

and feel better, is nearly universal. Ask fifty people if they want to improve the quality and intensity of their lives, and overwhelmingly they will answer yes! No one sets a goal to become more frustrated, less healthy, and more miserable next year.

On some level we're all in touch with our inner longing, and most of us want to lose some weight, get in better shape, and regain our confidence. We want to believe in ourselves again. All of these are necessary goals, and they grow out of who we are inside.

So why do so few of us achieve those goals?

WHY OUR GOALS CRUMBLE

In one statement I can show you why your earlier attempts to lose weight and change your life failed. Something in your past convinced you that *this time isn't going to be any different from the rest*. Deep inside, you didn't believe you could change your thinking, your lifestyle, your habits, and your health.

You need to ditch that lie. You really can change, and in dramatic ways, if you will take one crucial step that will solve your lack of confidence. You *can* overcome old habits, old ways of thinking, and past failures by doing one essential thing: *focus on today and today only!*

Your opportunity to change happens today—not yesterday or next week. And your past defeats had little to do with lack of information about how to get fit. If your problem was simply that you didn't know how to diet or the best way to exercise, you could easily solve it by picking up a good nutrition book and an exercise video. The nuts and bolts of healthy eating, exercise, and weight loss are simple: you eat for fuel, you consume fewer calories than you burn, and you exercise for heart health and core strength. We'll spend a few chapters later in this book covering the how-to of weight loss from a practical standpoint.

But before getting into all that, you need to change your mind-set. Most diets fail because the dieter fails to first change the way she thinks. You need to believe differently about yourself, your goals for your life, your health, and the deepest desires of your heart. You need to know there is a way to set and accomplish doable goals and to make them a lasting part of your life. You can change your life, starting today. And only by concentrating on today can you make the changes last.

Your life won't change as a result of setting fantastic and lofty long-range goals. Your life will change because of what you do today and the next day and so on.

I know this contradicts much of what you've read in other books. But that's good news! If the programs you tried in the past produced only temporary success, don't you think it's time to try something completely different? If you're ready to separate from the pack and take the first step in what will be a lasting change in your life, congratulations! You can get started today. And this time really will be different from the past.

WHAT YOU MUST DO BEFORE YOU CHANGE YOUR LIFE

Before I reveal the simple secrets of the One-Day Way of life, I want to mention two things. First, thank you for going on this adventure with me. What I've learned about permanent life change—the things I'll be sharing with you—comes from the deepest place in my heart. Several years ago I crossed a point of no return; I knew there was no turning back. That's when I left behind my old way of living, thinking, and eating. And what I discovered along the way can change your life. (We'll talk more about that in chapter 2).

Second, I know that leaving behind your familiar ways of thinking and living will be uncomfortable, at least at the beginning. I've been there. Entering

an adventure such as this one is beautiful and scary, exciting and also deeply personal. It requires that we do this together, and it requires honesty. I promise to be truthful and vulnerable with you, and I need you to commit to letting your guard down as well. Vulnerability is perhaps the greatest key to permanent personal growth. And even if new ways of thinking, eating, exercising, and living start to feel daunting, which they certainly did for me many times, remember we're doing this *together*.

Think Differently, Then Live Differently

If you've ever failed in an attempt to lose weight, you're probably worried that you'll fail yet again. But if you look deep inside, aren't you ready to end the tug of war with the scale and the treadmill? Hopefully, your dreams for the future include not only being healthy and enjoying a maintainable weight but also being a happy and content person and making a positive difference in the lives of others.

Because changing your life is difficult and thinking differently about your life is a challenge, you will be tempted to give up. You'll start thinking that nothing has really changed, and you'll wonder why you're trying to kid yourself. It will be much easier just to go back to your old habits. This is why you need to understand how your thinking always controls your actions. Both negative and positive thoughts have the ability to dictate your actions at any given moment. What gives you the upper hand is that you have a choice: will you make sure that positive thoughts control your mind, or will you give in to negative thoughts? The ability to choose your thoughts and actions gives you tremendous power. You can decide which thoughts will rule your actions, and those decisions will dictate whether you succeed or repeat a past failure.

I guarantee you'll be tempted to give up, so you need to recalibrate your thinking before you try to change your life. Decide right now that you are in

this to make a permanent change, no matter the cost. You're not simply trying it out to see if it works. You are trusting that it will work, and you are acting on that belief. *The One-Day Way* will not help you if from the start you already have one foot out the door. It takes full commitment to get full results.

Why You Should Go for It!

