

# How to Gain Weight Without Even Trying: 50 Effective Tips

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## INTRODUCTION



Everything I read says "Do what you love and the money will follow," or "Discover your talents and share them with the world."

As I struggled to determine my true talent, I finally jumped on the scales one morning and realized that all these years it has been sitting right in front of me.

My incredible talent is gaining weight without even trying. I can diet for a week and put on two pounds while my dieting partner loses six pounds. This is why I don't have diet partners.

I have made charts, cooked bland meals, eaten little tufts of cardboard called hot air popcorn, run five miles and then worked out to an aerobics video with weights on my wrists and ankles, only to *GAIN* weight. And please don't give me that "muscle weighs more than fat." I know what muscle looks like, and this ain't no muscle.

So what do I do with this incredible skill of mine? I share it with all the other Dames that might want to know my little secrets. This is my gift to you - follow my tips and, I'm pretty sure the results will be immediate, unless you have a high metabolism and are naturally thin.

If that is the case then roll-up this e-book and pound yourself on the head with it repeatedly. It won't help you achieve any goals, but it will make me feel much better.

Love,

*Dame Donna*



## 50 Tips for Gaining Weight Without Really Trying

1. Decide to go on a diet. You will gain 5 lbs. before the decision is fully formed in your mind. This might have to do with the multiple evenings you party prior to the diet with the belief that "This is my last night before my diet, so I'm going to enjoy it."
2. Wear sweatpants at all times. They provide the sense that you are losing weight while making you feel like you've just enjoyed a good workout. Plus, you could put a watermelon between you and the waistband and still be comfortable.
3. Go to the grocery store to buy your diet food. Then pull a few of those low-calorie cookies that aren't on the list . . . but what could 100 calories really do to your diet? Once your grocery basket is filled with 100 calorie snacks, try to find your diet food. It's in there somewhere.
4. Once you get home with your 100 calorie cookies, wait until everybody is in bed to eat your first bag. Grab a Diet Dr. Pepper to accompany the cookies, and then grab two more bags since your dog wants to share in the treat. Eat the first bag, offering the dog every other cookie. Eat the second bag, offering only the first and last cookie. Eat the last bag without looking at the dog at all.

"When we lose twenty pounds we may be losing the best twenty pounds we have! We may be losing the pounds that contain our genius, our humanity, our love and honesty."

-- Woody Allen



5. Fix a low-calorie dinner of chicken and cucumbers. Cut the cucumbers into slices, then add 300 calories worth of Kraft Catalina dressing. Take your boneless chicken breast and dip each piece in some Ranch dressing. The next morning, yell "How could I gain weight eating nothing but cucumbers and chicken for dinner?" Have your significant other tell you how unfair it is, and nod knowingly.
6. Get an invitation to your next high school or college reunion. You will attract fat like a bug zapper attracts bugs. In careful preparation for my last high school reunion I gained 15 lbs. and left frosting on my hair for too long, turning it a nice shade of white with the texture of rubber. I was lovely.
7. Buy all of your clothes one size too small as motivation to lose weight. Every attempt to put them on will induce stress eating, and they will get tighter. In a few weeks you will be returning them, so leave the tags on.
8. Fix air popcorn as your late-night snack. Pour the kernels into a paper bag and watch the creation of a low-calorie snack as the bag fills in the microwave. Next, melt 2 tablespoons of real butter in a small mug. Pour that over your tasteless morsels and turn them into a buttery delight.
9. Eat tootsie roll midgees to take care of your sugar fix. Start with four each evening, then pick up four more because they are really small. Pop a few more in each morning right after your Prilosec. Fill a baggy for snacks at work. Then, call your dentist. You will need an appointment.

"The cardiologist's diet: If it tastes good, spit it out."

-- Author Unknown

"Save yourself the expense of diet food. Just cut up some cardboard and chew. Same thing."

