WeightLess Diet Plan

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Are you ready to lose weight?

Do you have an outfit you want to fit back into?

Are you worried about the serious health problems associated with obesity?

First of all, you are not alone. In this world of fast foods and little time, over two-thirds of U.S. adults age 20 and older are overweight or obese (Body Mass Index, $\geq$ 25).

However….

If you are over 16 years of age, **ready** for a lifestyle change, and **ready** to commit, *WeightLess Diet Plan* is here to help. We will provide you with support, knowledge, and a weight-loss aide which will help you reach your goal.

Soooo…..

Turn the page, and let's get started!! *You can do it!!!*

Congratulations on deciding to shed some extra pounds and improve your health.

We encourage a life style change that includes healthy eating habits, exercise, and taking a weight-loss aide. We want you to feel complete: mind, body and spirit, and will be with you every step of the way. Inside this booklet you will find several weight-loss guides to help you along your journey. Keep your booklet with you, so that you can reference it any time you need to.

Imagine eating healthy meals that are both tasty, and satisfying. With *WeightLess Diet Plan* you will enjoy convenient and easy meal plans designed to keep you motivated. Continuing the meal ideas long after you reach your target weight will be a pleasure.

In order to lose the maximum amount of weight, exercise is a must! If you are short on time, past injuries, or just plain lazy we can help motivate you! There are several different exercise programs; we can help you explore the choices to find your perfect fit. In a short time you will feel the effects of exercise, both mentally and physically.

Imagine, looking forward to working out!

Ideal Body Weight Charts

For Men 25-59 years of age

Height in Feet & Inches	Small Frame	Medium Frame	Large Frame
5’2”	128 - 134	131 - 141	138 - 150
5’3”	130 - 136	133 - 143	140 - 153
5’4”	132 - 138	135 - 145	142 - 156
5’5”	134 - 140	137 - 148	144 - 160
5’6”	136 - 142	139 - 151	146 - 164
5’7”	138 - 145	142 - 154	149 - 168
5’8”	140 - 148	145 - 157	152 - 172
5’9”	142 - 151	151 - 163	155 - 176
5’10”	144 - 154	151 - 163	158 - 180
5’11”	146 - 157	154 - 166	161 - 184
6’0”	149 - 160	157 - 170	164 - 188
6’1”	152 - 164	160 - 174	168 - 192
6’2”	155 - 168	165 - 178	172 - 197
6’3”	158 - 172	167 - 182	176 - 202
6’4”	162 - 176	171 - 187	181 - 207

For Women 25-59 years of age

Height in Feet & Inches	Small Frame	Medium Frame	Large Frame
4’10”	102 - 111	109 - 121	118 - 131
4’11”	103 - 113	111 - 123	120 - 134
5’0”	104 - 115	113 - 126	122 - 137
5’1”	106 - 118	115 - 129	125 - 140
5’2”	108 - 121	118 - 132	128 - 142

5’3”	111 - 124	121 - 135	131 - 147
5’4”	114 - 127	124 - 138	134 - 151
5’5”	117 - 130	127 - 141	137 - 155
5’6”	120 - 133	130 - 144	140 - 159
5’7”	123 - 136	133 - 147	143 - 163
5’8”	126 - 139	136 - 150	146 - 167
5’9”	129 - 142	139 - 153	149 - 170
5’10”	132 - 145	142 - 156	152 - 173
5’11”	135 - 148	145 - 159	155 - 176
6’0”	138 - 151	148 - 162	158 - 179

Body Mass Index (BMI) Chart for Adults

Obese (>30) | Overweight (25-30) | Normal (18.5-25) | Underweight (<18.5)