I want to tell you one thing that will help you believe it's possible to break old habits, approach your life in a new way, and bring about the changes you've dreamed of. I don't want to sound like I'm giving you a pep talk or delivering a high-school graduation speech. But you must hear this: you *can* change your life in some way, starting today! That's the surprising truth about your life and mine, but it won't help until *you* decide that this time things are going to be different. You have to make a decision that comes from inside. You need to pass the point where going back to old habits, old ways of thinking, and old ways of living is an option.

Changing your life won't always be pretty, but you can do it. And I promise to help you. But I do need one thing from you here at the start: you must believe. I won't ask you to rush out and buy new running shoes, a fancy heart-rate monitor, or a cabinet full of protein powder. All I need from you is willingness. That's it. But I'm not talking about casual "I'll give it a try" willingness. This has to be total trust. Trust me as your coach, trust your own ability to commit to the change you desire, and trust the Creator of your mind and body. The God of the universe knows you best, and He wants the best for you.

When I was suffering with my own weight problem, I would look at magazine ads for weight-loss programs and see the "before" and "after" photos. I hated those pictures even though they sometimes enticed me to spend money on the diet system they advertised. I'd cover my eyes, the way a child does while counting in a game of hide-and-seek. You know, pretending not to look while

trying to peek through the gaps between my fingers. Seeing the dramatic contrast in the pictures triggered self-loathing. Such a change seemed far beyond my grasp.

So I'm familiar with the hurt you feel deep inside, the hurt that doesn't appear in any "before" photo. Grasping the truth of how to lose weight permanently and gain a new life of passion is a day-to-day process. Losing one pound at a time, strengthening one muscle at a time—that is how you can free yourself from frustration and failure. You're not preparing to embark on a new diet but rather a new way of thinking and living.

THE POWER OF TODAY

You don't change your life by creating an elaborate flow chart that maps out your fitness program for the next six months. If you want to really change your life, you have to understand that you change it in one day. And that day is today. What you did or failed to do yesterday is in the past. Don't let it drag you down. And what you hope to do tomorrow doesn't matter either. Tomorrow is beyond your reach. What you can control is to choose the best actions today. You change your life with what is immediately in front of you. You have been given today, so use it well.

The truth of the One-Day Way is so simple and straightforward that you might at first discount its power. Here it is: the way to get a new life is to do things today that will propel you to change in small, measurable pieces. Progress is not made in huge steps. It is achieved in bite-size successes. You take a step toward the life you want today, and then another step tomorrow. Getting there is all about making progress from morning to night every day. Don't be interested in perfection; instead be committed to progress.

This time things will be different. Success is not defined by achieving one

Introduction

ultimate goal. With the One-Day Way, success is progress. So you're going to do something you've never done before: you're going to celebrate at the end of each day. Some days you'll celebrate a pound lost; other days it may be that you chose not to grab a candy bar in the grocery checkout line. This is progress, noticeable success, and it's the type of change you can celebrate.

Some days you'll celebrate that you spent an extra fifteen minutes on the treadmill. On other days making it to the parking lot at the gym will be your miracle. Perpetual progress is what moves you toward permanent accomplishments.

The One-Day Way is a system for living life to its fullest. Every day you pursue, without excuses, an irrevocable commitment to optimal health and fitness. That means you will match your decisions to your desire to lose weight, get strong, and live well. Your commitment to a new life will determine your choices from the moment you wake up until you go to bed. Yesterday is irrelevant, and tomorrow is unimportant. Today is what matters, and it is full of all the opportunity you need to be successful.

Before we move on to the specifics of good nutrition, exercise, and weight loss, I advise you first to consult your physician. The nutrition, cardio, and strength-training portions of the One-Day Way are sound, but you should see your personal physician before beginning this or any nutrition, exercise, and fitness program.

I'm glad you're on this journey, and I'm honored to join you. Today we start the biggest adventure of your life. The One-Day Way is not a diet, and it is more than a fitness plan. It is, above all, the path that will lead you to realize your biggest dreams and your deepest longings in life.

Today, things begin to be different.

PART 1



It's Time for Demolition

Leveling the Way You Measure Success



Old Habits Are Hard to Break

Let's Make Better Habits That
Are Hard to Break Too . . .

Since we all are creatures of habit, is the person who habitually fails doomed to keep on failing? Even if she wants to change her life, is change impossible?

If you think the answer is yes, I have two more questions for you: Deep down, do you believe you'll always struggle with your weight? Is being overweight your destiny?

It's time to look inside. Have you formed a habit of thinking that contentment and happiness are feelings other people have but you will never experience? Or that success is something only others can achieve? If

you've made a habit of thinking this way, then you know that old habits are hard to break—mostly because you've tried for years. But while breaking a habit may be hard, it's not impossible.