-- Donna Highfill



10. Buy five Lean Cuisine lunches to get you through the week. Put them in the freezer and label them for each day of the week. Then eat them all in two days.
11. Always believe that the doctor's scales are **WRONG**. Seriously, these scales are the anti-Christ of dieters. The nurse lures you in with a smile and a simple request - "We just need to get your weight before you see the doctor. Could you step on, please?" At this moment you should run like the wind. If you can't, strip off anything you can without frightening other patients. Watches, belts, shoes, jackets. Trim your hair if you have to. Try to divert the nurse as she taps that little metal thing to the right. Grab her arm and twist if necessary.
12. When your clothes get tight, blame the dryer. I was the victim of over-heated dryers in college, after my children were born, and now that I'm in my fifties. It's horribly cruel and unfair. I've gone through three dryers in the past year.
13. Discover Peppermint Mocha Frappuccino's at Starbucks. Order it like this: "Grande, Skinny Peppermint Mocha Frappuccino but with whole milk, sugar syrups and whip cream." You will lose money but gain weight. This is a guarantee.
14. Buy a new treadmill and throw away the instructions before reading. Turn it on for your first workout. When the speed suddenly goes from the snail-like "1" to the cheetah-like "10" for no particular reason, run for your life. As you're frantically hitting buttons to try and slow down, your

"In the Middle Ages, they had guillotines, stretch racks, whips and chains.

Nowadays, we have a much more effective torture device called the bathroom scale."

-- Stephen Phillips



foot will hit the part of the treadmill that is NOT moving and you will injure your hip. This will save you from weeks of exercise.

- 15.** Watch television while working out. Keep the treadmill moving slowly so you won't drown out the fast dialogue between Lorelai and Rory on another episode of "Gilmore Girls." Watch those two beautiful women eat everything in sight and not gain a pound. Believe that you are one of those characters and grab a snack.
- 16.** Next time you have the stomach flu, convince yourself that the ten pounds you're sure you lost will be gone forever. Once the worst is over, drink a Coke an hour for the next three days. Eat things like oven fries and potato chips because they feel good on your stomach. The last time I had the stomach flu I gained 3 lbs.
- 17.** Celebrate your 50th birthday. I always thought the rumors of your metabolism dying were greatly exaggerated. They're not. You can now live on two saltine crackers and a diet soda for days at a time without losing a pound. Congratulations. If there's a reality show built around surviving without any food intake, you will win.
- 18.** Watch the television show "Cupcake Wars" and then ask your husband to bring some cupcakes home. Act incredibly angry when he gets home, since he's not supporting your diet, and tell him to leave the cupcakes on the counter so you can throw them out. Walk over, open the plastic container, and lick the icing off one cupcake. Five minutes later, repeat. Do this until every cupcake is bald, and be sure to blame that damn dog

"I've decided that perhaps I'm bulimic and just keep forgetting to purge."

-- Paul Poundstone

"I have this weird fear of becoming anorexic, which would be kind of like a tiger have the fear of becoming a dolphin. It's just not gonna happen."

-- Donna Highfill



that keeps getting food off the counter. If you don't have a dog, get one before trying this.

"To promise not to do a thing is the surest way in the world to make a body want to go and do that very thing."

-- Mark Twain

- 19.** Read a book that tells you that you can "think your way to thinness." Believe this with your whole heart. I read a similar book and started every day by saying, "I am thin. My metabolism is high. I can eat and eat and never gain a pound." I did this for a month and found I could not zip up my fat pants. I threw the offending pants away since they were clearly not thinking positively.
- 20.** Start eating green beans for dinner since they are allowed in limited amounts on most diets. Use canned green beans that are floating in salt. Add some Land o' Lakes stick butter and throw in a few potatoes. If you use new potatoes you can add up to six since they are little. Once the concoction is complete, put it in a bowl and add two more tablespoons of butter. Salt lightly and enjoy in unlimited amounts.
- 21.** Assume that 30 minutes on an elliptical machine is the calorie crushing equivalent of a 26.5 mile marathon. Pin a number to the front of your Mickey Mouse t-shirt and jump on. Once you've been working out for ten minutes, have your family bring you Dixie cups with water to splash on your face. Once your gut-wrenching thirty minutes are up, wrap yourself in one of those foil blankets, collapse on the ground and ask your family to bring you food for strength.
- 22.** Throw away your scales like all of those well-meaning articles tell you to do. Be convinced, every single day, that you are losing weight. Then buy

"I've been on a constant diet for the last two decades. I've lost a total of 789 pounds. By all accounts, I should be hanging from a charm bracelet."

