

From diet to lifestyle

How I shed 5kg

2025社群 10月学习计划



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每月技能课



10月17日



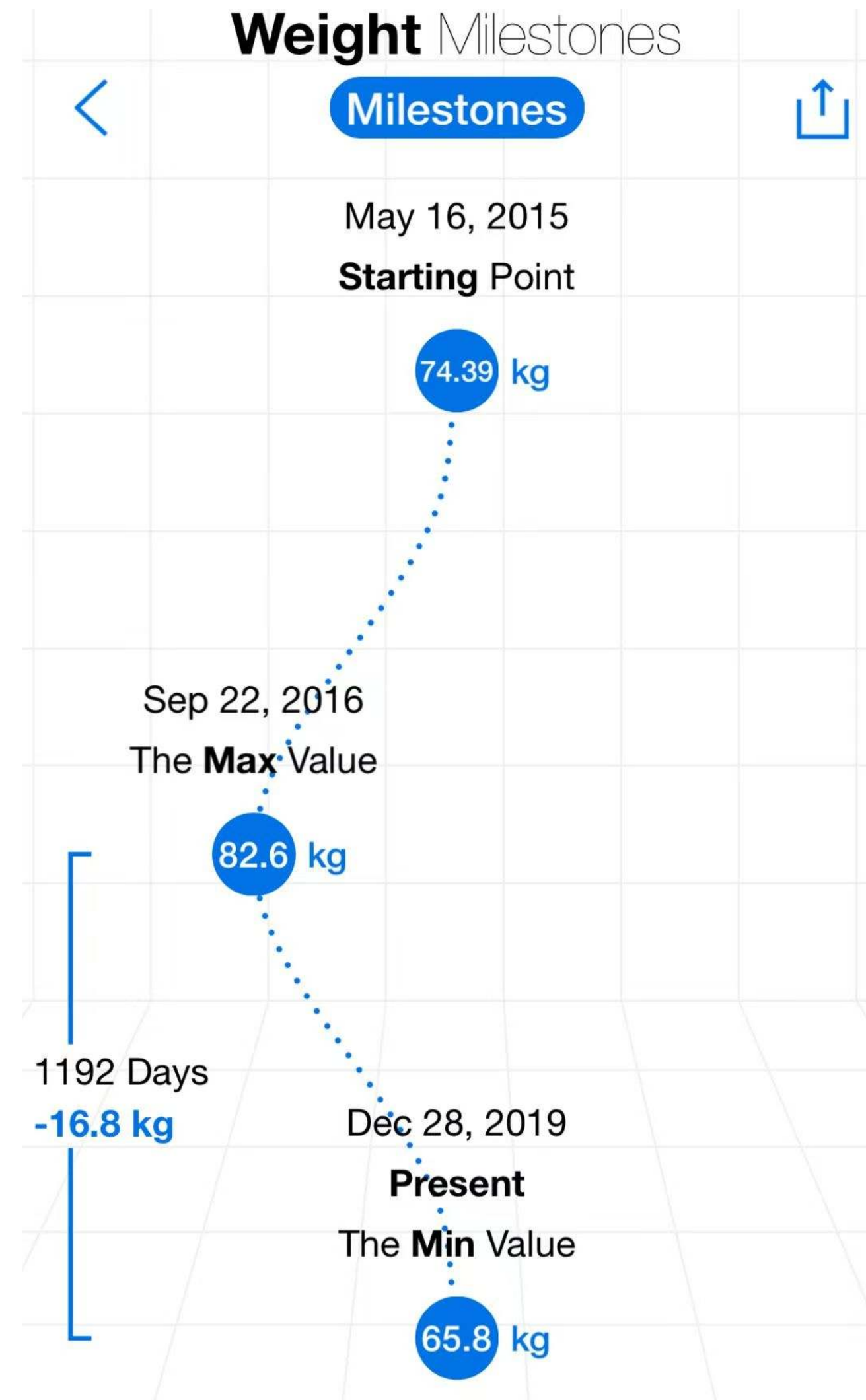
From diet to lifestyle: How I Shed 5 kg

◆ AI Overview

The word "diet" comes from the Greek word *diaita*, meaning "way of life" or "a prescribed way of living". This original meaning encompassed a person's entire lifestyle, including their mental and physical health, not just their food intake. The word evolved through Latin, where *diaeta* came to mean both a "daily food allowance" and a "parliamentary assembly". [↗](#)

- **Greek origin:** The root word is the Greek *δαίτα* (*diaita*), which means "way of life" or "a prescribed way of living".
- **Latin transition:** The word passed into Latin as *diaeta*, which developed two distinct meanings:
 - A "daily food allowance".
 - A "parliamentary assembly" or meeting.
- **English adoption:** English adopted the word in the 13th century, initially with its meaning of "habitually taken food and drink". The sense of a legislative assembly was also adopted, particularly for such bodies in other countries. [↗](#)

My seesawing weight



fight/fight

人类的身体不是设计来长久地坐着的，它是用来捕杀剑齿虎或者一天步行40英里（64.37千米）的。如果我们不能在身体上找到一个宣泄的出口，紧张和不安会在我们体内郁积。我们的身体会对微小的挫折（比如在驾驶中被人超车）作出像在生死危局中一样的反应——“战或逃”的机制出了问题——肾上腺素在我们的体内泛滥，我们的血压飞升。一般性的运动尤其是健身给了我们一个宣泄的出口，让我们释放压力，满足身体对激烈活动的需求。

如果这对于我们大多数人是正确的，它对于那些极端处境下的人——比如在监狱中服刑的犯人、特殊奥林匹克运动会的运动员们以及贫民窟中不得不走在满是枪支和毒品的大街上的孩子们——就尤为正确。

在给全国各地的犯人讲授健身运动的过程中，我不无惊讶地发现，如果将重量训练加入犯人改造过程中效果会何其明显。许多犯人都因为自我评价太差而忍受内心的折磨，他们感到自己是这个世界上多余的人，没有人重视，亦无人怜爱，他们感到自己在生活中被忽视。甚至早在锒铛入狱之前，他们就缚于经济的枷锁，受到社会的排斥。许多这样的人一生都在抱怨别人，认为自己的错误是他人之过，为不断给自己带来麻烦的行为找各种借口，就是没能挺起胸膛来为自己的行为负责。当他们开始认真健身时，这些都会发生改变。完成整次训练，增加肌肉的力量，学会自律以继续进步，这都会对个人的精神和灵魂产生影响。在以前，这些人常常通过反社会的行为来引起人们的注意力，现在他们由于自己真正的成就赢得了别人赞赏的关注。有了这种关注，自尊和自信就会油然而生，这也是重量训练在全国各地的监狱里甚为流行的原因之一。

在特殊奥林匹克运动员们身上，健身的好处更为明显。我记得在华盛顿特区与一群孩子的活动中，一个年轻人正躺在训练凳上准备仰卧推举，其他人在一旁排队等待。我给了他一根没有杠铃片的杠铃，但他却吓坏了，因为他根本不适应这种练习，或者说心理上压根就没有准备好。我没有强迫他，而是让他从训练台上下来，我又继续帮助其他的孩子训练。几分钟之后我看到他靠过来，仔细打量其他的孩子，最后他表示他想试一试。于是在我的帮助下他推举了杠铃3次或4次，但是他仍然很害怕并且很快离开了。但是不久他又回来了，这次他更有信心了，我只给予了少许的帮助，他竟完成了10次反复。

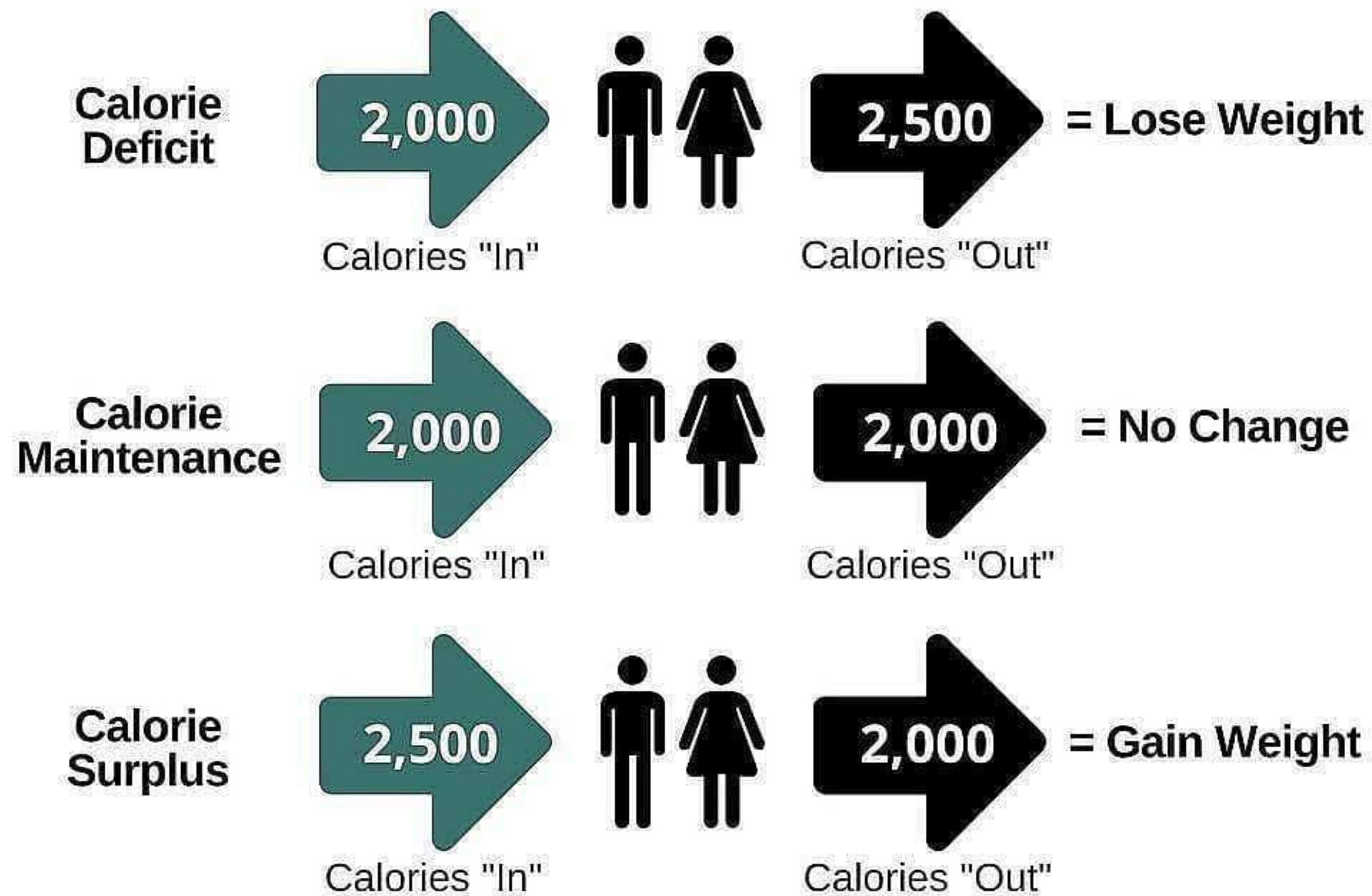
从此之后，他训练上瘾了。他不但排队等着试举，还想办法把其他的等待者挤出去，这样可以更快轮到他。总的来说，在一个对他来说充满了挫败和失望的世界里，这个男孩找到了一件考验自己力量的事情，并克服了身体上的障碍，这让他重拾自信。

Calories "In"

Calories "Out"

