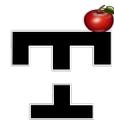


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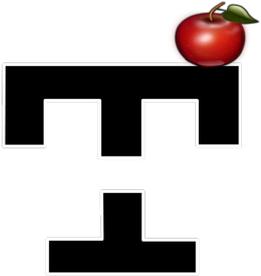
BIZARRE

WEIGHT LOSS TRICKS



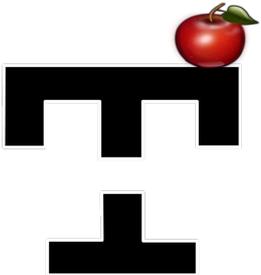
#1 USE SMALL PLATES.

Research shows that the size of your plate affects how much food you put on it. Eating from a 10-inch plate instead of 12-inch one could help you eat 22 percent less of a meal. Cornell experimenters gave subjects either 17- or 34-ounce bowls and two- or three-ounce scoops of ice cream. People with the larger bowls served themselves about 31 percent more than the small-bowl groups did. Those who had both big scoops and bigger bowls served themselves 57 percent more ice cream than those with the smaller bowls. So fool yourself and use smaller plates.



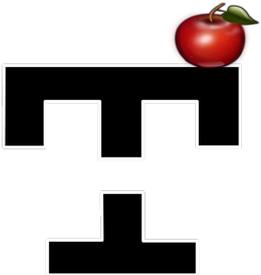
#2 JOIN FACEBOOK

Not only is it a spectacular time suck, it can also help you lose weight! For some people, the embarrassment of having an unflattering photo tagged for our friends to see can help motivate them to lose weight. A study by Fitbit identified humiliating Facebook photos as the new number one weight loss trigger for Brits, overtaking preparing for the beach and not being able to squeeze into a favorite dress.



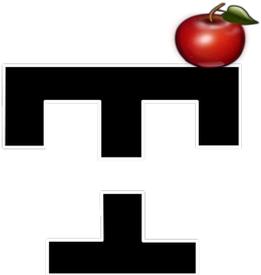
#3 SIT AT THE END OF THE TABLE.

According to psychologist Stephen Gullo, the seats at the center spot make it easy to reach food served family style or community items like bread and appetizers. When you sit at the end of the table, it becomes inconvenient for you to get at the food. You usually have to impose on others and ask that it be passed to you, something you are unlikely to do very often.



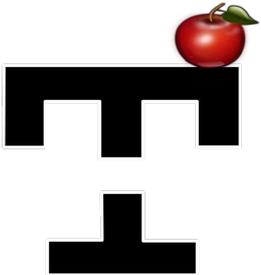
#4 PHOTOGRAPH YOUR FOOD.

Keeping a food diary is a well-known method of logging what you eat, but it's a hassle. Using a phone to take a photo of your meals is quicker and - according to a University of Wisconsin-Madison study - more effective. Researchers had dieters record what they ate over one week in words and in pictures, and, when asked about the experiment after, the volunteers said that the photos were a far more powerful disincentive to overeat. The dieters said they were less likely to choose junk food because they felt ashamed at having to take photos of these food choices, while some also said it highlighted the fact that they weren't eating enough vegetables.



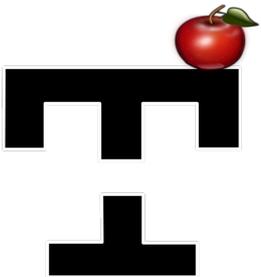
#5 SNIFF A BANANA, APPLE, OR PEPPERMINT.

When Dr. Alan R. Hirsch of the Smell & Taste Treatment and Research Foundation in Chicago tried this with 3,000 volunteers, he found that the more frequently people sniffed, the less hungry they were and the more weight they lost—an average of 30 pounds each. According to research conducted at Wheeling Jesuit University in West Virginia, individuals who sniffed peppermint every two hours not only weren't as hungry as non-sniffers, but they took in 2,800 fewer calories over the course of a week.



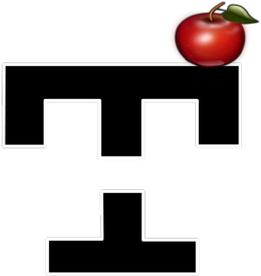
#6 EAT WITH A GUY.

