



LIVLIGA'S HEALTHY LIFESTYLE AND WEIGHT LOSS:

Insights You'll Love to Live By for Long Term Success



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Introduction



Seeing the words “diet” and “fun” in the same sentence might seem like an oxymoron. When we decide to lose weight, ideas of deprivation, boredom, sacrifice and even misery usually come to mind. But they don’t have to.

Weight loss CAN be fun and enjoyable—if you have the right attitude and set out on your journey with the right tools—and rules—for long-term success. This Healthy Lifestyle and Weight Loss ebook will provide how-to’s, tips and tools to guide you along your road of healthy lifestyle success.

Making it a Lifestyle Journey

So many of us seem to be in a hurry for just about everything. This is particularly true when it comes to weight loss. We want a quick fix and a fast solution. The truth is there is no quick and easy “magic wand” solution. Living a healthy lifestyle is just that...a lifestyle. It requires a long-term view. It is about how we choose to live our lives. It is a journey with many stops and turns and skill building opportunities along the way. Life is not a passive sport.

Here are some proactive ways to embrace a life that supports your healthiest you:

Creating a Healthy Food Environment



We all know that if we keep seeing a cake on the counter, ice cream in the freezer, or cookies in the cabinet we are eventually going to give in and eat them. We do this out of habit. When we want to live a healthier lifestyle and/or lose some weight, the first thing we need to do is create a visual landscape that supports these efforts and helps us to form new better-for-us-to-live-by habits. Instead of a cake on the counter, place a bowl of fruit so it is the first thing you see. Instead of ice cream in the freezer make some homemade popsicles made out of fresh fruit. And, as an alternative to cookies in the cabinet, stock up on single serve packages of popcorn you can put in the microwave for a satisfying, within-calorie-range, snack. We also need to right size our tableware. Just as we will eat that cake on the counter, we will also fill that over-sized dish we use until the food in or on it looks like enough, which guarantees we will over serve ourselves. Right-sized tableware helps us right size our portions.

Making it a Lifestyle Journey

Making New Habits Your New Defaults



We create new habits by repeating them. As those who have succeeded in weight loss and keeping it off have taught us, we need to replace old “bad” habits with new healthy habits that are doable, repeatable and sustainable. Start with simple changes and work up to the hardest ones so you build on successes and have new healthy habits in place as you continue to embrace healthier, harder choices.

Cooking More at Home



Learning to cook more at home helps us in so many ways. It places the control of our food where it should be—in our own hands. First, it allows us to be aware of what we are eating and what goes into it. Secondly, it allows us to control what we put into our food—especially the salt, fat and sugar—that so many pre-packaged foods and restaurant foods automatically include. Most importantly, it helps us learn more about nutrition and portion size as well as what a balanced meal looks like. These are critical concepts if we want to live a healthier lifestyle...we have to learn what healthy means.

Making it a Lifestyle Journey

Discover a New Favorite Healthier Comfort Food



We all have a comfort food or go-to-meal we reach for when we are fed up, exhausted or just not in the mood to put a lot of effort into a meal. For most of us our comfort food tends not to be very healthy for us. Comfort meals tend to be calorie dense and consumed in oversized portions. As we create healthier habits an important one is to come up with a new favorite comfort food meal that is always on hand, easy to make and serve up in an appropriate portion.

Sharing Your Healthy Lifestyle



Losing weight and keeping it off is not for sissies. In fact, we are often a force for change for living a healthy lifestyle within our family, friends and community. A healthy lifestyle is good for everyone and easier for all to embrace if everybody is living it together. Don't get trapped into thinking you have to do this alone. You are limiting yourself as well as the ones you care about. The greatest gift we can give ourselves as well as the ones we love is the gift of health. Make it a movement.

12 Tips for Losing 50 Pounds or More

To lose 50 pounds or more requires a little different approach than if you only have 10 pounds to lose. Below are 12 tips for losing 50 pounds or more:

Sharing Your Healthy Lifestyle



- 1. Have the long game in mind** but break it down into small steps. You need to have the ultimate goal in mind but look at it through a daily lens. Planning is key, from what you eat, to your exercise, to your nightly sleep. Creating healthy lifestyle routines will help you keep to the plan to reach your goal.
- 2. Weekly menu planning** and grocery lists help you stay organized and focused, and avoid bad decisions after a long day when you're tired and yet still have dinner to prepare. The easiest way to stay in control of what you eat is to start cooking more at home. Include the others in the household in planning and fixing meals. Cooking can be fun, especially when the responsibility and time spent is shared with others...this includes children.