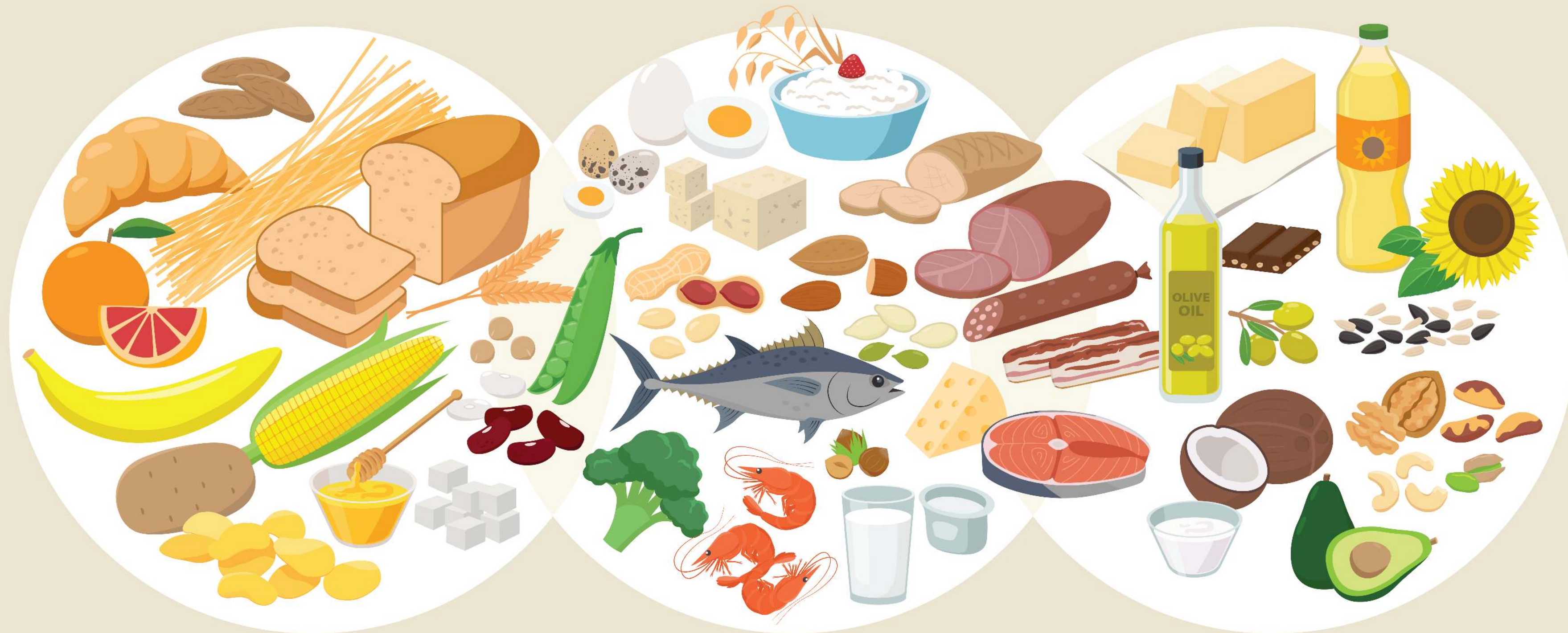


Max Weber
@maxweberfit



Calories "In" refers to the number of calories you eat/consume, and Calories "Out" refers to the number of calories you burn/expend. Please also note that your Calorie Maintenance may be more or less than the example 2,000

MACRONUTRIENTS



Carbohydrates

Proteins

Fats

I eat less



(10 Cookies)

480 calories

Carbs 75g
Fats 21g
Proteins 3g
Total calories 480

I eat more



240 calories

90 calories



80 calories



70 calories



Carbs 79.5g
Fats 9.5g
Proteins 25.4g
Total calories 480

What's better...

CARDIO OR WEIGHTS?



CARDIO

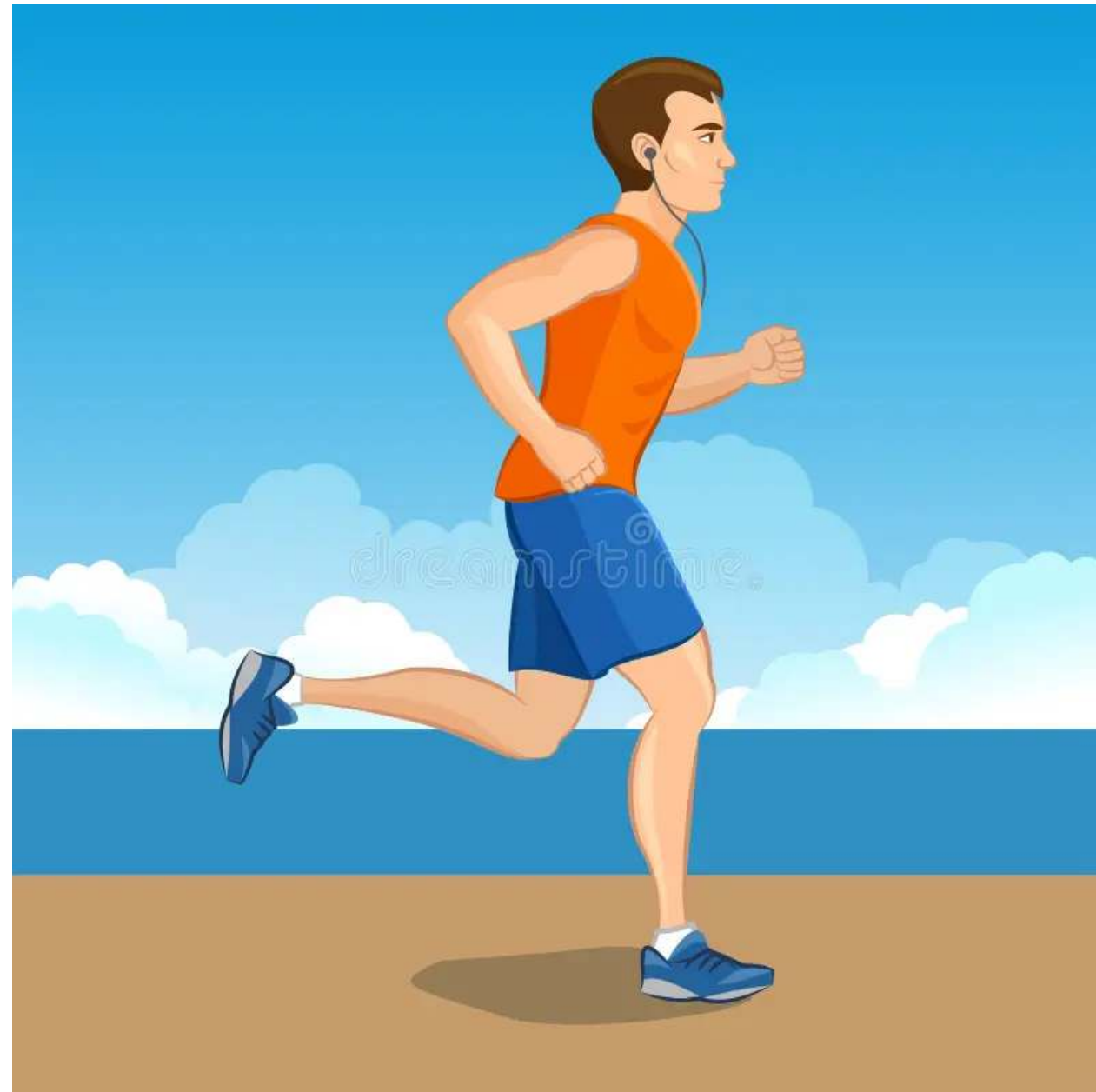
- Burn extra calories
- Endurance
- Improved blood flow
- Endorphins + Stress relief



WEIGHTS

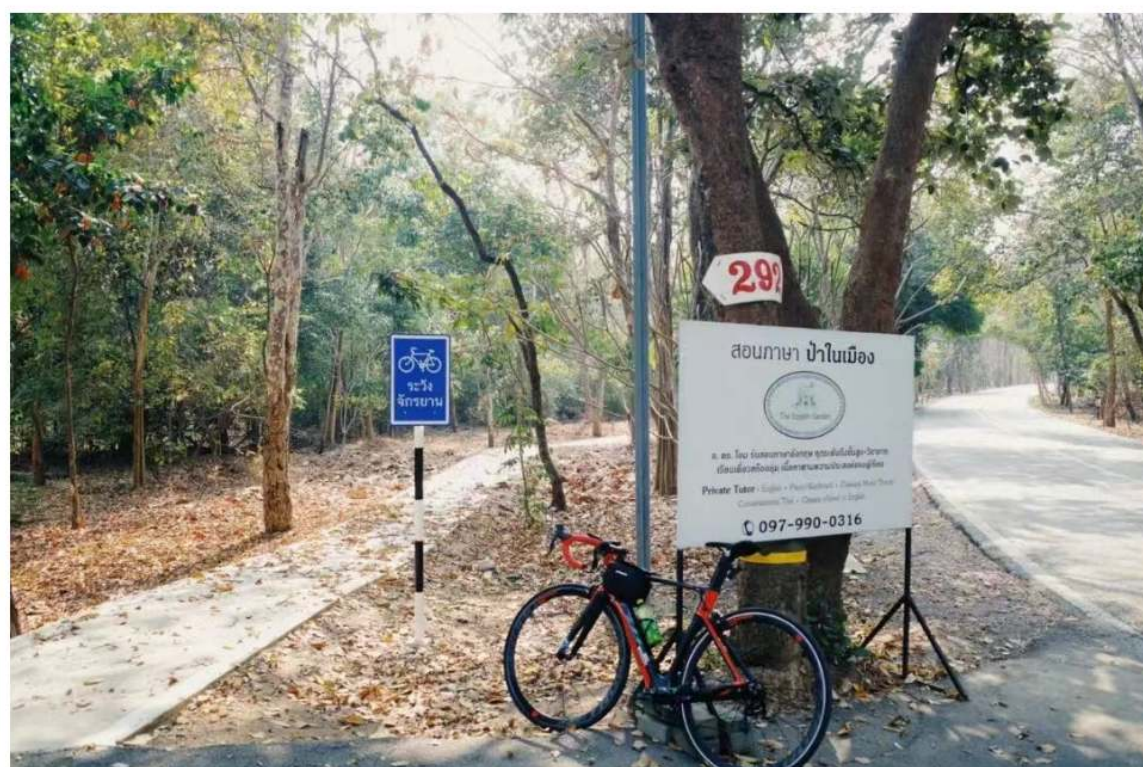
- Build muscle
- Burn calories at rest
- Build strength
- Endorphins + Stress relief

The bottom line... the best thing is what works best for YOU and what YOU enjoy doing. That may even mean combining the two!



15天骑自行车300公里，我有哪些变化和收获？

Original 张海露Eric 张海露Eric 2021年02月03日 08:30



最后聊聊「健康」。

我心目中的「健康」不是超低的体脂率、严格控制饮食、不是盯着「瘦了瘦了又瘦了」。理论上，我认为「健康」是增强基础代谢率、肌肉含量、营养摄入均衡；认知上，了解食物、健身和心理基本常识；心态上，享受尝试、管理自己的过程。

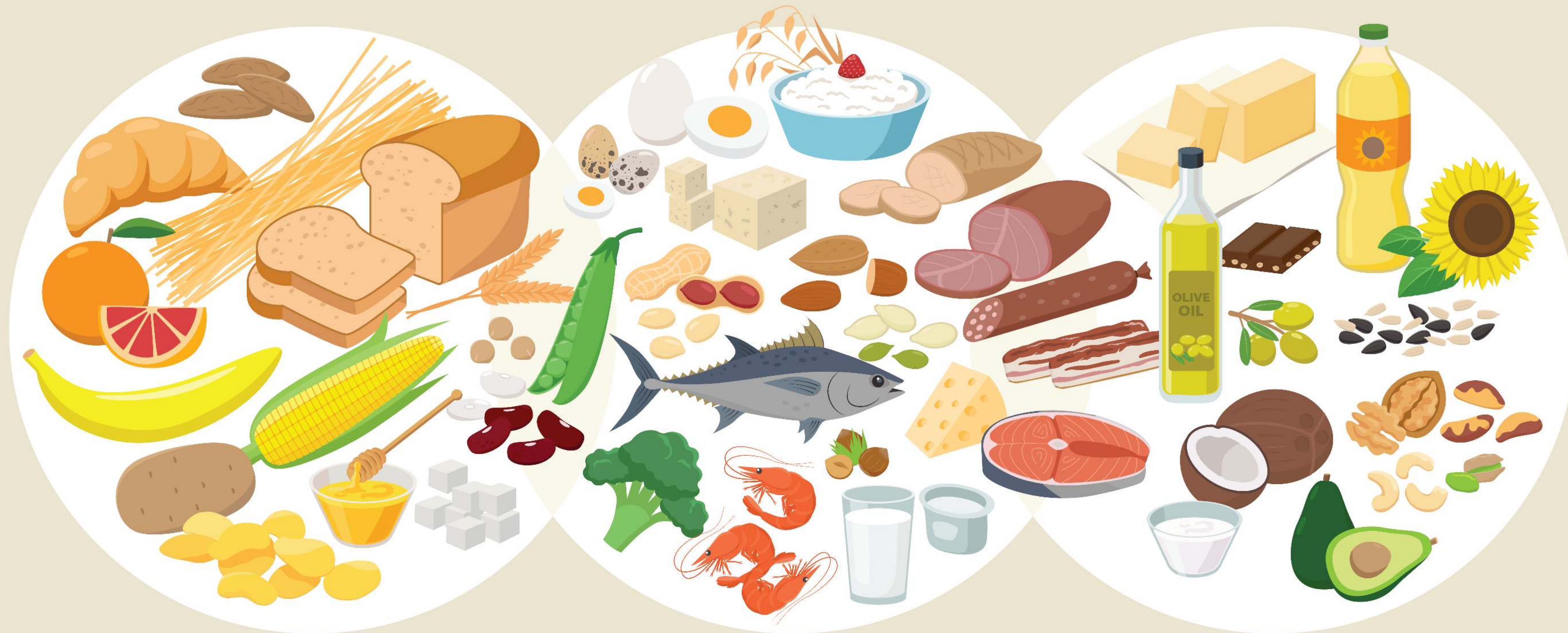
健康值不是取决于发了张照片后有多少人点赞，而是自己觉得更舒服、更自信、更想挑战自己，对自己和生活有更多期待。