If you want to cut down on calories when eating out, research says that dining with a dude could help you to consume less food. Researchers from Indiana University of Pennsylvania and the University of Akron found that both men and women consumed fewer calories when dining with men than with women. The researchers believe that this is because we are more aware of our gender when around the opposite sex and women restrict their eating to appear “more feminine” while men eat more around women to appear “more masculine.”



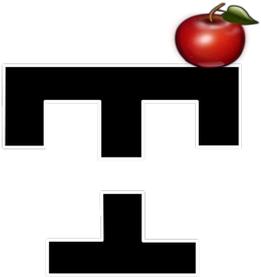
#7 SLEEP IN TOTAL DARKNESS.

Researchers at Ohio State University found that mice who slept in total darkness were far less susceptible to obesity than those who slept in bright light or dim illumination. Laura Fonken, a neuroscience student who led the study, says that the mice who slept with light exposure ate at odd times, which led to weight weight.



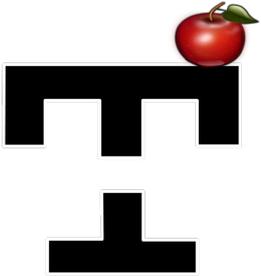
#8 TIE A RIBBON AROUND YOUR WAIST.

Some French women wear a ribbon around their waist and underneath their clothes when they go out for dinner. It keeps them conscious of their tummy and can tighten during overeating. Others use rope, string, or a belly chain. You can even purchase a Malory Band to provide the reminder. There's some history behind the idea: Ancient Egyptians used a similar strategy for getting back in shape after childbirth.



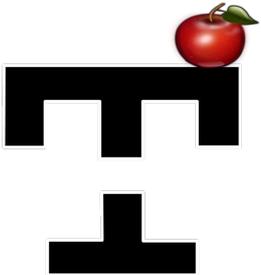
#9 PAY WITH CASH.

According to a study by researchers at Cornell and Binghamton, your credit card could be making you fat. Many studies have shown that we are likely to spend more when we pay with a card than with cash, but this study found that paying with plastic also affects your waistline. People are more likely to buy junk food and “vice” products – which tend to be impulse purchases – when paying by card. So visit the ATM and leave your cards at home before heading to the grocery or convenience store.



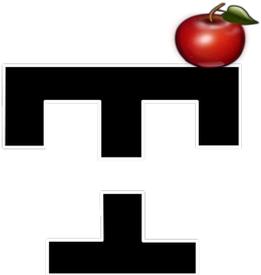
#10 CUT UP YOUR FOOD.

In a recent Arizona State University study, volunteers given a cut-up bagel ate less of it than those handed an intact bagel. They also consumed less food at a free lunch served 20 minutes later. The researchers say pre-cutting food makes each bite more satisfying, helping with portion control.



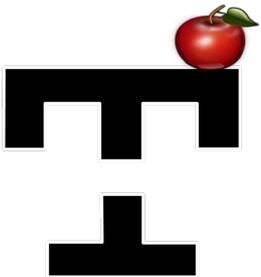
#11 THE COLOR BLUE

A series of studies found that when a food's color contrasts with the plate on which it's served, fewer calories are consumed. Experts often recommend blue because not many foods are blue. The contrast, according to the scientists, makes the portion appear larger. To get this trick to work, just make sure your plate doesn't match the color of your meal.



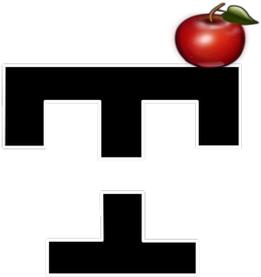
#12 SLEEP IN THE COLD.

According to a study by the National Institute of Health Clinical Center, sleeping in a relatively cool room helps burn calories. Researchers had 31 people sleep in either a 75 degree room or a 66 degree room. Those who slept in the cooler rooms burned 7 percent more calories. Researchers believe that sleeping in a chillier room forces the body to use energy to stay warm.



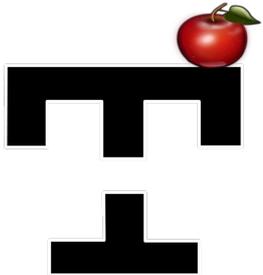
#13 BRUSH AFTER DINNER.