12 Tips for Losing 50 Pounds or More



3. Right-size your dinnerware. Our dinnerware in the U.S. has grown over 51% in the past thirty-plus years. The bigger the plate the more you want to put on it to make the plate look plentiful to your eyes. Don't eat off a plate that is bigger than 10.5 inches and make sure your plates have rims. Better yet, invest in dinnerware that has been designed to make right-sized amounts of food look plentiful and also helps you measure the food you want to eat—[Livliga!](#)



4. Set up a healthy food environment. Make sure the first things you see on your kitchen counter top or in your refrigerator and food pantry are healthy and support your diet. Avoid buying any prepackaged snacks. Instead have fruits in a bowl on your counter; place cut vegetables, lowfat yogurt and hard-boiled eggs at eye level in your refrigerator. In your pantry stock water-packed sardines and tuna next to your protein powder and PB2. Visually hide crackers, prepackaged cookies and snacks so you don't see them automatically.

12 Tips for Losing 50 Pounds or More



5. Keep Track of Your Food, Exercise and Sleep with photos and an app like Fitbit or Apple Health. Accountability is key. We have to keep our mind honest by taking the time to log our food, exercise and sleep. Without keeping track it is way too easy to forget and slip up.



6. Work on Mindfulness which will help you get more in touch with your body and mind—YOU are the priority and SO worth it! Consider Tai Chi, yoga and meditation to help you become more present. It was shocking to me to discover how unmindful I was. So much of life we spend in an automatic mode and do by rote...especially when it comes to overeating. The best way to combat it is to be present in our own lives.

12 Tips for Losing 50 Pounds or More



7. Build in Ongoing Exercise and Physical Activity. Invest in an exercise tracker like a Fitbit— $\frac{2}{3}$ of your work out should be cardio and $\frac{1}{3}$ resistance training. Make a goal for how much exercise and “steps” you want to achieve each week and schedule it in. It won’t happen if you don’t plan for it.

8. Document Your Progress in photos, blogs and Facebook. Taking photos is a great way to share your success and take a moment to see how far you have come and how much you have changed.

9. Find a Buddy to Join You on Your Journey. You are more likely to succeed if you don’t do it alone. Make friends at the gym, join a support group, or create your own group. Having friends in your life that share in the desire to live a healthy lifestyle can make all the difference in your long-term success.

10. Forgive Yourself for Slip-ups and Remember Tomorrow is a New Day. None of us are doomed to fail but we are human and should not expect to be perfect. There are days we will fall back into our old, bad habits. You have to own it, and forgive yourself, to move on.

12 Tips for Losing 50 Pounds or More



11. Reward Yourself for Your Successes. Create new rewards that are not food related and have a list that includes things you enjoy that **don't cost money** as well as treats that do. Among my favorites—watching my favorite movie curled up in my cozy clothes, and then I love getting a massage. Both are delicious and give me the lift I need to keep on track. One doesn't cost money, the other does.



12. Acquire an Attitude of Gratitude. Bad moods and feelings drag us down and make it seem impossible for us to achieve our dreams and our goals. Gratitude actually makes it easier for all of us to do what we need and want to do, especially when it comes to weight loss. Keep a Gratitude Journal or use an app like **fiveminutejournal.com** to document your gratitude and be able to access it when you most need it.