你有多久没主动选择做一件事了？有多久没有以月/年的单位看看自己的身体和内心？你的焦虑、压抑、吐槽、走投无路，可能就是这么一件「主动选择的小事」。对自己不够满意，就去主动改造。别为多吃点什么有过多的罪恶感，爱你的身体才能给你真正的自由——那些脂肪和肌肉下藏着你的习惯、情绪、认知和每一次选择，它们是最诚实可耐的朋友，会说真心话时刻给你提醒。别装听不到呀。

Think small, act small. The sky is your limit.

你看啊，说到底和我们学习任何东西一样，本质上都是「认识自己」。既然一直说要做自己、接受自己，那就从认识自己做起吧👊

MACRONUTRIENTS

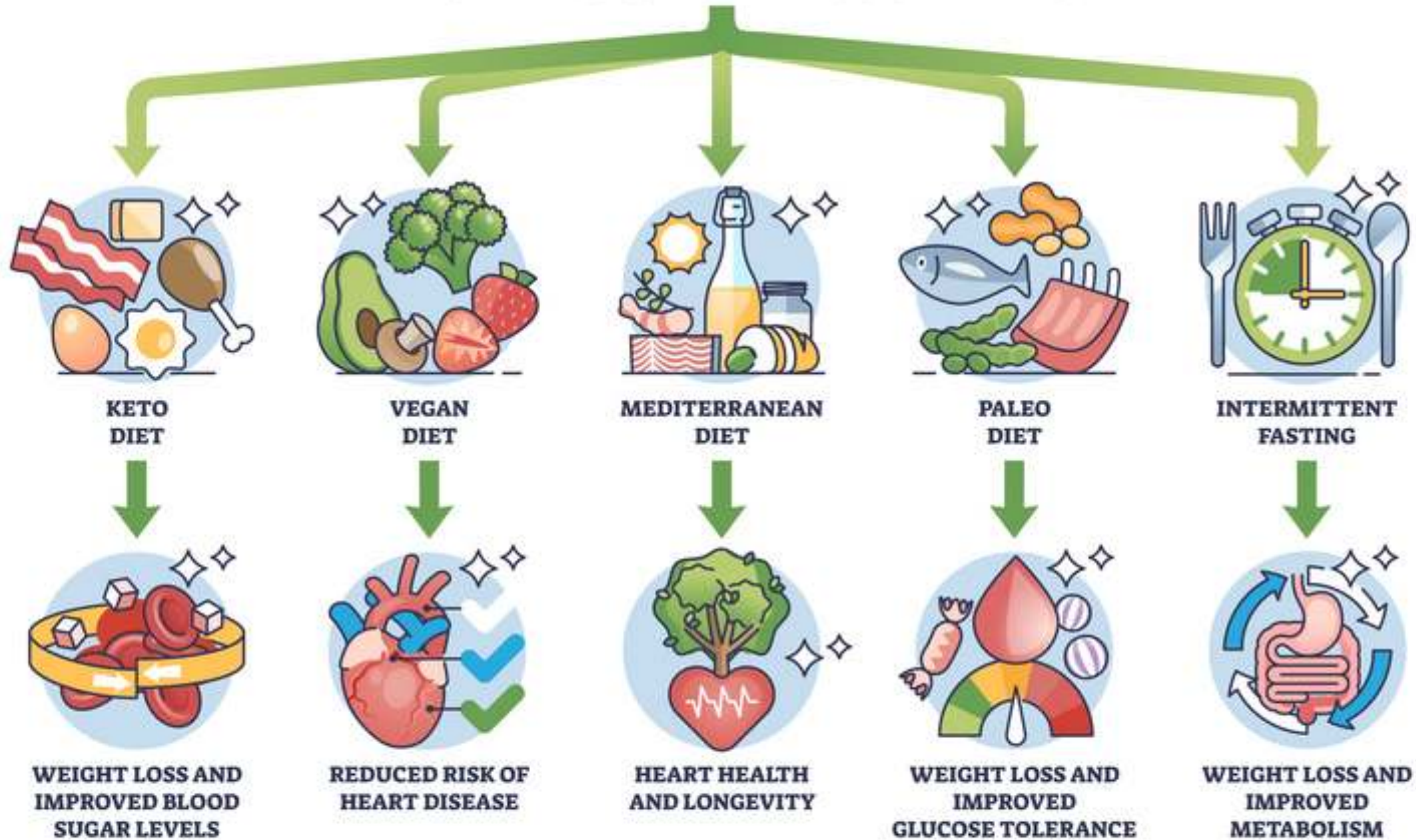


Carbohydrates

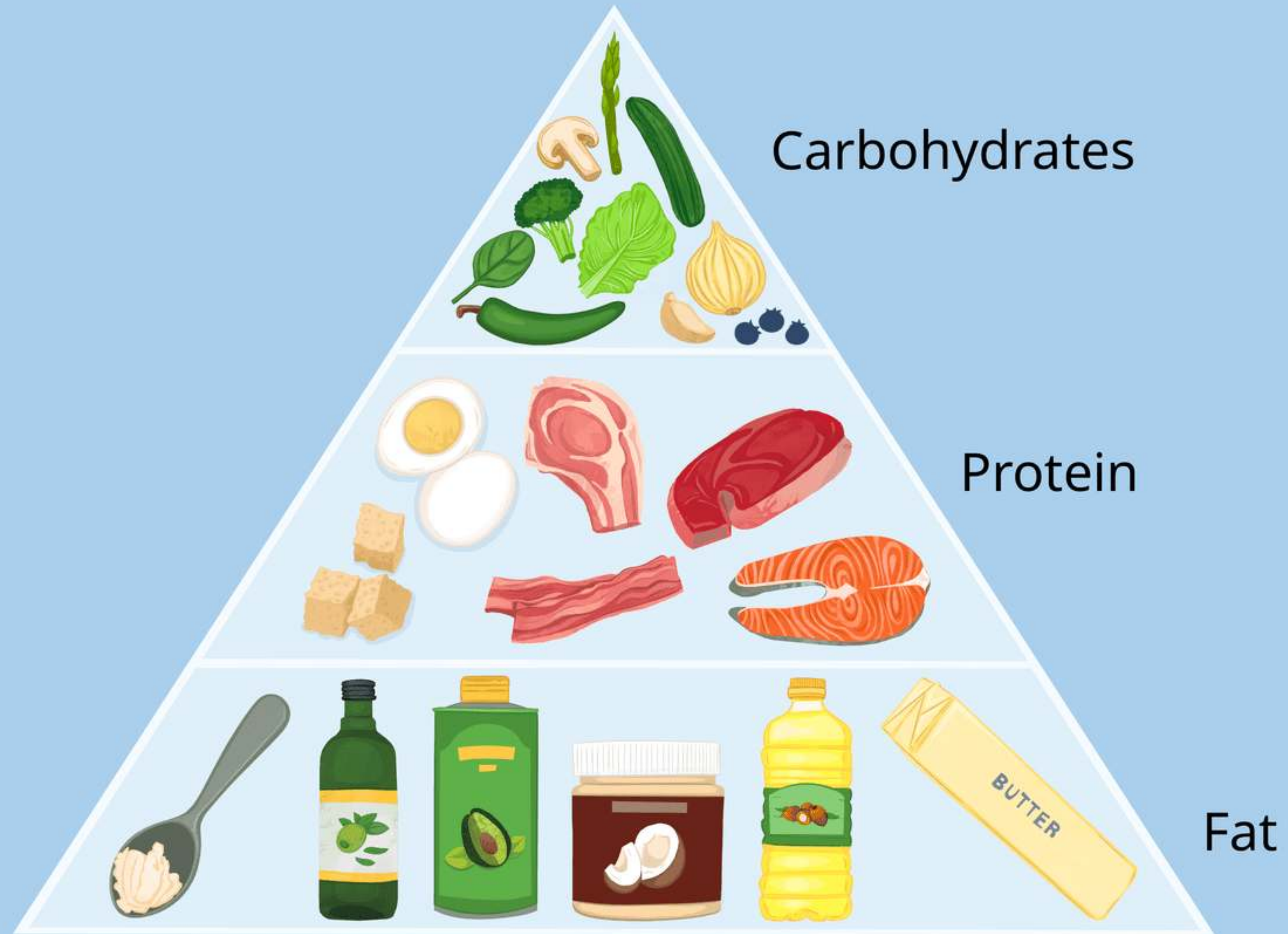
Proteins

Fats

BENEFITS OF VARIOUS DIETS



Ketogenic Diet



‘Completely compelling’
Chris Evans

Chris van Tulleken

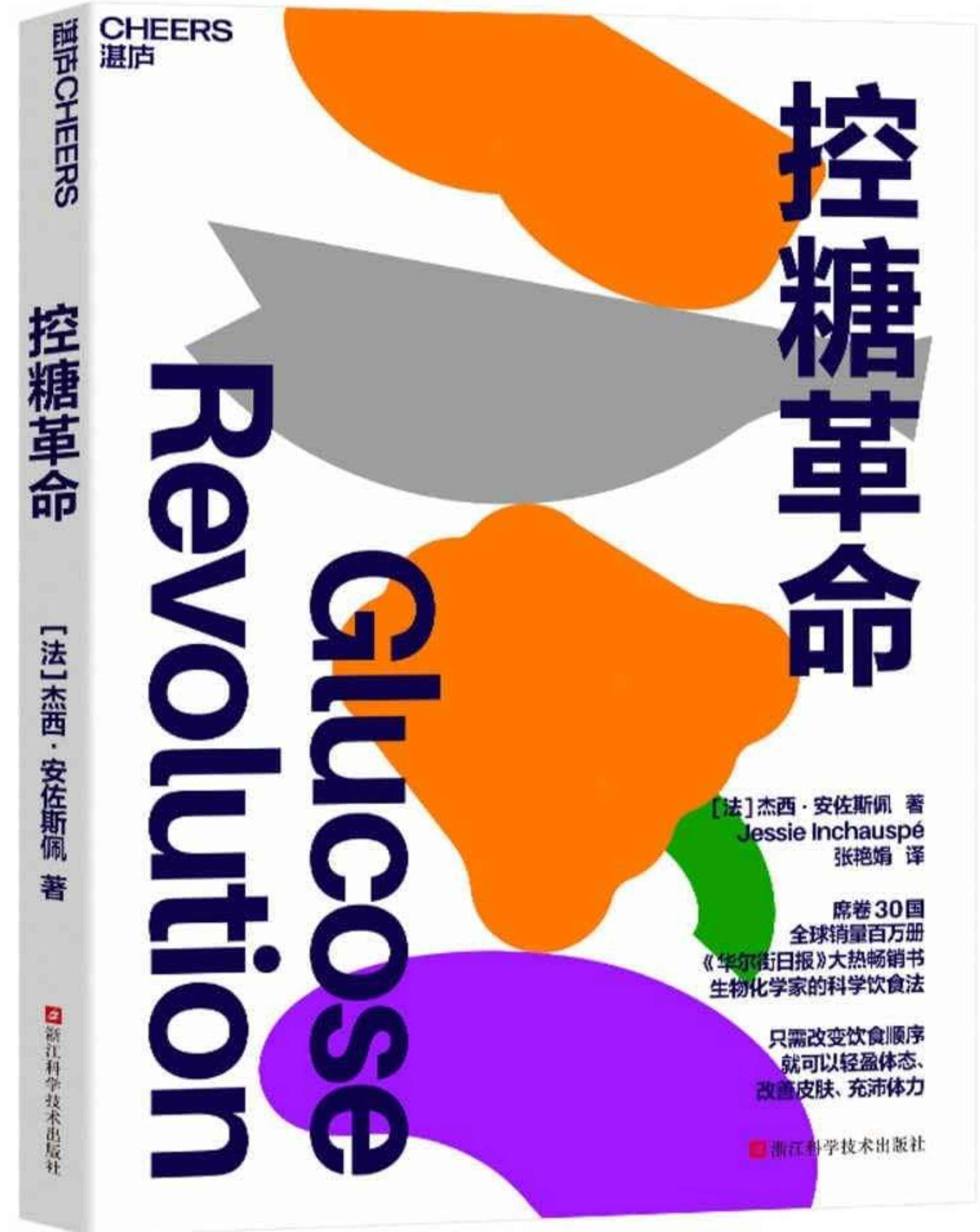
‘It’s these books
that end up
changing the world’
Steven Bartlett

‘Changed forever
how I think
about what I eat’
Hannah Fry

Ultra-Processed People

Why Do We All
Eat Stuff That Isn’t
Food... and Why
Can’t We Stop?