Heather Mangieri, owner of Nutrition CheckUp in Pittsburgh suggests brushing and flossing after dinner. When your teeth feel clean and your breath is minty, you'll be less apt to nibble mindlessly as you're straightening up the kitchen or fall prey to dessert. The minty aftertaste also alters the taste of food, usually making it taste worse (think orange juice).



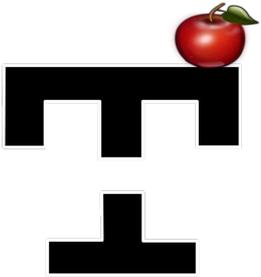
#14 PLAY CANDY CRUSH.

If you've got a food craving, treat yourself to a game of Candy Crush. A 2014 study revealed that visual-based tasks like playing games decreases feelings of cravings. Researchers say much of a craving is image-based, so distracting your mind with something else that is visual can minimize the power of a craving.



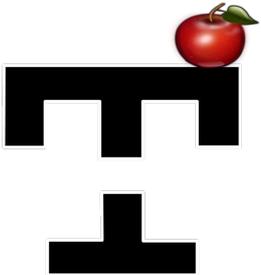
#15 HANG A MIRROR.

Research at Iowa State University found that when people watch themselves eat, consumption of high-calorie foods decreases by nearly a third. The researchers claim this occurs because the person is made more aware of their diet and health goals. Researchers from Arizona State University and Erasmus University Rotterdam found the same thing. They believe that this is because seeing ourselves eat makes us more aware of our bodies and that we do not want to watch ourselves overeat.



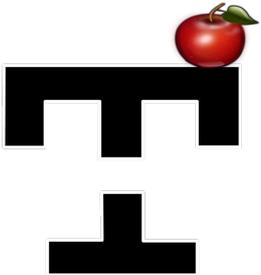
#16 EAT NAKED.

If a mirror doesn't make you self-conscious enough, you could just eat naked. Followers of the Naked Lunch diet claim that eating without any clothes on makes you more cognizant of every fat-laden mouthful, so you eat less. Or maybe they just eat less because they're eating with other naked people.



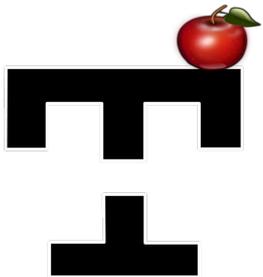
#17 EAT HARD TO EAT FOODS.

People ate 30 percent less candy when they had to unwrap it first, a Swiss study found. Peeling off the wrapper requires effort, which can lead to less eating. In the study, people who were told to take freely from a bowl of wrapped candy ate just three pieces on average while those offered unwrapped sweets gobbled down five. Other hard to eat foods that can lead to slower eating and fewer calories are chicken wings, ribs, lobster, crabs, corn-on-the-cob, and sushi.



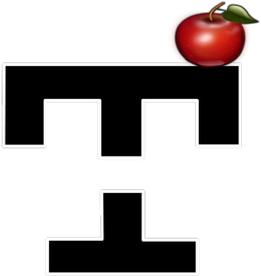
#18 LIGHT VANILLA-SCENTED CANDLES.

A study at St George's hospital in south London found that putting vanilla-scented patches on the backs of participants' hands reduced their appetite for sweet foods and drinks. One group of 160 volunteers lost an average of 4.5 pounds each. It's believed that the smell of vanilla helps suppress sugar cravings.



#19 TURN THE LIGHTS UP AND THE MUSIC DOWN.

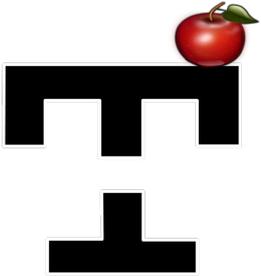
Restaurants don't just dim the lights to create a romantic atmosphere; they do it so you order more food. Low lighting lowers eating inhibitions. As for music, soft tunes playing in the background actually encourage leisurely chewing and works against hurry-up, stress-related, mindless eating patterns, which is why you probably eat more in boisterous bars with live music than you do at candle-light dinners in elegant restaurants. That, and the beer.



#20 SPICE THINGS UP.