12 Tips for Losing 50 Pounds or More

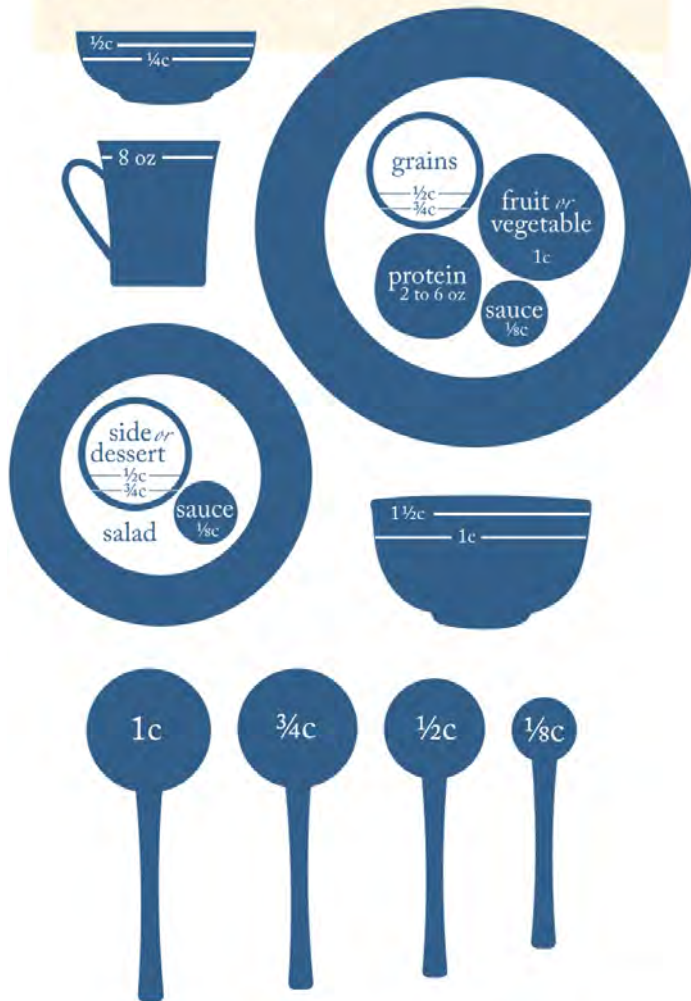
When you have 50 pounds or more to lose and have struggled with losing weight for a long time, you may want to consider medical weight loss programs and/or weight loss surgery. These are important options to consider depending on your health issues, age and the place you are in your life. Discussing your options with your primary care doctor and a weight loss specialist, like an endocrinologist, can help you make the best decision for you.



The Tools to Help you Lose Weight

Serving Size Map

Measurements for specific portions are incorporated into each piece to help subtly guide your portions, while at the same time, setting an attractive table.



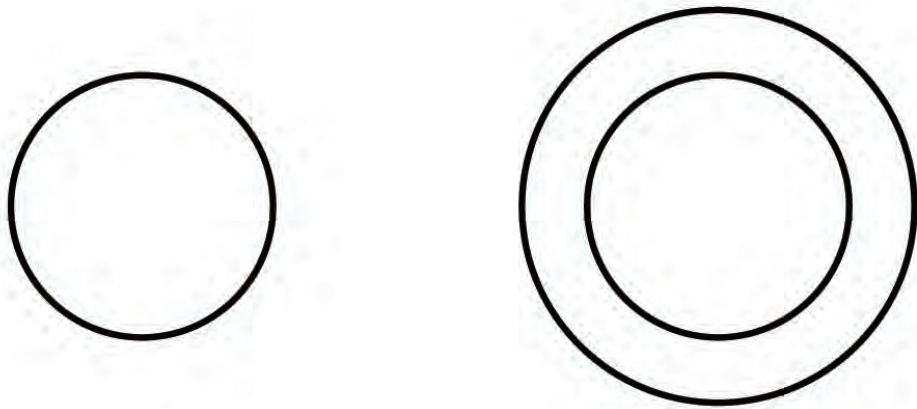
The System

Livliga has created a system of tableware that has right-sized visual cues. By offering a complete set of tableware— including dinner plates, side plates, bowls, mugs, wine glasses, beverage glasses, a serving bowl and a set of LivSpoons (Measuring/Serving Spoons)— which has been right sized and designed with the psychology of eating in mind, Livliga has created the tools and system for a healthy eating environment.

The Tools to Help you Lose Weight

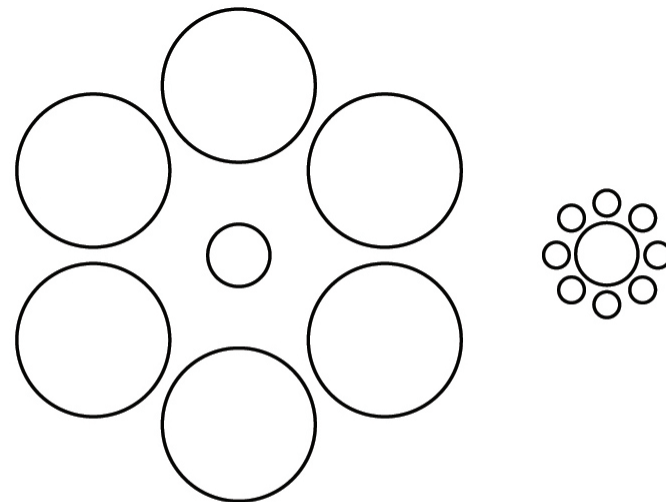
The Psychology

Visual illusion inspired much of our design. Believe it or not, two nineteenth century scientists played a role in our designs. They showed us the impact design has on our perception of size. Delboeuf showed us how by having an extra wide rim with a strong design could best frame right-sized servings and make them look plentiful. Ebbinghaus showed us how the circles within the rim that also are for measuring can make each individual serving look like enough in their own right. These optical illusions allow our eyes to send signals to our brain, and subsequently to our stomachs, that the just-right portions served up on Livliga are generous and satisfying.