THE NO.1 SUNDAY TIMES BESTSELLER



控糖=不吃糖？

SUPU™

错！控糖**不等于**完全不吃糖。
那要如何根据血糖的曲线调整饮食呢？

避免“过山车式”血糖波动

减少单独摄入高 GI 食物（如空腹吃蛋糕），
搭配蛋白质和脂肪一起食用会较为适合
（如蛋糕+牛奶+坚果）。



控糖人群优选低GI搭配



白饭



糙米饭 / 藜麦

主食替换



饼干



无糖酸奶+水果

加餐替换

注意进食顺序

进食的顺序也很重要！
掌握正确的进食顺序可以有效
帮助降低整体血糖的波动幅度。



蔬菜



蛋白质



碳水化合物

“你是否可以一直这样做下去？”

The pleasure you get from utility can be more durable than pleasure gained from status.

The key to success in so many areas of life is endurance and longevity. I'm not interested in anything that's **unsustainable**.

Spending money on status can be rewarding, but it's often short-lived. Even when you're successful at gaining others' attention, you often just immediately shift your gaze to the next notch higher on the social hierarchy in a way that leaves you no more fulfilled than you were before. Status is fickle, and the trends society measures you by change every few years, forcing you to adapt whatever the cost. It's not a cheap game.

Why Experiments?

读书、健身和英语听力



不过跑步（或者说**减肥**）这件事情我咋就做不好呢？ my workout is reading in bed...

2017/10/18 阅读9436

给我一个问，可不可以？



通过整容做手术吃**减肥**药瘦下来的效果一定没有去科学锻炼科学饮食好，因为肥...

2016/10/30 阅读3144

安利一本提升英文写作的活用词典



可以发现「吃」被分解成更具体地动作，比如快吃、慢吃、出声地吃、为**减肥**而...

2020/10/31 阅读1.2万

最新一期的《经济学人》为李文亮医生写了篇讣告



和每个吃货一样，他也想过**减肥**，不过最多的运动是看斯诺克直播，边看还边吐...

2020/2/14 阅读1.5万

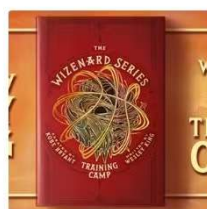
读完这本英文原版书，我瘦了6斤



完成整次训练，增加肌肉的力量，学会自律以继续进步，这都会对个人的精神和...

2018/8/25 阅读9679

春节这几天，我读了哪些有意思的书？



比如你想**减肥**，为啥失败了？因为你并不是那么想成为一个健康的人：和「健康...

2020/1/28 阅读1万

赏析一篇《新概念英语》的文章

Filter

Time posted

Sort by Overall Rank



Published by 张海露Eric

春节过后，如何瘦下去？

大型脂肪对抗日记 侯晓文 导演他说**减肥**无非就两点：1. 调整饮食结构2. 制造热量...

2019/2/7 阅读4864

过去一个多月，瘦了10斤

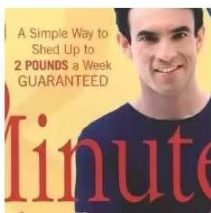


生酮饮食，配合 16：8 轻断食和打网球、自重健身，一个月下来竟然瘦了 5kg， ...

18 day(s) ago

Recently Read

如何才能“管住嘴，迈开腿”？



7.你是否认为，必须像模特一样苗条才算正常体 快速**减肥**。但这样做往往事与愿...

2018/2/6 阅读2711

问你何时曾看见，这世界为了人们改变



有一次在和健身房教练交流的时候她告诉我，出于**减肥**目的而健身的人如果控制...

2017/3/5 阅读3614

阅读推荐 | 刚开始读《经济学人》，有哪些文章推荐？



除此之外有没有啥**减肥**捷径呀？ 读第三段： jongjit angkatanich of chulalongk...

2019/11/13 阅读7409

**Experiment to recalibrate/enhance
self-efficacy and independence.**

Determining Efficacy Judgments

Performance Outcomes

Performance Outcomes

"Positive and negative experiences can influence the ability of an individual to perform a given task. If one has performed well at a task previously, he or she is more likely to feel competent and perform well at a similarly associated task" (Bandura, 1977).

Vicarious Experiences

Vicarious Experiences

"People can develop high or low self-efficacy vicariously through other people's performances. A person can watch another perform and then compare their own competence with the other individual's competence" (Bandura, 1977).

Self-Efficacy

Verbal Persuasion

Verbal Persuasion

"Self-efficacy is influenced by encouragement and discouragement pertaining to an individual's performance or ability to perform" (Redmond, 2010).

Physiological Feedback

Physiological Feedback

"People experience sensations from their body and how they perceive this emotional arousal influences their beliefs of efficacy" (Bandura, 1977).

THE SIMPLEST FORMULA FOR A PRETTY NICE LIFE

How to live a good life is endlessly complicated, but sometimes the best way to understand a complicated topic is to pay close attention to the few big rules that carry the most weight.

Let me propose one: The simplest formula for a pretty nice life is independence plus purpose.

Independence plus purpose.

Independence plus purpose.

Independence plus purpose.

The independence to do what you want, and the wisdom to want to do meaningful things.

It's not everything, but, boy, does it move the needle.

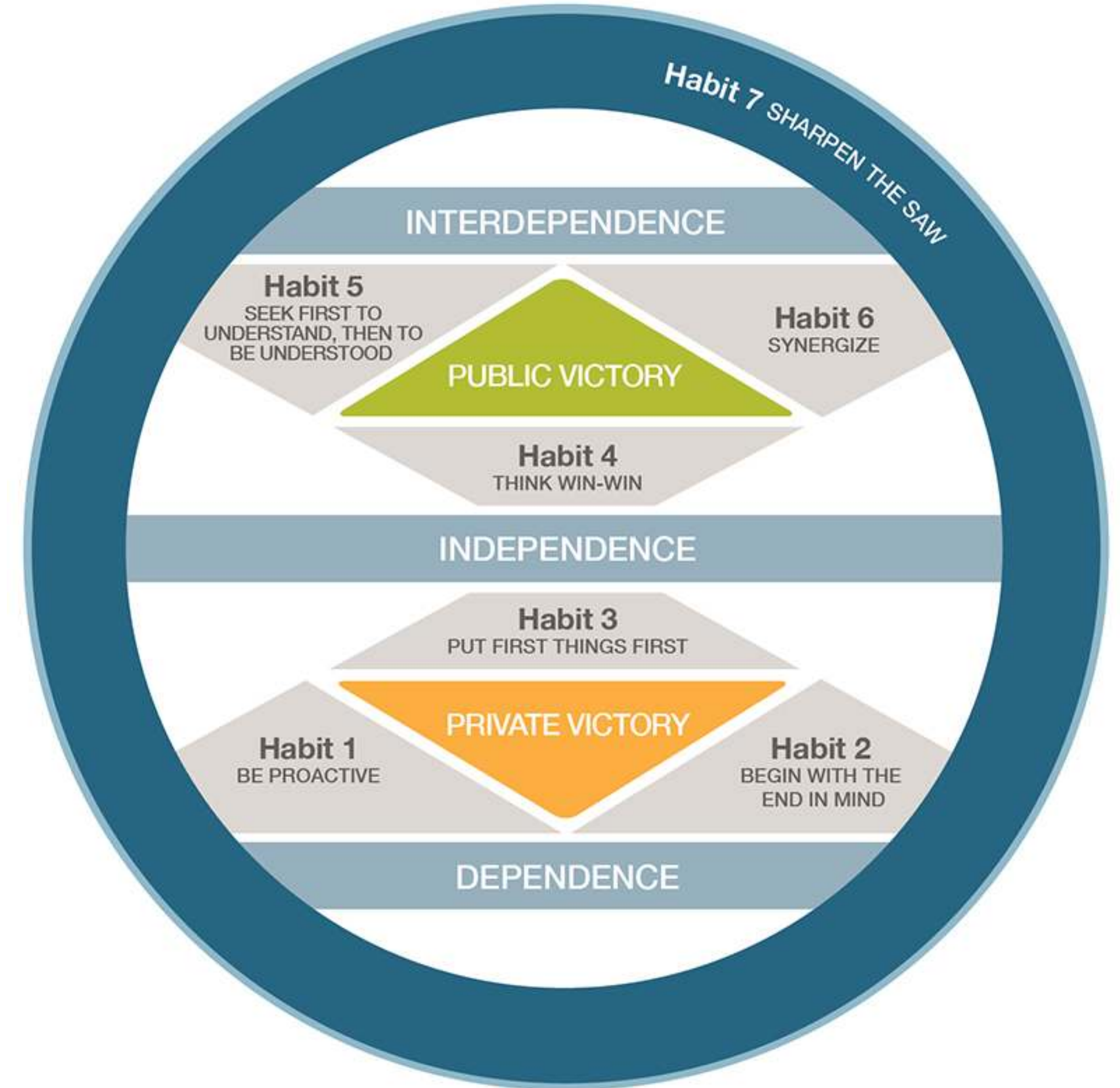
There are many ways to be independent—being free from poor health, cultural influences, and an arbitrary boss. But financial independence is obviously a big one.

Spending on independence can be the most wonderful thing money can buy. And it's more in your control than you might think.

That's the next chapter.

(utility)
A Good Life = Independence + Purpose
(do what you want) (meaningful?)

IT
⇒ status game



My dos and don'ts

Start with why
Explore vulnerabilities
Read and act

THE SIMPLEST FORMULA FOR A PRETTY NICE LIFE

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(do what you want) (meaningful?)

↑



=> ~~status game~~



- **Being jealous of what others have is outsourcing your critical thinking to strangers.**

As natural as social comparison is, it's a depressing thing to ponder when you think about it. If you left me alone with my friends and family—people I love and whose attention I really want—I would form one set of desires. But when you expose me to a group of millions of strangers who I don't know and don't care about, I form a completely new and grander set of desires.

One of my favorite writers, Lawrence Yeo, once wrote:

Envy is inversely correlated with self-examination. The less you know yourself, the more you look to others to get an idea of your worth. But the more you delve into who you are, the less you seek from others, and the dissolution of envy begins.