I know from experience that counterproductive habits keep us from achieving what we want in life. Like many overweight people, I struggled to improve my life. I'd get on a program and even lose some weight. But as I'd begin to see my body changing, I'd suddenly experience a series of slip-ups. I'm talking a few weekends of wrongdoing, such as indulging in Vegas-style buffet eating while ditching my workouts.

I felt defeated when it came to losing weight. It seemed I couldn't break free from my addiction to food. For as long as I could remember, every time I attempted to overcome the habits that kept me overweight and unhappy, it would end in discouragement and failure. Then I would commit once again to making the necessary changes. I would start getting results, but then I'd let down my guard, pick up a fork, and throw my sneakers in the closet. Not only would I regain the weight I had lost, but I'd also pile on a new load of self-hatred.

Back then, winning never felt possible. In my heart I knew it was just a matter of time before I'd destroy all the progress I'd made. And when that day would inevitably arrive, it felt as if my hard work had been erased. All I would have to show for my efforts were a few more cracks in my already-broken heart. Beyond the pain I felt utterly exhausted thinking about how to regain enough strength to go back to Start.

It's not surprising that I would go months, sometimes years, before trying again to pursue the life I desired.

DESPERATE FOR CHANGE

As I've said, nearly nine years ago my life took a major turn, and I finally won. Truthfully, it required more determination and work than I'd ever devoted to

anything else. However, I had reached a point where I could no longer keep living the same way. I was desperate to change, and once I reached that point, I made the commitments necessary to stick with it. After I lost two hundred pounds and became a personal trainer, I knew I had found my new life. And I had to share my experience with the world. I want to convince you that just as I was able to turn my life around after twenty-nine years of constant defeat, so can you.

I can tell you how it happened for me, and I can teach you a nutrition and exercise program that will enable you to lose weight, get healthy, grow strong, and improve your heart health. In fact, we'll do all those things in later chapters. But there is one thing I can't do for you. I can't give you a fearless attitude. And you'll need one if you're going to make permanent changes. You must find it within yourself. If your desire to change is not intense enough to push you past the point of no return, and if you don't have a fearless attitude, you will give up. I'm not being a pessimist; I'm simply speaking from experience.

You and I are the same. I get you, because I am you! I know what it feels like to cross your fingers year after year, hoping and praying that somehow you will finally accomplish this one thing you've set out to do—to lose weight. I understand what it's like to get to the end of your rope once again, so desperate to live a better life that you have trouble breathing some nights as you think about your failures.

While I know your pain, I know freedom as well. I learned things over the past several years that freed me from my prison of self-defeat and self-hate. And in this book I'm going to share them with you. But I can do only so much. You have to be willing to work. I'm not talking about just how to work out but about honest work that will take you to the depths of your soul.

In my work as a personal trainer and life coach, I've known too many people who know what they need to do to get strong and lose weight, yet they can't manage to do it when it gets too challenging. I can talk about good carbs and

bad carbs until the cows come home, and it won't do a thing. I can show you new core exercises to make you stronger, but that won't make change happen either. And here's why: to end habitual failure, you have to replace it with habitual success. This means you have to experience it, then repeat the experience again and again. Successes, even small ones, can overshadow your lingering thoughts of inevitable defeat.

So our first goal will be to learn habitual success in a way that doesn't trap you in an overly restrictive program or diet system. You need the freedom to fit the program to your life, goals, and temperament. And since we're concentrating on only one day, you need to be freed from the idea that you measure your success against a pyramid of past triumphs or failures. Most people who are trying to lose weight live in dread of the day they will drop the ball and fail to meet their goals. With the One-Day Way, the only day that counts is today. Keep your past defeats in the past, where they belong.

KEEPING PAST FAILURES AT A SAFE DISTANCE

I was trying to help a woman change her life when I became inspired to create the One-Day Way system. I remember our conversation as if it were yesterday. We sat on a white wicker couch overlooking the Atlantic Ocean. I had counseled and coached this woman, who battled not only a weight problem but also longtime drug addiction. I was so proud of her—she had been living clean, sober, and healthy for 144 days!

But as we sat looking at the ocean, she couldn't see the beauty. All she saw was her pain. She confessed that she had "fallen off the wagon." She was drowning in her failures as she spoke. During our long conversation that afternoon, this tormented soul poured out her heart.