-- Erma Bombeck



"It's okay to be fat.  
So you're fat. Just  
be fat and shut up  
about it."

-- Roseanne Barr

"Workouts are all  
about the clothes.  
Wear the right  
outfit and you can  
work off twice the  
calories. Little  
known fact."

-- Donna Highfill

scales in a month to prove it to the world. Next, throw away the new scales. They must be broken.

- 23.** Believe that workout attire reduces weight. Put on your best dri-weave workout top and pants, your reinforced toe and heel socks, and your running shoes. Then sit on the couch and watch HGTV for the rest of the night.
- 24.** Go on a fad diet. For three days eat only bananas, then switch to three days of hot dogs, then three days of cheese. Get on the scales and notice the weight gain. You will assume it's from the extreme constipation caused by the diet, but it's not. It's real weight and it's there to stay. I know because this happened to me in college.
- 25.** Join a diet organization where people cheer for you when you lose weight. Determine the 'weighing-in' portion to be too negative for your delicate psyche. Start showing up late enough to skip the weigh-in and clap for everybody else who has lost weight. Eat a couple of newly offered snacks. Cheer some more. Repeat the next week.
- 26.** Next time you're eating at a restaurant, order water with lemon rather than the sweet tea that you would prefer. Once the water arrives, squeeze the lemon into it. Next, add three packets of sugar. Stir vigorously.
- 27.** Research all of the dangers associated with exercising. Read about a runner who died of a heart attack, or a woman who was thrown, violently,





from a treadmill. Decide that exercise is unhealthy and should be avoided at all cost.

- 28.** Call a person who is your age and heavier than you by at least thirty pounds. Join him or her for dinner. Have them ask you how you stay so thin. Order the dessert.
- 29.** Frequent clothing stores that cater to rich people. The wealthy are often one step above stick figures, and the straight cuts on the clothes prove it. Once I was trying on a very expensive blouse and simply attempted to straighten my shoulders at which point buttons flew with an accompanying ripping sound. I was sure I was morphing into the Incredible Hulk.
- 30.** Buy an apple and slice it up so you have access to healthy snacks in the refrigerator at all times. Put five to six slices on a plate when you're hungry, then add a tablespoon of peanut butter to each one. They will taste like caramel apples. I swear.
- 31.** Only use Reuben art in your home, on your calendars, and as screen savers. Once you get to heaven, find Reuben and give him a cross-stitch that says "Reubenesque Rocks!."
- 32.** Forget to research your exercise Goddesses before following them blindly. I spent most of my twenties doing the Jane Fonda workout twice a day, trying to look like her. Now she finally admits that she looked like that because she was bulimic. That makes ME want to vomit.

"Rich, fatty foods  
are like destiny:  
they, too, shape our  
ends."

-- Anonymous

"Lean is mean."

-- Donna Highfill



- 33.** Consider running a marathon. Meet with other women who are doing the same. Choose a marathon where women are running for a good cause, and show up to cheer them on. Buy the pink hat and shirt. Set up your soccer chair and cheer as they cross the finish line. Hand \$20.00 to the lady at the fundraising booth and go get lunch.
- 34.** Believe that vinegar and grapefruit eats away calories like little tiny Pac men. Then increase your caloric intake while ingesting more of the acid. I ended up gaining seven pounds and lost most of the enamel on my teeth.
- 35.** Place a pedometer on your waist band to count the miles, and then count on it to lose weight for you. Discover that you are only taking 700 of the 10,000 necessary daily steps to stay in shape. Next, place the pedometer on a friend who runs at least five miles a day and have her return it to you. Use her miles as part of your total.
- 36.** Take up jump-roping, remembering those days when you could do it for hours. Remember one of those cool chants you used like "Not last night but the night before, 24 robbers came knocking at my door. As I ran out, they ran in . . ." Get as far as "Not last night but . . ." before developing shin splints that will last for months, preventing further exercise.
- 37.** Take a picture of yourself when you were much thinner and place it on your refrigerator. Every time you open the door, take a look at the picture. Eventually you will rip that picture off the refrigerator, tear it

"Blessed are those who hunger and thirst, for they are sticking to their diets." -- Author Unknown

"Ever notice how many quotes about diets are by anonymous? None of us wants to admit that we hate dieting. Well, I'm here, I'm hungry, and I admit it."