↳ compare thoroughly to know thyself

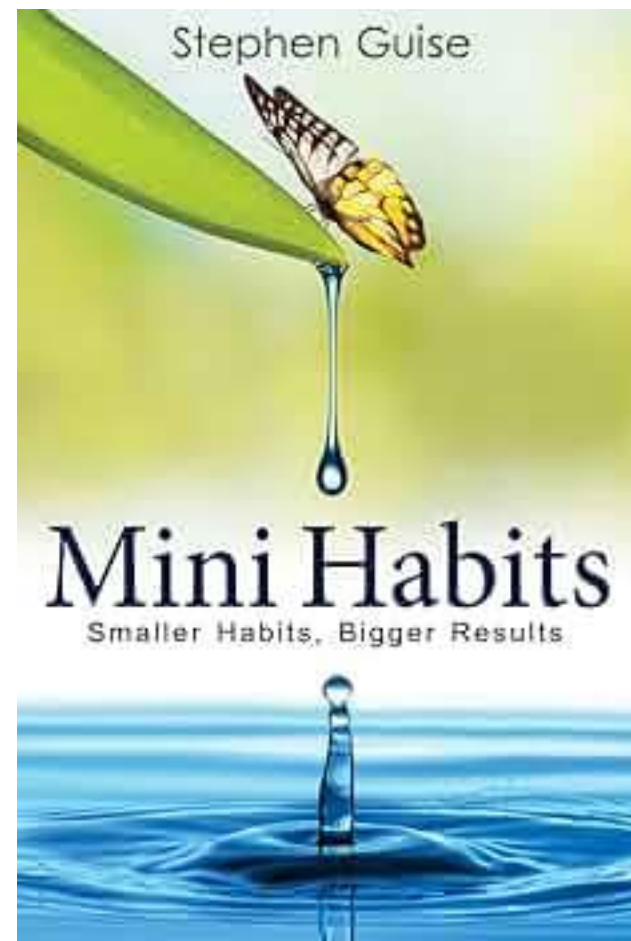
That's so smart. If you view one of the main goals of money as being independent, you start to view social comparison as its nemesis.



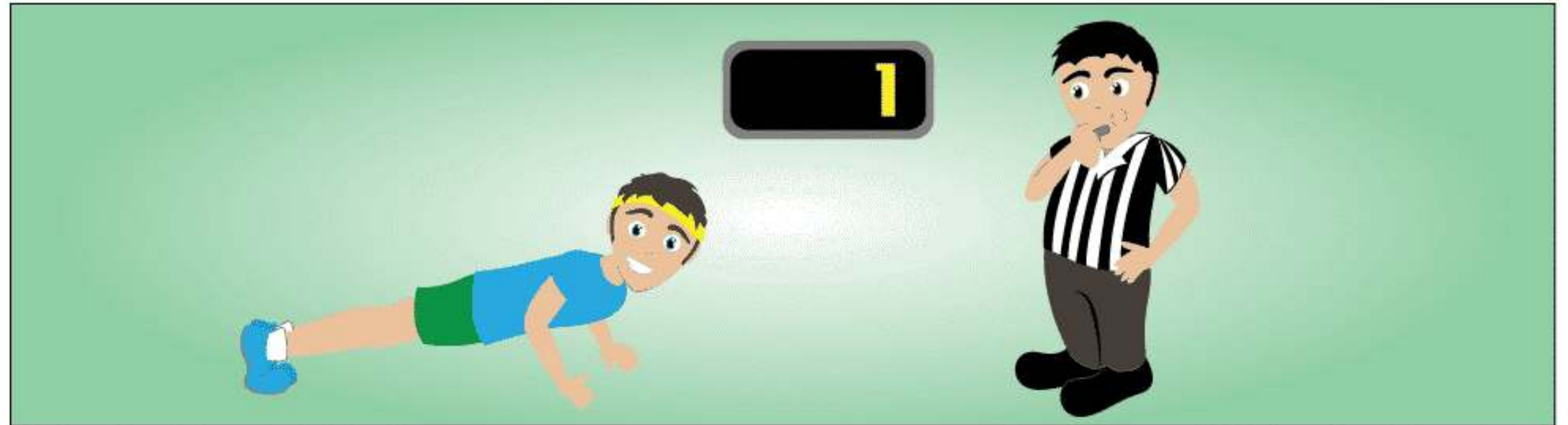
This above all; to thine own self
be true.

~ William Shakespeare

- Every day you must...
- Maths don't care about your feelings
 - Identify the means and end
 - Build the system



The One Push-up Challenge



NEW YORK TIMES BESTSELLER

Tiny Changes, Remarkable Results

Atomic Habits

An Easy & Proven Way
to Build Good Habits
& Break Bad Ones



James Clear

THE TWO-MINUTE RULE

Even when you know you should start small, it's easy to start too big. When you dream about making a change, excitement inevitably takes over and you end up trying to do too much too soon. The most effective way I know to counteract this tendency is to use the *Two-Minute Rule*, which states, "When you start a new habit, it should take less than two minutes to do."

You'll find that nearly any habit can be scaled down into a two-minute version:

- "Read before bed each night" becomes "Read one page."
- "Do thirty minutes of yoga" becomes "Take out my yoga mat."
- "Study for class" becomes "Open my notes."
- "Fold the laundry" becomes "Fold one pair of socks."
- "Run three miles" becomes "Tie my running shoes."

19

The Goldilocks Rule: How to Stay Motivated in Life and Work

The Goldilocks Rule states that humans experience peak motivation when working on tasks that are right on the edge of their current abilities. Not too hard. Not too easy. Just right.

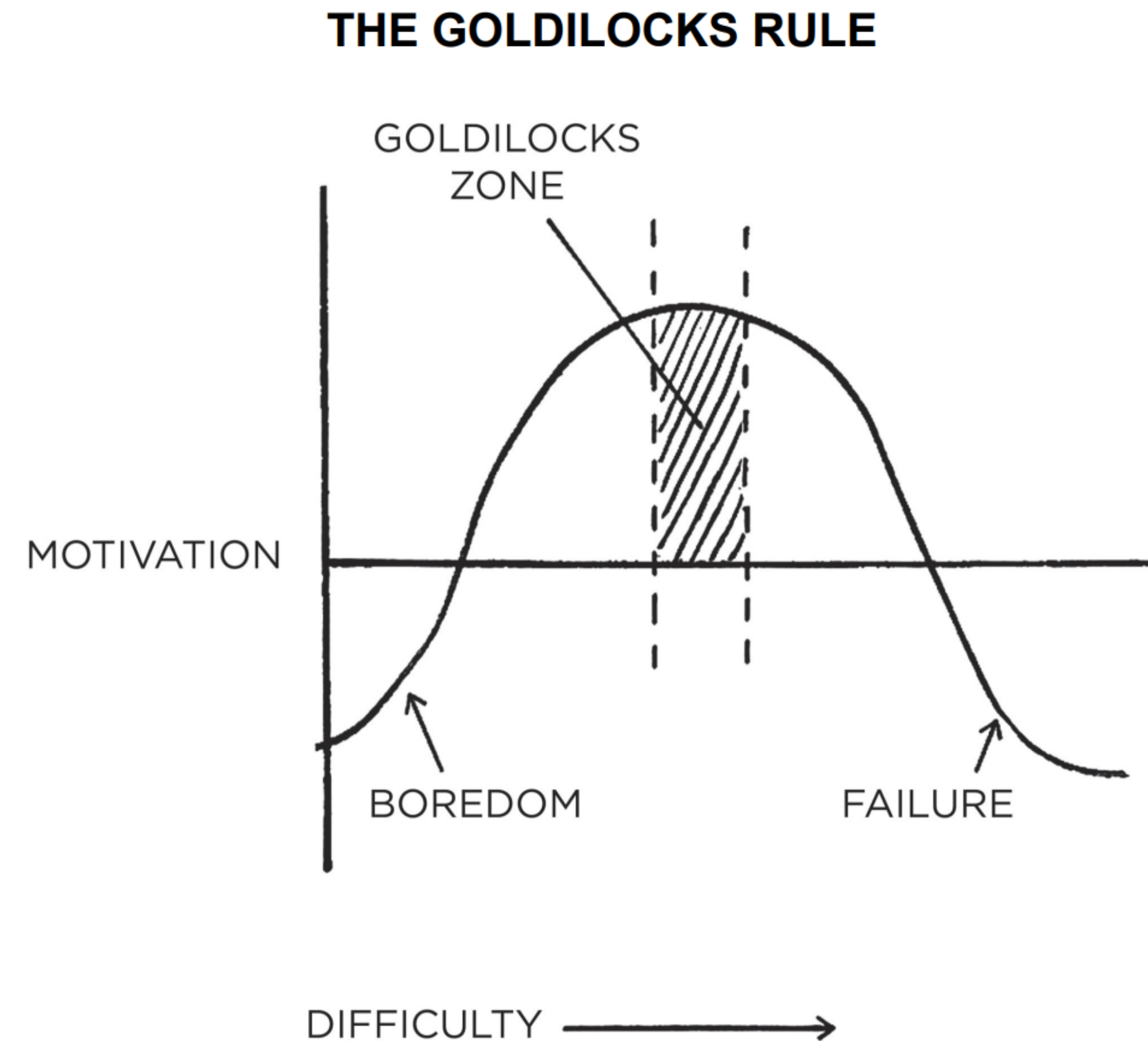


FIGURE 15: Maximum motivation occurs when facing a challenge of just manageable difficulty. In psychology research this is known as the Yerkes–Dodson law, which describes the optimal level of arousal as the midpoint between boredom and anxiety.

You don't rise to the level of your goals, you fall to the level of your systems



Bad system



Good system

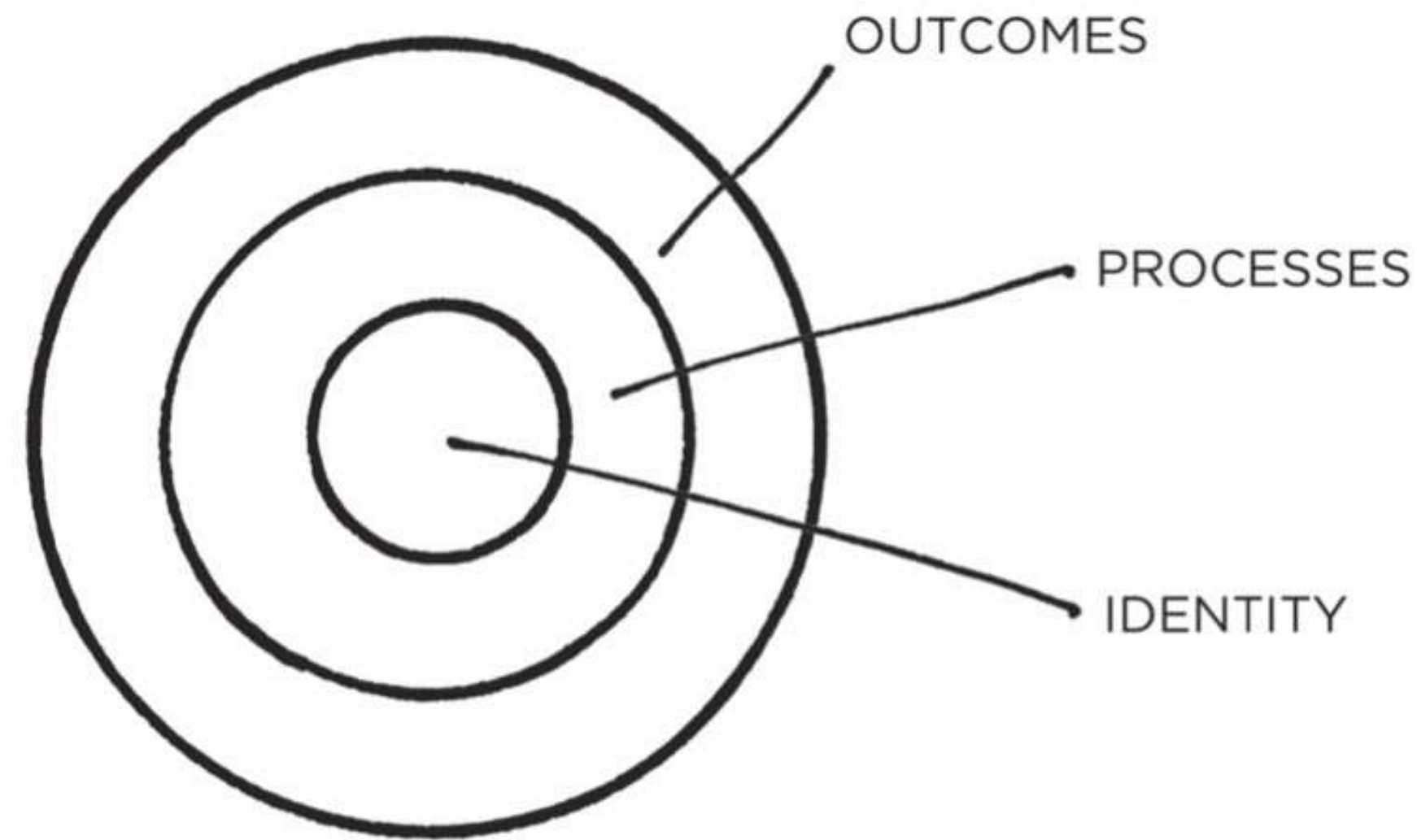


FIGURE 3: There are three layers of behavior change: a change in your outcomes, a change in your processes, or a change in your identity.