When a circle frames a smaller circle, the inner circle looks much larger than when it is not framed.

Delboeuf Visual Illusion, 1887-1888



When small circles are placed close to a circle, that circle appears to be incredibly larger than an identical circle with larger circles further away from its circumference. A small plate looks “puny” (the center circle on the left); a small plate with a rim and design on the rim automatically looks larger (the circle on the right) due to visual illusion.

Ebbinghaus Visual Illusion, 1887-1888

The Tools to Help you Lose Weight

The Measurement is Built in

The circles on the plate are actual serving sizes. A third central aspect of the Livliga dishware is its unique, copyrighted and patented design. Specific measurements define the circles in the well of the plate. These measurements reflect the USDA/MyPlate designations for the various types of food in proportion to each other. It also reflects the serving sizes and/or portion allocations found in many cookbooks. Additionally, a small space is provided around each measurement to help the portions of each type of food look appealing and substantial enough to send the message to our brain that there is plenty of food on our plate to satisfy our hunger.



How to Maintain Weight Loss

Maintaining weight loss is all about creating new habits that are doable, repeatable and sustainable. The reality is we live in a world of overabundance. Studies have shown that every culture that has access to more easily available foods, and especially highly processed and pre-packaged foods, ends up having to grapple with obesity. Even the French have doubled their obesity in a mere 10 years. It is all about the world we grow up in and live in day-to-day.

Dr. Jim Hill and Dr. Holly Wyatt, the founders of Anschutz Health and Wellness Center, think the road map to living a healthy life is in studying and mimicking the behaviors and lifestyles of those who have succeeded. The road map comes from the National Weight Control Registry (NWCR). The NWCR was established in 1994 by Rena Wing, Ph.D. from Brown Medical School, and James O. Hill, Ph.D. from the University of Colorado to follow individuals, who have lost over 30 pounds and kept it off for long periods of time. The NWCR follows over 10,000 people currently.



How to Maintain Weight Loss

Here are 5 key habits from those who have succeeded in keeping the weight off:

1. Adopt a healthy lifestyle that includes constant mindfulness.
2. Be mindful about what you eat, which includes planning ahead, eating more at home and being attentive to portion size.
3. Exercise regularly.
4. Weigh yourself regularly. When you do gain a few pounds, like 10, do something about it rather than continuing to live with ongoing weight gain.
5. Create an environment that supports you in a long-term healthy lifestyle. This includes how you live, how you eat, how you exercise and even the friends you keep.



Discover the Healthy Lifestyle World of Livliga

Take a glimpse of what healthy eating looks like with some photos posted by real people eating healthfully with Livliga.

BariatricFoodie



Discover the Healthy Lifestyle World of Livliga

DiabeticFoodie



Discover the Healthy Lifestyle World of Livliga

Tammi Goff



Discover the Healthy Lifestyle World of Livliga

Chef Vanessa Musi



Testimonials-Livliga and Weight Loss

When you read the reviews on our website written by real people striving to live a healthy lifestyle, it is inspiring and motivating. We wanted to share a few here that specifically talk about how Livliga has helped them lose weight...**and keep it off.**



“We got the Celebrate 16-piece and absolutely love it!! My family and I look forward to dinners and we realized we were eating way more off our ordinary plates (which we have now thrown out) and we are just as full if not FULLER using your guy’s plates and Aveq serveware and not to brag but I’ve lost over 20 pounds since I’ve been using it and for that I thank you. Proud to be on the team Livliga!! Thank you two for coming up with this great product that makes eating fun again without the guilt.”

- Randy B. – losing weight by becoming mindful



“I have been noticing that my pants (and breeches) were fitting a bit tightly, and figured it out when we got back from Costa Rica—over a few months, at least, I had gained 7 or 8 pounds. Oh no! Staying at a Four Seasons resort probably did not help, but I think eating more than I needed to in general was the culprit. So I started using my Livliga dinnerware in the appropriate way (not overfilling the plate, not going back for seconds), and in a week and a half I’ve lost 5 pounds!”

Beth G. – using Livliga as a mindful tool to get back on track

Testimonials-Livliga and Weight Loss



Sheila founded Livliga out of her own personal need to lose weight and keep it off. Walt wanted to do the same. Together they have lost a combined 113 pounds and kept it off by using Livliga everyday, cooking healthy meals at home, and by building daily exercise into their way of life. **They not only created Livliga, they live its mission!**

- *Sheila and Walt – [How they did it together using Livliga and other lifestyle tools](#)*

[Livliga Live Vibrant Blog](#)

Livliga's blog is a weekly dose of inspiration for those looking to embrace the Livliga lifestyle. Founder Sheila Kemper Dietrich is committed to the journey of better living and a healthier lifestyle; this includes sharing personal experiences, new knowledge, and workable solutions along the way.