-- Donna Highfill



into a million pieces, and require counseling on why you hate your younger self.

- 38.** Eat a late night snack of cucumbers in vinegar, understanding that those two items combined equal about five calories. Next, grab the salt shaker. Pour salt over every individual cucumber. Pour salt in your hand and lick it off like an addict. Gain 10 lbs. of water weight the next morning.
- 39.** Take trampoline aerobics like you did in your twenties. Jump enthusiastically, forgetting that your balance isn't what it used to be. Suddenly, you will be inexplicably propelled to your right, taking down the woman next to you. You will be asked to leave the class.
- 40.** Join a gym for the tenth time in your life. Go the first night and work out with a vengeance. Go the second night and become annoyed by the young people lounging on the weight machines. By the third night skip the workout and sit in the snack area with a bottle of water and candy bar. Write off the four hundred dollars you spent on the membership.
- 41.** Look at dozens of "Before" and "After" pictures of the brave men and women who have lost over 100 lbs. Then realize that these people had a LOT more weight to lose than you. Applaud them, send them a nice e-mail message filled with support, and go to McDonald's.
- 42.** Make sure that your office or home is right next to a yogurt shop. Add things like M&M's and peanuts to your cake batter yogurt.

"I have gained and lost the same ten pounds so many times over and over again my cellulite must have déjà-vu."

--Jane Wagner

"

"The second day of a diet is always easier than the first. By the second day, you're off it."

--Jackie Gleason



Eventually stop buying the yogurt and just buy a large bag of M&M's and a can of peanuts and keep them in your desk.

- 43.** Once spring arrives, plan your beach vacation. These vacations come with a weight-gain guarantee. I have found that in addition to a 7 lb. minimum weight gain, my spider veins declare their own July 4th and explode all over my legs as an extra bonus.
- 44.** Decide that women look older if they lose too much weight. Determine that your weight gain is like a natural face-lift, filling out those unsightly wrinkles with natural fat that requires absolutely no injections.
- 45.** Have a person, any person, say, "Are you losing weight?" Even if they're lying through their teeth and you know it, you will be eating everything in your path within five minutes.
- 46.** Have a person, any person, say, "Have you put on a few pounds?" Even if they are just being rude, you will be eating everything in your path within five minutes.
- 47.** After two weeks of dieting, jump on the scales and discover that you have lost three pounds. Raise your fists in the air and declare victory. Then change your lunch plans, making sure they include a trip to the local buffet where you will gain back every pound within an hour.
- 48.** Buy stretch jeans and convince yourself that you fit into the size 8, even if the fit looks like something you'd see in a Play Dough factory. It doesn't matter what is oozing out where. If you can zip them up, then they fit.

"When I buy cookies I eat just four and throw the rest away. But first I spray them with Raid so I won't dig them out of the garbage later. Be careful, though, because that Raid really doesn't taste that bad."

--Janette Barber



- 49.** Buy a pre-made vegetable platter and keep it in your refrigerator to impress visitors. If you do decide to actually eat the vegetables, make sure there is some rockin' vegetable dip in a big bowl, smack dab in the middle. Smother those baby carrots in so much dip they disappear. Then blame vegetables for your weight gain.
- 50.** Go to a local amusement park, sit on a bench, and watch the people going by. You'll feel totally justified eating funnel cake, because in this world, body fat is the price of admission.



Thank you for taking the time to read my mesmerizing information on how to gain weight without really trying. I can only hope that it's given you some positive association with dieting, even only for a moment.

If you enjoyed this e-book please consider laughing with me in one or more of the following ways:

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Finally, please feel free to contact me at anytime at donna@damenationblog.com.

Now, go put on those pounds!!