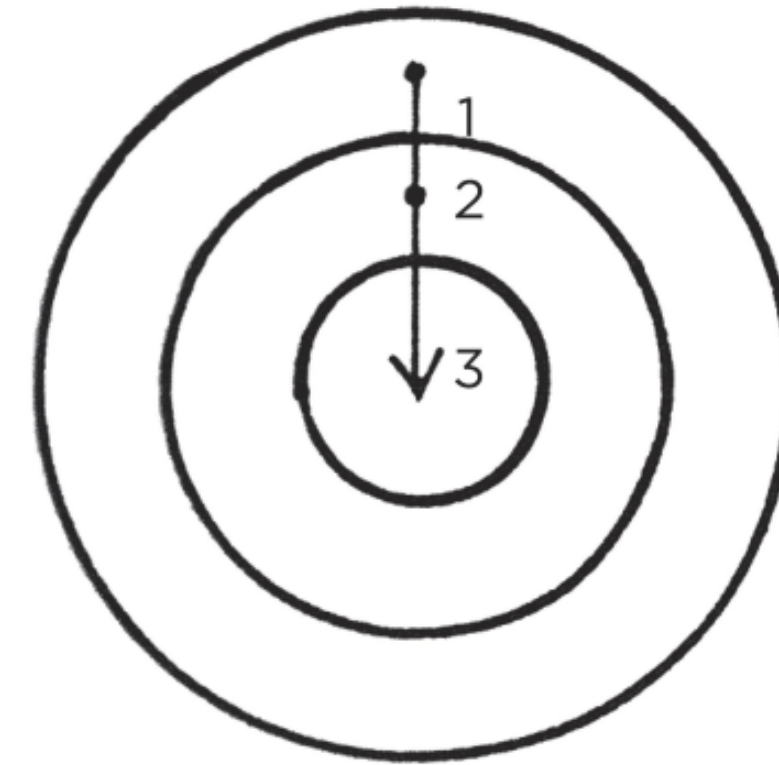
The first layer is changing your outcomes. This level is concerned with changing your results: losing weight, publishing a book, winning a championship. Most of the goals you set are associated with this level of change.

The second layer is changing your process. This level is concerned with changing your habits and systems: implementing a new routine at the gym, decluttering your desk for better workflow, developing a meditation practice. Most of the habits you build are associated with this level.

The third and deepest layer is changing your identity. This level is concerned with changing your beliefs: your worldview, your self-image, your judgments about yourself and others. Most of the beliefs, assumptions, and biases you hold are associated with this level.

Utility / Status
Outcome / Identity

OUTCOME-BASED HABITS



IDENTITY-BASED HABITS

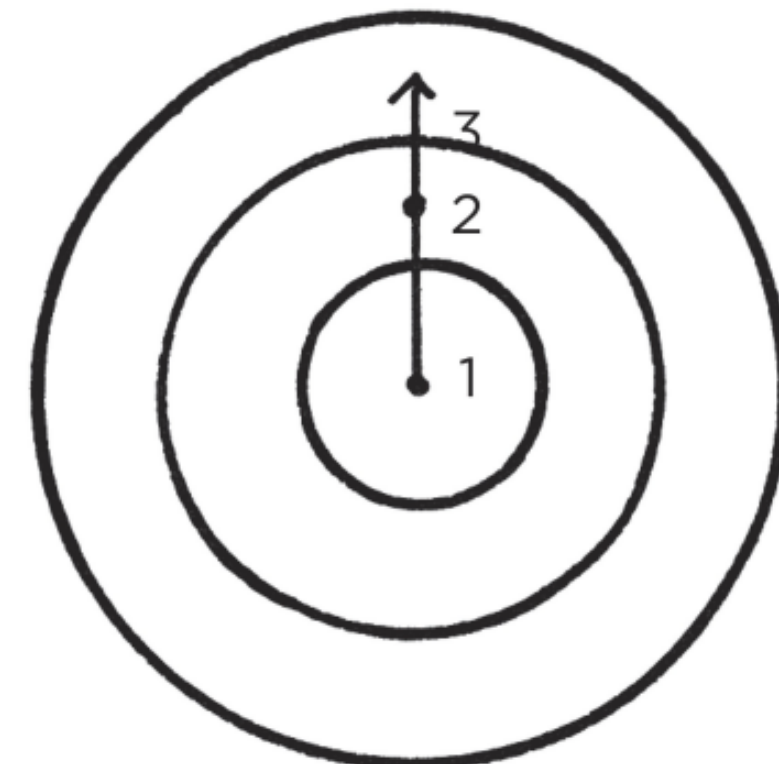


FIGURE 4: With outcome-based habits, the focus is on what you want to achieve. With identity-based habits, the focus is on who you wish to become.

FORGET ABOUT GOALS, FOCUS ON SYSTEMS INSTEAD

Prevailing wisdom claims that the best way to achieve what we want in life—getting into better shape, building a successful business, relaxing more and worrying less, spending more time with friends and family—is to set specific, actionable goals.

For many years, this was how I approached my habits, too. Each one was a goal to be reached. I set goals for the grades I wanted to get in school, for the weights I wanted to lift in the gym, for the profits I wanted to earn in business. I succeeded at a few, but I failed at a lot of them. Eventually, I began to realize that my results had very little to do with the goals I set and nearly everything to do with the systems I followed.

What's the difference between systems and goals? It's a distinction I first learned from Scott Adams, the cartoonist behind the *Dilbert* comic. Goals are about the results you want to achieve. Systems are about the processes that lead to those results.

New York Times Bestseller

LOSER THINK



How Untrained Brains
Are Ruining America

SCOTT ADAMS

Creator of *Dilbert* and bestselling author of *Win Bigly*



"Goals are for losers. Systems are for winners. If you achieve your goal you celebrate and feel terrific, but only until you just lost the thing that gave you purpose and direction. Systems people succeed every time they apply their systems, in the sense they did what they intended to do."

SCOTT ADAMS
Author and Cartoonist

SCOTT ADAMS

TALENT STACK

"Most people can – with practice – develop a variety of skills that work well together. I call this idea the Talent Stack."

"You'd be hard pressed to find any successful person who didn't have about three skills in the top 25%." – Scott Adams



"At least one of the skills in your mixture should involve **communication**, either **written or verbal**"



"Now add to that **whatever your passion is**, and you have two, because that's the thing you'll easily put enough energy into to reach the top 25%"



"If you have an aptitude for a third skill, perhaps **business or public speaking**, develop that too"

Goal: Become very good (top 25%) at two or more things



SLOWW.CO • AWAKEN THE ART OF LIVING •

HABIT STACKING

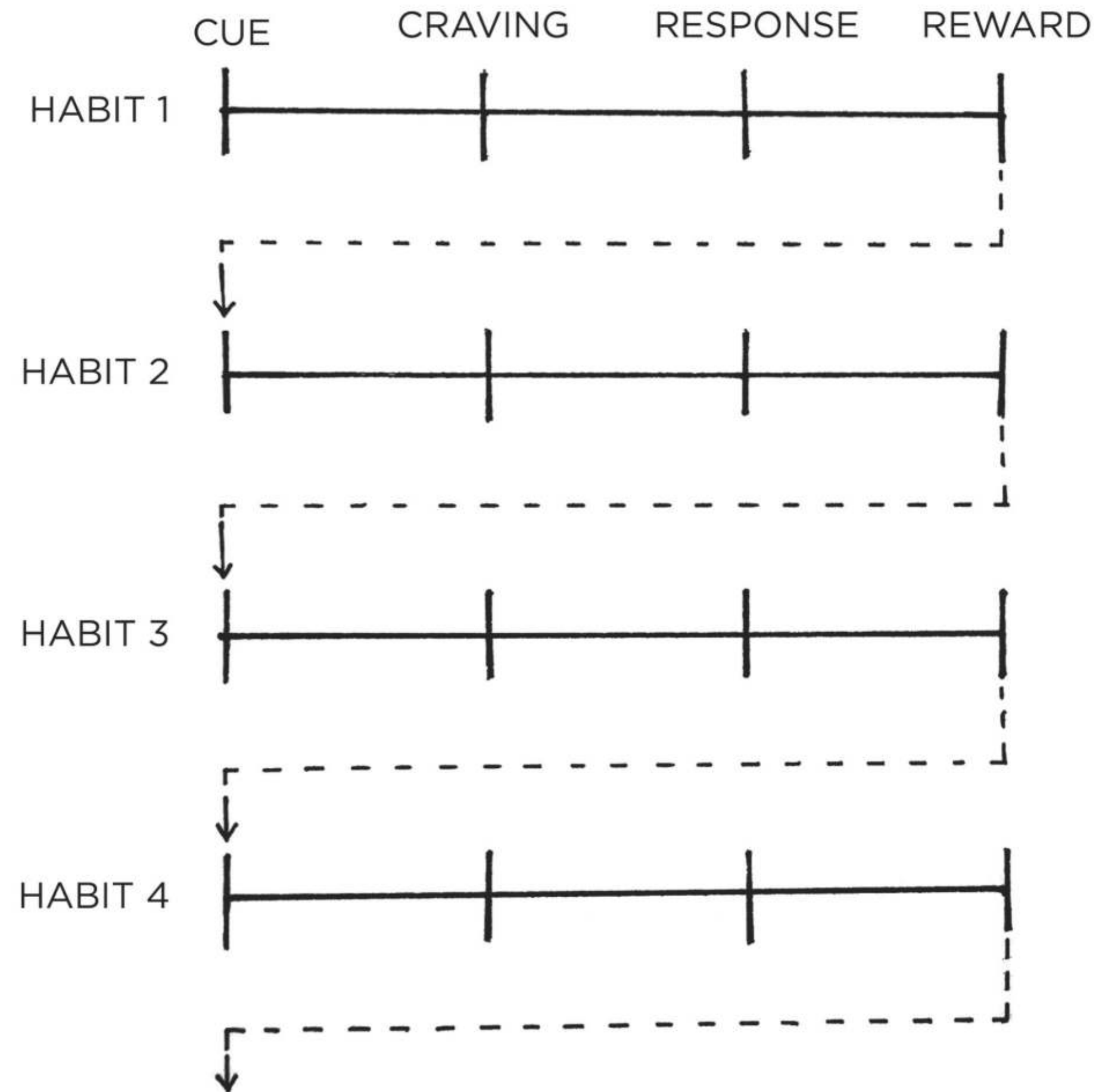
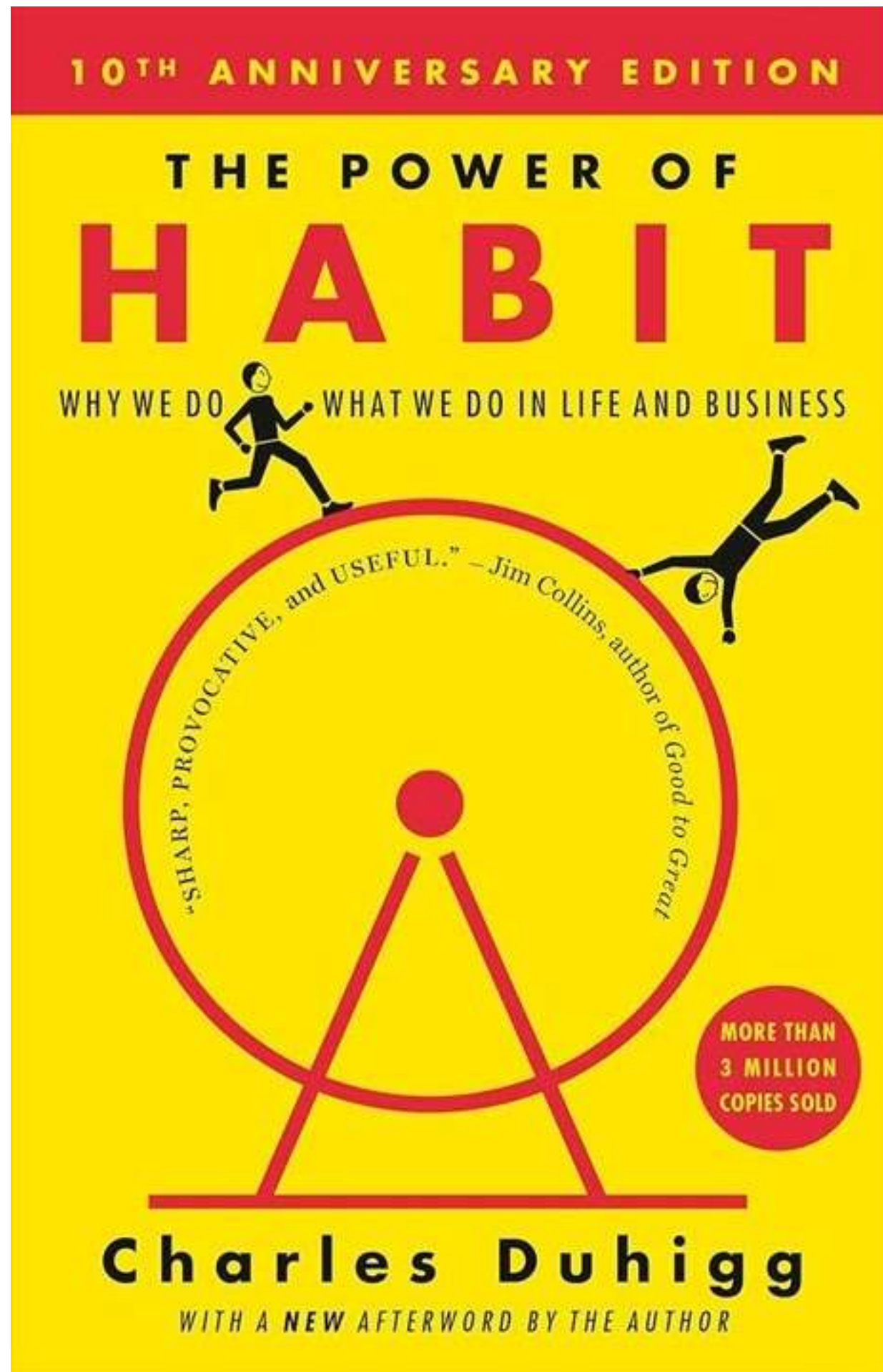