Only days before, she had truly believed she was on the road to freedom,

finally. It had been several months since she had stopped letting food and drugs control her life. As she recounted her downward spiral, the details were overshadowed by a question she was desperate to ask: *How could I have blown 144 days of staying clean, my longest stretch ever, just to end up back in the prison of my addictions?* And truthfully, I was angry and disappointed as well. How *could* she have screwed up again in such a big way? Confessing her failure to me magnified her pain, because it meant admitting that she had been concealing her condition, compounding her defeat by hiding it.

After she finished her tragic confession, she asked, “Chantel, am I meant to be like this forever? Can I be fixed, or will I always stay this way?”

For once I had nothing to say. This is not how I roll. I love to hear myself talk, especially when I think I can motivate someone. Yet I found myself thinking, *Stay this way and do what? Live the rest of your life as an addict?* This was basically what she was implying. *Quickly, Chantel, say something valuable. At least say something to soothe her sadness.* But I had nothing.

For a moment I wondered if she might be right. Perhaps she was going to stay this way. Perhaps she was beyond hope. No. No one is beyond hope. I know firsthand the indescribable feeling of losing weight, reclaiming my life, and breaking free from the addictions that used to keep me trapped! I also know I have nothing that this woman doesn't have. So why did she fail again?

It hit me. She had based her confidence on past accomplishments. Her 144 days of living clean and sober were not her current reality, so dwelling on them wasn't doing her any good. Her life needed to be reconstructed, and I wanted to be the person who would help her create a blueprint for a new life. But first she needed to make her life an active construction site rather than a daily existence of looking backward. Counting up how many days she had fought off her addictions before failing again had done nothing but push her back into despair.

I spoke up and told her, “You can get started on the course of freedom, but

it takes something else to stay the course.” I knew the truth of the matter because of my own past struggle with addiction and defeat before finally achieving a lasting success.

We live in this world of wanting it our way, now! To our detriment, this has pushed us way off course. We think if we can't achieve tremendous levels of success overnight, then we may as well give up. Rather than giving up, however, we need to change the way we measure success. It has nothing to do with what we accomplished yesterday, even if we accomplished something big for 144 straight days. Instead of focusing on some grand achievement in the past or a distant result in the future, we need to see success as making an irrevocable commitment to live differently. And having made that commitment, we can enjoy success in small quantities while we continue moving forward.

My friend's sense of defeat was compounded by the frustration of breaking her record of 144 days of sobriety. She needed to let go of her past, even her recent past. From now on, I told her, she would have to demolish the way she had been measuring her life—both defeats and victories. She had to stop counting days. It would be great if she could repeat and then exceed her 144 days of sobriety. But having done it once, and even repeating it in the future, would not help her do what she had to do *today* to change her life. She needed to stop worrying about the future, and she needed to let go of the defeat of giving in to her addiction. She needed to realize that what really matters is today.

Someday, somehow, we all are going to fail. The question is whether we will choose to succeed this day, because tomorrow is irrelevant. And our success from yesterday won't change the outcome of what happens today. There is no magical number of successful days that will guarantee a lifetime of success. But if we remove the pressure of trying to make it for a certain length of time and focus instead on living out our commitment for one day, we can reconstruct our lives.

If you want to break an addiction to food, drugs, television, work, a

destructive relationship—whatever is keeping you in prison—you will achieve success only by doing it today. This is the basis of the One-Day Way system. You measure success one good decision at a time, one pound at a time, one day at a time as you meet one bite-size goal at a time.

A NEW WAY TO MEASURE SUCCESS

Success has nothing to do with someone else's expectations or your getting into the same size jeans as your best friend wears. The truth is this: success is personal. No one else can dictate how you have to measure your own success. For the woman who has been eating Oreo cookies and potato chips every afternoon for as long as she can remember, going one day without either is a huge deal! That day is a success. Whether or not anyone else struggles with cookies and chips doesn't matter. You'll be amazed how far your small steps, taken consistently, will get you.

The reconstruction of your life starts today. And it will continue in the same way, day by day. One day at a time. Most everything about our lives is broken down into days: our calendars, our work schedules, how long the fish we bought at the grocery store will last before it spoils.

You will build your new life starting with a day. And every day after that you will continue building. At the beginning we'll work together to do a little demolition. We need to clear away the old ways of thinking that have brought you to the point of feeling like a failure. Next we'll create a blueprint, a vision for what you want to look like on the exterior *and* the interior. From there, we will reconstruct your life on three main levels: faith, food, and fitness. You'll learn how to use each one for the best results. And once you have a handle on the One-Day Way system, we'll discuss maintenance and planning for disasters.

The process of taking something that exists and making it better is awesome. Let's get started by building your new mind-set.