[Facebook Live Videos](#)

Healthy Recipes Served Up On Livliga occurs on the fourth Tuesday of every month. It's the time for some healthy fun in the kitchen with Sheila and Walt! Livliga is all about helping you live a healthy lifestyle by serving up delicious foods in a right-sized food environment so you can live as your healthiest you. Each month we pick seasonal recipes to share and serve up!

[Getting Started Guide by Livliga](#)

The hardest part about living a healthy lifestyle and losing weight is getting started. That is why Livliga created the Getting Started Guide to help with changing your food environment and right-sizing your world...beautifully.

[*The Psychology Behind the Plate: How Livliga's Plates Change Your Behavior*](#)

This new ebook is based on the original white paper Sheila Kemper Dietrich wrote, which cited the available science proving how we can alter our behavior by creating a positive food environment. It is this science and psychology related to eating, which would ultimately be built into the dishes developed and designed by Livliga.

[*Slow Down Diet by Marc David*](#)

Marc David is the leading voice establishing the intimate connection between stress, digestion, metabolism, weight, and health. He reminds us that our relationship with food is as important as the food itself. In a world of 'high fad' diets he stands alone, guiding us toward nourishment, pleasure, and healing. This book provides the missing link about metabolism that sets us free to enjoy food more than ever while also losing weight and getting healthy.

[*The State of Slim by Dr. Jim Hill and Dr. Holly Wyatt*](#)

The message of the book is all about the possible. It is based on years of research at the Anschutz Health and Wellness Center, practical application and the results from actual participants in the National Weight Control Registry (NWCR). From the very beginning it is an honest, straight-forward and concrete guide that provides advice gleaned from real people who have succeeded in losing weight, keeping it off and living a healthier lifestyle long-term.

Resources

[*Finally Full, Finally Slim by Dr. Lisa Young*](#)

This shows you how to permanently lose weight by right-sizing your portions without eliminating entire food groups or staring at an empty plate. Within these pages, Dr. Young outlines thirty days' worth of simple changes to help you shed pounds and provides a portion plan that ensures you will feel satisfied. She expertly describes the relevance of diet to health and steers you toward whole foods and away from clever marketing claims that may be secretly sabotaging your weight-loss efforts. You'll learn useful strategies for how to eat out, enjoy special occasions, and indulge in a favorite treat without tipping the scale.

[*USDA/MyPlate*](#)

What is your healthy eating style? There is more than one way to eat healthfully, and everyone has their own eating style. Make healthier choices that reflect your preferences, culture, traditions, and budget. Choose fruits, vegetables, grains, dairy, and protein foods to get the most nutrition and meet your personal calorie needs. Aim for a variety of foods and beverages from each food group and limit saturated fat, sodium, and added sugars. Use USDA/MyPlate as a go-to source for education, tips, and other resources to help you discover and foster your own healthy eating style.

Resources

For Recipes and Insights on Healthy Cooking try These Resources Including our Livliga Live Vibrant blog and Livliga website:

[Livliga Live Vibrant blog](#)

[Livliga recipes](#)

[Livliga kid-friendly recipes](#)

[CookingLight.com](#)

[MyRecipes.com](#)

[CookingLightDiet.com](#)

[What's Cooking? USDA Mixing Bowl](#)



Conclusion

We respond to the environment we live in. As all of us can see we are doing a great job of mirroring the current super-sized environment of overabundance. Now is the time to start transforming the world we live in to reflect the healthy lifestyle we all want to have and, quite frankly, deserve.

There is a solution. We are not committed to a life of diet failure. We can live life as our healthiest selves.

Today is the day to start. To your health! And always remember to Live Vibrant!



About Us



Sheila Kemper Dietrich, Founder and CEO of Livliga, created the VisualQs philosophy based on her professional experience as Executive Director of The American Heart Association– Denver as well as her personal experience in waging the war against obesity and her desire to embrace a healthier lifestyle. She has personally benefited, as have other members of her family, from the concepts integrated into Livliga and has become a great advocate for their efficacy in living a healthy life.

Walt Dietrich serves as Livliga’s CFO and COO. He blends his extensive background in both for-profit and non-profit business management with experience in fields as diverse as finance, distribution, visual arts and design.



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