FIGURE 7: Habit stacking increases the likelihood that you'll stick with a habit by stacking your new behavior on top of an old one. This process can be repeated to chain numerous habits together, each one acting as the cue for the next.



HABIT STACKING

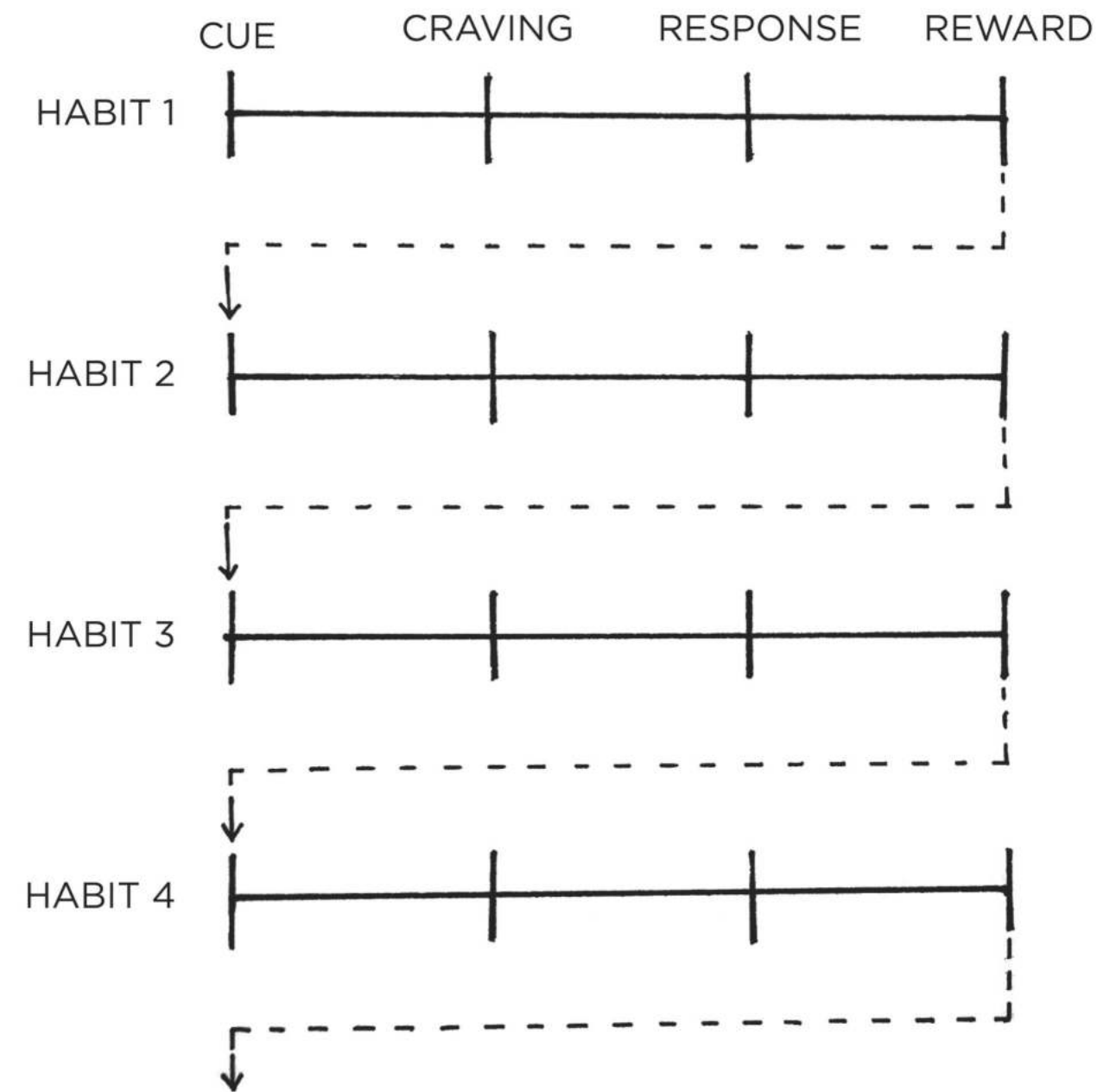


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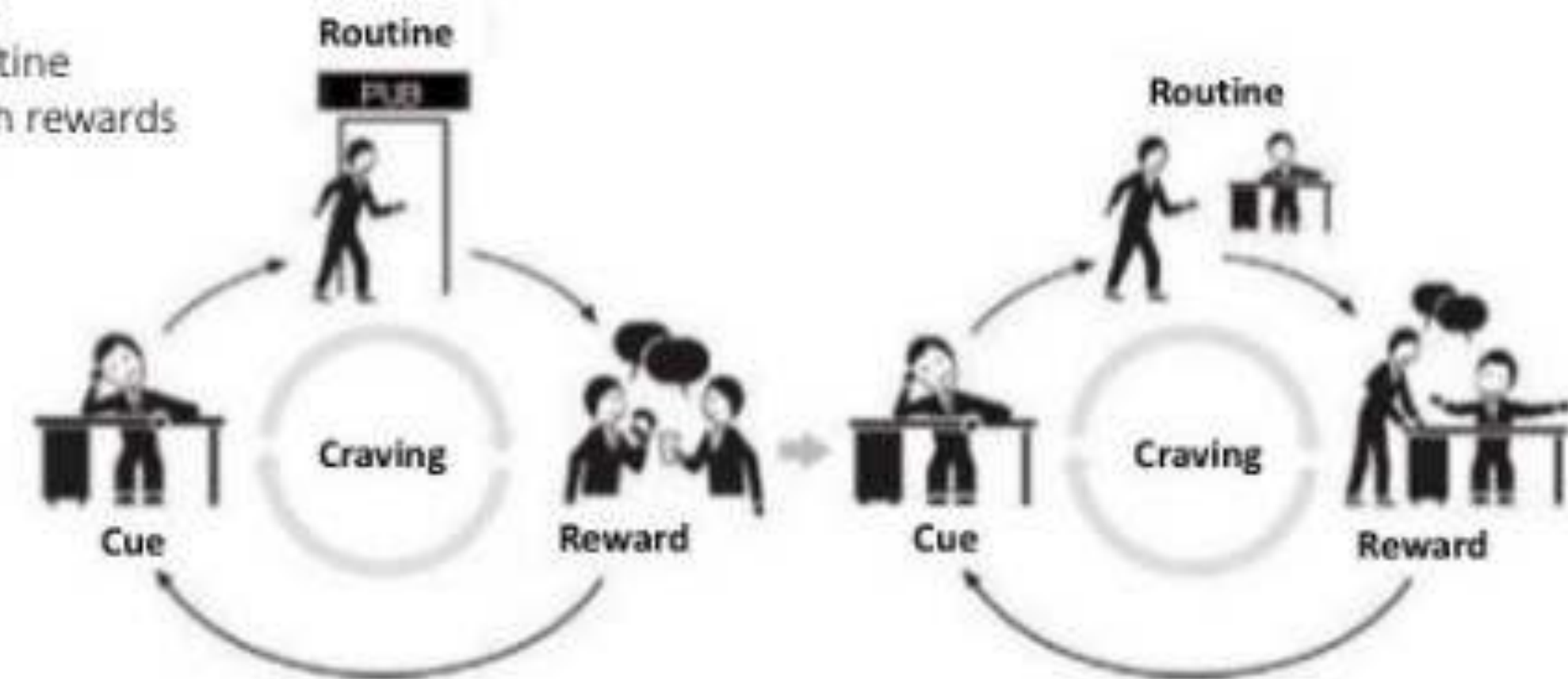
Habit loop: Changing habits

Golden rule of habit change:

"Keep the Cue and Reward, replace the Routine."

THE FRAMEWORK

- Identify the routine
- Experiment with rewards
- Isolate the cue
- Have a plan





这些数据只是记录和参考，我更在乎的是：

我是否享受其中？

有没有从中学习？

我是否因为它身心感到更健康？

我整个人的状态是否变得更好？



• • • • •

一些斯巴达的瞬间

除了比赛更像是一次重新审视自己的体验
哪里是极限、何时该放弃
更加了解自己擅长什么

不拥有此照片与内容的权利

10-02 Fujian Reply Translate

Lydia Liu

Author

哈哈

10-02 Thailand Reply Translate

12

— View 8 replies

梦楠也是Mona

33



10-02 Beijing Reply

Lydia Liu

Author

哈哈 dei!

10-02 Thailand Reply Translate

1

momo

32

特别喜欢把有腹肌和小肚子这一张放在封面！！我都看着迷了！！这就是女人的魅力，有力的身体躯干和四肢肌肉线条，覆满草屑和泥巴的双手和衣服！小肚子是我觉得很突出的女性特征！！
(本人女)

6 days ago Shanghai Reply Translate

1) 以月和年为单位看待成长

骑摩托车有个基本操作：入弯道后，眼睛要看着出弯的位置，这样才能顺利过弯儿，否则容易外抛。

我们的学习和成长也一样，大处着眼小处着手。做事情的时候要着眼于当下，但要延迟满足感，给结果一点时间。把成长的出弯处设置为一个月、几个月、一年、几年，这样就不容易迷失方向，也更容易坚持一些。

你胖的那 3 斤不该是「每逢佳节」的锅，如果对自己诚实，会发现它是你一段时间生活状态的反馈而已。理论上，减掉 1 公斤脂肪需要消耗 7700 卡，每天创造 500 卡的热量缺口也需要 10 多天呢。对自己的感受诚实，剩下的交给常识。

2) 给自己一个无法拒绝的理由

我是这样忽悠我大脑的：

你不是一个人在战斗，你对健康的追求你的坚持和汗水会影响你的学生、你的读者，会影响你的女儿、子孙后代。

灵魂追问自己：你为什么开始运动？有没有可能是天降大任于你，行拂乱其所为所以动心忍性增益你所不能？

嗯，一定是这样！

After two months of training twice a week, I was getting frustrated. During a session, Tony stopped me in the middle of a set of squats and said, "Find the ground, Brown." I looked at him, looked at the floor, and looked back at him with a very serious scowl that I hoped conveyed *What in the hell do you want from me?*

! "No," he said in reference to my looking down and back up. "Find the ground. Not the floor. Find the ground—your ground. Find it with your feet, then connect to it with your entire body. Find your athletic stance, like you're waiting for a serve from someone who hits the ball really, really hard."