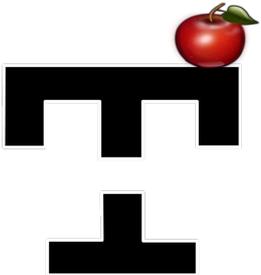
After adding capsaicin to the high-fat diet of mice, researchers from the University of Wyoming found that capsaicin found in peppers prevented weight gain by activating thermogenesis in the body.

When researchers at Purdue University put a half teaspoon of cayenne pepper in a bowl of soup, people ate 60 fewer calories at the next meal on average, compared to people who ate plain soup, Scientists say cayenne seems to rev up our metabolism.



#21 POP A VITAMIN.

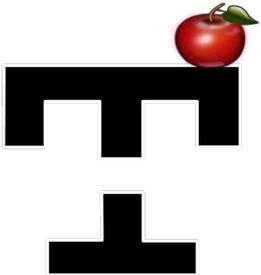
In a study published in the *International Journal of Obesity*, researchers assigned 96 obese women a multivitamin, calcium supplement, or placebo for 26 weeks. The vitamin group wound up with significantly less body fat than the others. Although taking a vitamin alone isn't a valid weight-loss plan, doing so might reduce the need to consume as much food.



#22

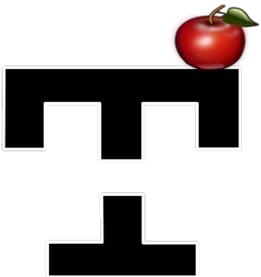
EAT WITH YOUR NON-DOMINANT HAND.

A study published in the journal *Personality and Social Psychology* found that snackers who typically ate popcorn at the movies consumed less when asked to eat with their non-dominant hand. Professor David Neal, from the University of Southern California, said: "When we've repeatedly eaten a particular food in a particular environment, our brain comes to associate the food with that environment and makes us keep eating as long as those environmental cues are present."



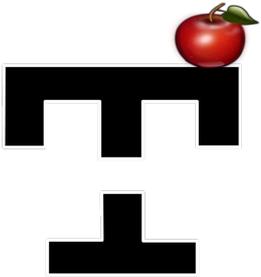
#23 **DON'T EAT IN YOUR PAJAMAS.**

Wearing loose clothing such as sweatpants and pajamas can lead you to snack more. Baggy clothing gives you the illusion of being slimmer and makes you think less about your figure. Wearing slightly more fitted clothes can help you to think more about your body and is also a better indicator of fat loss or gain than stepping on a scale, due to the effects of water weight.



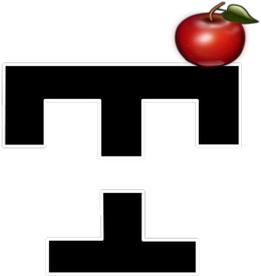
#24 MASSAGE YOUR EARLOBES.

One appetite suppressant point is located on the fleshy flap part of the ear above the ear lobe and in front of the ear canal. A 2010 study published in the American Journal of Chinese Medicine showed that gently pressing this area combined with a calorie-controlled diet, reduced participants body mass index by 1.7 points on average, while those who received only weight loss counseling lost only .05 BMI points.

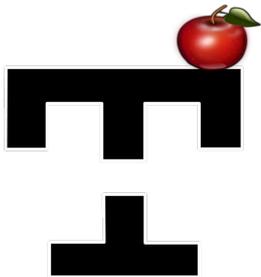


#25 TAKE FULL BODY SELFIES.

A study by the University of Alicante in Spain found that keeping a photo diary can keep dieters motivated, making them more likely to achieve their target weight. Mercedes Rizo Baeza, the thesis director at the university, explains: "It is very gratifying to literally see yourself get slimmer over time." Out of the 271 participants, 71.3 per cent met their weight loss objectives.



Thanks for reading. I hope you found the report informational and entertaining. If you're serious about losing weight, check out my book, *The Teacher's Guide to Weight Loss* on Amazon. It's full of actionable steps any teacher can take to start dropping pounds.



Paul Murphy has taught for 17 years. He's gained weight and lost it using the strategies in his book *The Teacher's Guide to Weight Loss*. On his blog, [TeacherHabits.com](https://www.teacherhabits.com), he strives to improve the lives of teachers inside the classroom and out.

