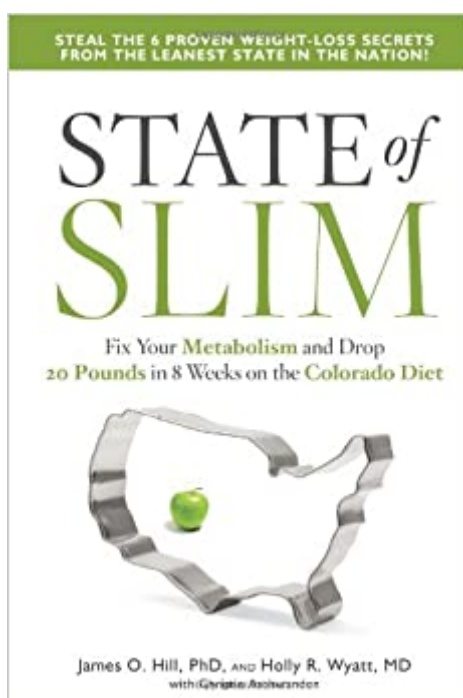


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# State Of Slim: Fix Your Metabolism And Drop 20 Pounds In 8 Weeks On The Colorado Diet



## **Synopsis**

Americans are getting fatter. A third of them are now obese-not just a few pounds overweight, but heavy enough to put their health in jeopardy. But, one state bucks the trend. Colorado is the leanest state in the nation, but not because of something in the air or the water. Rather, it's where diet, activity, and environment perfectly intersect. From their Denver-based research facility, leading weight-loss experts Dr. James Hill and Dr. Holly Wyatt set out to discover why Coloradans are so slim and how they stay that way. They studied the patients in their weight-loss clinic along with the lean people of Colorado. They also looked for clues in the National Weight Control Registry, a scientific database of thousands of successful "losers" across the country who have dropped an average of 70 pounds and kept it off for 6 years. Their comparison of these groups led to an aha moment-the discovery of 6 simple habits that keep people in a state of slim. With proof that you can live like a lean Coloradan anywhere, Hill and Wyatt used those 6 habits as the foundation for their revolutionary plan, the Colorado Diet. Unlike most "diets," this one reveals the secrets of people who are in the state of slim, whether it's because they've always been slender or because they've lost weight and kept it off over the long term. This is critical, because what you need to do to for long-term weight maintenance is different from what you do to lose weight. You must repair your metabolism. If you don't, you can drop pounds, but you won't keep them off. The NWCR participants and Colorado residents had intuitively uncovered the right blend of food, activity, and habits that keep metabolism in top working order. Follow their lead, and you'll be able to actually eat more food and still stay at a healthy weight. The Colorado Diet is divided into three phases with very clear objectives: Reignite, Rebuild, and Reinforce your metabolism. In the Reignite and Rebuild phases, you'll drop 20 pounds in just 8 weeks as you discover how to eat and move so that you are working with, rather than against, your body's metabolism. With a new, flexible metabolism, you'll progress into the Reinforce phase, where you'll continue to lose weight and solidify your new lifestyle. Along the way, you'll learn how to make changes in your environment and your mind-set so they support, rather than thwart, your success. By following the Colorado Diet, you'll get your body into a State of Slim for good.

## **Book Information**

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## Customer Reviews

“The book’s user-friendly approach, upbeat tone, and easy recipes will attract readers to the lean and active Colorado lifestyle no matter where they live.” —[Publisher’s Weekly](#)

James O. Hill is executive director of the Anschutz Center for Health and Wellness at the University of Colorado and the author of *The Step Diet: Count Steps, Not Calories to Lose Weight and Keep It off Forever*. He and Dr. Wyatt co-founded the National Weight Control Registry. He lives in Denver, CO. Holly Wyatt, the Anschutz Center’s associate director, is a physician and clinical researcher at the Center for Human Nutrition at the University of Colorado and the national director for the Centers for Obesity Research and Education. She lives in Denver, CO.

The part of the book that will resonate with anyone who has ever tried to eat a 1200-calorie diet or follow a gimmicky diet for longer than 3 days is the bathtub analogy - you can reduce your calories (turning down the water) but if you don’t unclog the drain (increase your metabolism), you can keep turning the flow down all you can but the water level (your weight) is going to level-out and then start rising again... and just keep rising. Just decreasing calories is a temporary fix. You gotta move. Every single day. The book wants you to work up to 70 minutes a day, 6 days a week with a rest day. There’s no magic pill, no fancy formula, and no expensive shakes. Good/Smart calories in, as many calories out in activity as you can get. Phase 1/Those first two weeks? \*Not\* overly enjoyable - but I experienced waaaay less rage than I did with Whole30. I didn’t lose the “it could happen” 8-10lbs in 2 weeks - I lost 3-4. I’m down 14lbs after 9 weeks, way more inches than I’d expect out of “just” 14lbs, and my energy level is the highest it has ever been. The meal plan is easy enough, you just fill in the blanks. You should have 4-6oz lean protein (I’m guessing this plan might be tough for non-meat eaters?) and at least one “veggie carb” (ha) at each of your 6 meals. At up to 3 of those meals, you can add a carb. And at 2 of those meals, you can also add a healthy fat. It’s easy