He stood across from me a couple of feet away, extended his arms, put both hands on my shoulders, and gave me a gentle shove. Nothing hard, but enough for me to involuntarily step back a bit. "Find the ground and use the ground for energy and stability. Find the ground that lets you engage those big muscles that were made for this. Use your mind *and* your body, Brown. Get set."

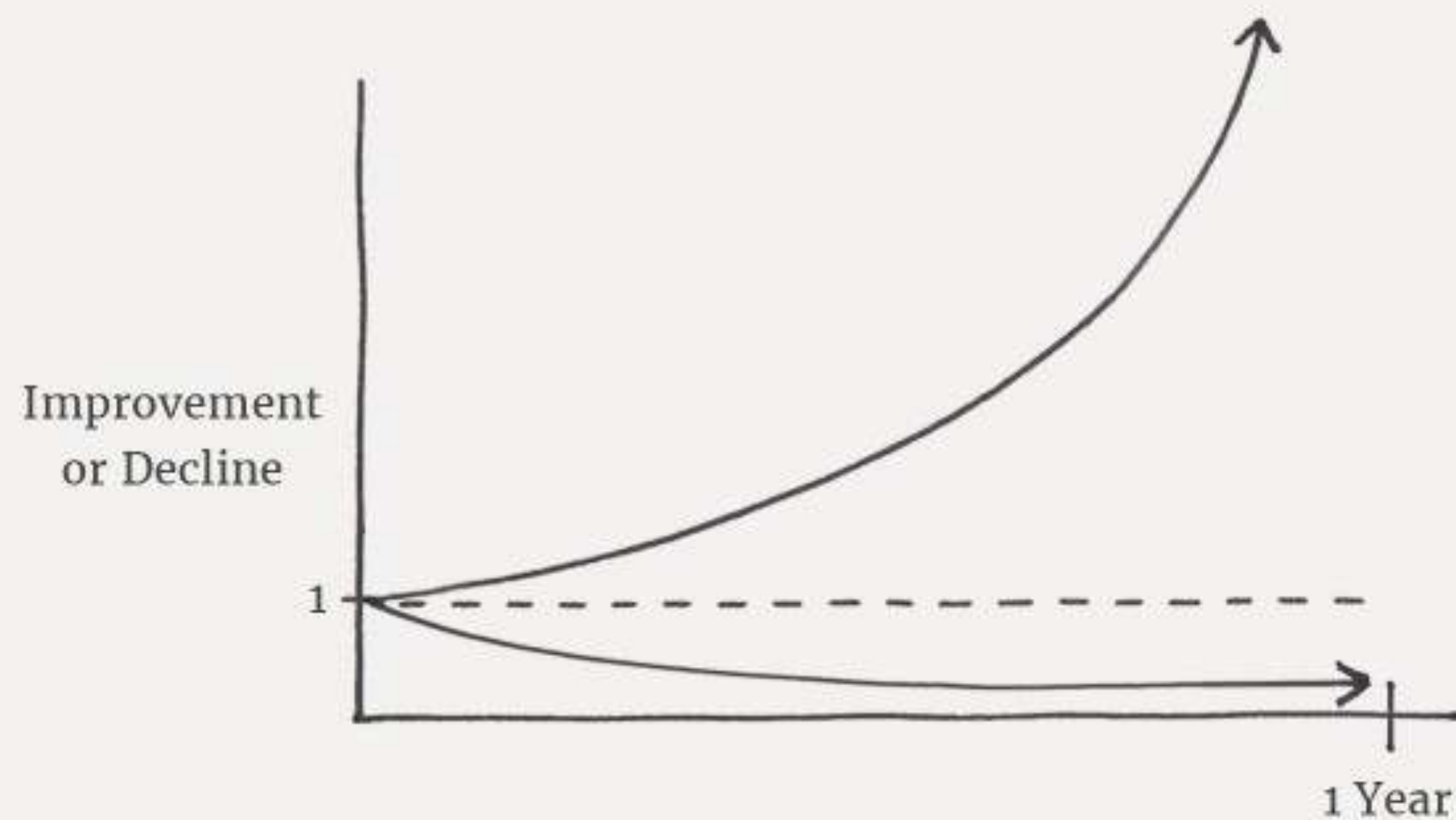
For some reason, that's exactly what it took for me to understand what he had been trying to teach me for two months. *Use your mind and your body*. I had always been told that I was disconnected from my body because I lived in my head—I was too much of a thinker. But in that moment, when Tony suggested that I use my mind to connect with my body through the ground, it all clicked into place for me.

S()R
Stimulus
Response
()

The Power of Tiny Gains

1% better every day $1.01^{365} = 37.78$

1% worse every day $0.99^{365} = 0.03$



Self-discipline=Wealth

Choose Life. Choose a job. Choose a career. Choose a family. Choose a fucking big television, choose washing machines, cars, compact disc players and electrical tin openers. Choose good health, low cholesterol, and dental insurance. Choose fixed interest mortgage repayments. Choose a starter home. Choose your friends. Choose leisurewear and matching luggage. Choose a three-piece suite on hire purchase in a range of fucking fabrics. Choose DIY and wondering who the fuck you are on a Sunday morning. Choose sitting on that couch watching mind-numbing, spirit-crushing game shows, stuffing fucking junk food into your mouth. Choose rotting away at the end of it all, pishing your last in a miserable home, nothing more than an embarrassment to the selfish, fucked up brats you spawned to replace yourself.

Choose your future.
Choose life.

Trainspotting

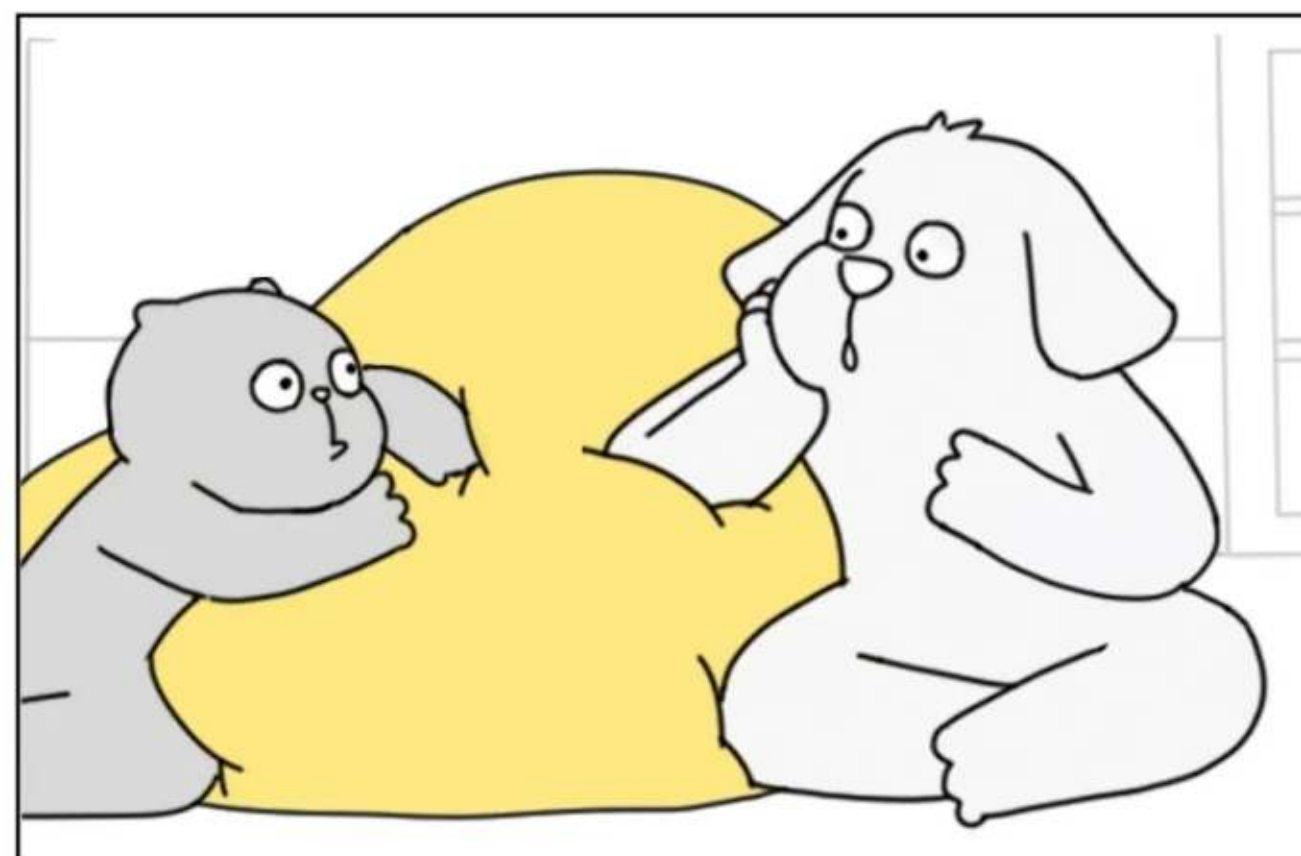
我们常能看到，当一个嗜酒嗜烟的人开始戒酒戒烟，总会被身边人拉到酒局上，或递烟引诱



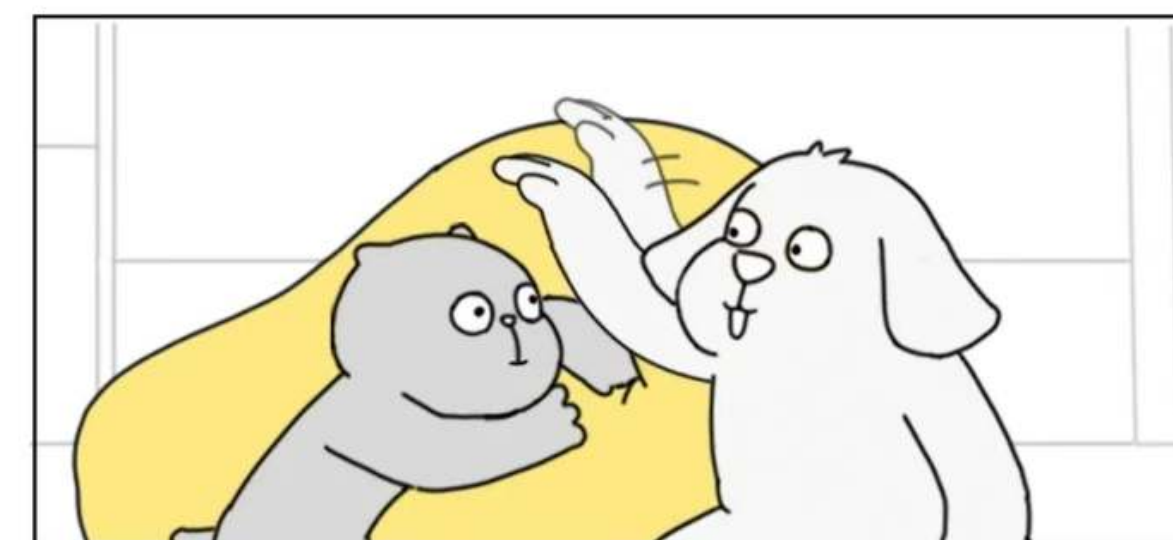
当你开始健身，总会被问又疼又累又费时间的，为什么去啊？你身材明明挺好



如果你不像之前一样生活了，那我该如何维持这么多年来精心打造的与你相处的模式呢？



猫和狗的生活哲学



小猫咪想要变得更好，有时确实需要独自前行