enough to fill out the blanks and if you think about it, also very similar to 21 Day Fix portions. I have never eaten more than 5 meals (and those are really rare, it's almost always 4) of the 6 recommended daily meals. I track calories (even though the book says not to worry about it) in MFP and those 4-5 meals put me in the range of 1250-1600. Your choices are to die of boredom with repeating the same veggies over and over or quickly learn to think outside the box in phase 1. It's not your run-of-the-meal "traditional" low carb diet - those obviously just don't work - but the first two weeks are pretty lean carb-wise but you do get up to 3 servings, albeit from very limited carb choices. Happily, oatmeal is one of those and I'm a huge oatmeal fan. Also led me to discover PB2. A standard Phase 1 day for me: Breakfast - oatmeal with pb2 + either 6 egg whites scrambled with veggies or a cup of greek yogurt or cottage cheese. Lunch - usually leftovers from the night before like chicken fajitas served naked or lettuce wrap-style with lots of pico and grilled peppers & onions or turkey meatballs with marinara, served over zoodles. Afternoon snack - 1 cup greek yogurt + 100-calorie pack of nuts. A few dinners - chicken fajitas, meatballs & zoodles, salmon, roasted asparagus, roasted broccoli with lemon, red pepper flakes, and lots of garlic; a skinny grilled chicken parm with marinara, over zoodles, and tomato-basil-balsamic salad. Eggplant noodles with tomatoes, basil, and grilled chicken. Balsamic roasted tomatoes over salmon... There's no reason to eat plain chicken and steamed broccoli. Like, ever. Phase 2 brings on more choices, berries and sweet potatoes (yay!), avocados (double yay!), and a weekly cheat meal (aka: wine and cheese for dinner). But that cheat meal (wine and cheese and more wine) is HUGE for psych. Your closed-on-Sunday spicy chicken biscuit with honey indulgence will NEVER taste as good as it did before, though. A standard Phase 2 day for me: Breakfast - green smoothie or one of my trusty phase 1 breakfasts (but I cut the oatmeal in half and add 1/2 a cup of berries). Lunch - Turkey wrap with hummus, lettuce, tomatoes, roasted peppers, onions, and cucumber. Options open greatly with the ability to have a ww tortilla although I prefer to use the Flatout Multigrain or a ww sandwich thin because 1 of those has approx the same nutritional values. And the flat-out is large enough to cut in half. Afternoon snack - Add a 1/2 cup berries to yogurt+nuts. Dinner - Options open with addition of sweet potatoes and avocados. Use your microwave and a 4oz chunk of sweet potato to make a generous serving of sweet potato chips to serve along side real guacamole on taco night. Spiralize sweet potatoes and serve topped with bbq chicken, pico, and avocado. The book is a quick read. I'm pretty proficient in the kitchen, tailoring already-favorite recipes to be "SoS compliant" so I haven't tried very many of the provided recipes (although I am making the muffins tomorrow). If you can swing it, look at getting a spiral vegetable cutter. I have one of the fancier ones with 4 blades and it has come in handy for creating pasta stand-ins and is just overall a big help with making veggies

un-boring.

I love this book and have recommended to many many people. The entire program WORKS. My 2 sisters and I have been on the program for 14 weeks and have lost almost 90 pounds between us. We are in our 50's and 60's and losing weight is much harder at this age but this has worked for us!! Not only are we slimmer but our blood pressure is normal and we feel great throughout the day.

I am taking his course in person through my employer. I do better with a support "team" rather than totally going it alone. but I am reaching all of my goals, which include a lifestyle modification/change which is pretty impactful at age 63. I can't say enough about the practicality of the food and exercise plan. Plus, the authors address the "mindset" and emotional components that make weight loss and maintaining weight loss such a hard challenge for me. Putting all the pieces of the puzzle together, in thoughtful, clear, easy to comprehend format, this book outlines a program tha will change you for the better should you decide to do something realistic, measurable, achievable in becoming fit and losing weight.

I am rating this book from the perspective of a nutritionist. Four stars because it is easy to understand and is somewhat motivating. There are many ways to lose weight and I am confident that if followed, this diet plan will absolutely get a person to his or her goals. It is a viable option for people who want to control their weight. The three phases are easy enough to understand and comparatively, not as limiting as some other diet books. It is a realistic approach for a good portion of the population and it is supported by clinical practice. The diet works because it substantiates the importance of both diet and exercise. The advice is classic; no new news. Just new authors and no room to doubt the potential for results. It could be a great book to motivate a person's decision to lose weight. As a side, I would recommend avoiding artificial sweeteners and refined oils when following this diet.

I'm probably like you, I've tried all the diets from WW to grapefruit. But this takes weight loss and control to a whole new level because it attacks our metabolism. I also think it's head and shoulders above others because it starts with your "why". Why do you want to lose weight? What do you want to accomplish? At first, I thought that sounded sort of trite but it's been a huge part of my success. Admittedly, the first phase is limited. But I got to eat all day long which is always good in my book :-). I'm in phase 2 right now and I feel so much better. I love hearing people tell me how much

better I look. Okay, I'm vain but this is the truth. This one is definitely worth committing to.

This diet works, but you have to be committed to it. It requires a lot of work! The book is worth looking at.

Yet another addition to my weight-loss library, this book is an easy read from 2 of the leading weight loss researchers today, based on the Natl Weight Loss Registry & the authors observations of why people in Colorado enjoy one of the highest levels of health in a nation battling obesity. There is a 3 phase Colorado Diet as well as suggestions to rev up one's metabolism by means of 2 activity plans--"structured" and "flexible". You choose the plan that works for you, and there are many suggestions for working xtra activity into your day in a painless way. The diet itself is hi in lean proteins & restricts certain carbs and fats--the advocate eating 6 x a day--spacing meals every 2 to 4 hours to keep insulin levels stable, eating breakfast within an hour of waking, measure portions vs. counting calories, have the right carb & protein mix at each meal, & have 2 healthy fats per day. There are food lists and recipes in the back of the book, & followers of this Colorado Diet can lose 20 lbs in 8 weeks.

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