HEIGHT in feet/inches and centimeters

WEIGHT		4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4'
lbs	(kg)	142cm		147	150	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	191	193
260	**(117.9)**	**58**	**56**	**54**	**53**	**51**	**49**	**48**	**46**	**45**	**43**	**42**	**41**	**40**	**38**	**37**	**36**	**35**	**34**	**33**	**32**	**3**
255	(115.7)	57	55	53	51	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32	3
250	**(113.4)**	**56**	**54**	**52**	**50**	**49**	**47**	**46**	**44**	**43**	**42**	**40**	**39**	**38**	**37**	**36**	**35**	**34**	**33**	**32**	**31**	**3**
245	(111.1)	55	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	3
240	**(108.9)**	**54**	**52**	**50**	**48**	**47**	**45**	**44**	**43**	**41**	**40**	**39**	**38**	**36**	**35**	**34**	**33**	**33**	**32**	**31**	**30**	**2**
235	(106.6)	53	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	2
230	**(104.3)**	**52**	**50**	**48**	**46**	**45**	**43**	**42**	**41**	**39**	**38**	**37**	**36**	**35**	**34**	**33**	**32**	**31**	**30**	**30**	**29**	**2**
225	(102.1)	50	49	47	45	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	2
220	**(99.8)**	**49**	**48**	**46**	**44**	**43**	**42**	**40**	**39**	**38**	**37**	**36**	**34**	**33**	**32**	**32**	**31**	**30**	**29**	**28**	**27**	**2**
215	(97.5)	48	47	45	43	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	2
210	**(95.3)**	**47**	**45**	**44**	**42**	**41**	**40**	**38**	**37**	**36**	**35**	**34**	**33**	**32**	**31**	**30**	**29**	**28**	**28**	**27**	**26**	**2**
205	(93.0)	46	44	43	41	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	2
200	**(90.7)**	**45**	**43**	**42**	**40**	**39**	**38**	**37**	**35**	**34**	**33**	**32**	**31**	**30**	**30**	**29**	**28**	**27**	**26**	**26**	**25**	**2**
195	(88.5)	44	42	41	39	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	2
190	**(86.2)**	**43**	**41**	**40**	**38**	**37**	**36**	**35**	**34**	**33**	**32**	**31**	**30**	**29**	**28**	**27**	**26**	**26**	**25**	**24**	**24**	**2**
185	(83.9)	41	40	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	2
180	**(81.6)**	**40**	**39**	**38**	**36**	**35**	**34**	**33**	**32**	**31**	**30**	**29**	**28**	**27**	**27**	**26**	**25**	**24**	**24**	**23**	**22**	**2**
175	(79.4)	39	38	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	2
170	**(77.1)**	**38**	**37**	**36**	**34**	**33**	**32**	**31**	**30**	**29**	**28**	**27**	**27**	**26**	**25**	**24**	**24**	**23**	**22**	**22**	**21**	**2**
165	(74.8)	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	2
160	**(72.6)**	**36**	**35**	**33**	**32**	**31**	**30**	**29**	**28**	**27**	**27**	**26**	**25**	**24**	**24**	**23**	**22**	**22**	**21**	**21**	**20**	**1**
155	(70.3)	35	34	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	1
150	**(68.0)**	**34**	**32**	**31**	**30**	**29**	**28**	**27**	**27**	**26**	**25**	**24**	**23**	**23**	**22**	**22**	**21**	**20**	**20**	**19**	**19**	**1**
145	(65.8)	33	31	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	1
140	**(63.5)**	**31**	**30**	**29**	**28**	**27**	**26**	**26**	**25**	**24**	**23**	**23**	**22**	**21**	**21**	**20**	**20**	**19**	**18**	**18**	**17**	**1**
135	(61.2)	30	29	28	27	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	1
130	**(59.0)**	**29**	**28**	**27**	**26**	**25**	**25**	**24**	**23**	**22**	**22**	**21**	**20**	**20**	**19**	**19**	**18**	**18**	**17**	**17**	**16**	**1**
125	(56.7)	28	27	26	25	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	1
120	**(54.4)**	**27**	**26**	**25**	**24**	**23**	**23**	**22**	**21**	**21**	**20**	**19**	**19**	**18**	**18**	**17**	**17**	**16**	**16**	**15**	**15**	**1**
115	(52.2)	26	25	24	23	22	22	21	20	20	19	19	18	17	17	16	16	16	15	15	14	1
110	**(49.9)**	**25**	**24**	**23**	**22**	**21**	**21**	**20**	**19**	**19**	**18**	**18**	**17**	**17**	**16**	**16**	**15**	**15**	**15**	**14**	**14**	**1**
105	(47.6)	24	23	22	21	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	13	1
100	**(45.4)**	**22**	**22**	**21**	**20**	**20**	**19**	**18**	**18**	**17**	**17**	**16**	**16**	**15**	**15**	**14**	**14**	**14**	**13**	**13**	**12**	**1**
95	(43.1)	21	21	20	19	19	18	17	17	16	16	15	15	14	14	14	13	13	13	12	12	1
90	**(40.8)**	**20**	**19**	**19**	**18**	**18**	**17**	**16**	**16**	**15**	**15**	**15**	**14**	**14**	**13**	**13**	**13**	**12**	**12**	**12**	**11**	**1**
85	(38.6)	19	18	18	17	17	16	16	15	15	14	14	13	13	13	12	12	12	11	11	11	1
80	**(36.3)**	**18**	**17**	**17**	**16**	**16**	**15**	**15**	**14**	**14**	**13**	**13**	**13**	**12**	**12**	**11**	**11**	**11**	**11**	**10**	**10**	**1**

Note: BMI values rounded to the nearest whole number. BMI categories based on CDC (Centers for Disease Control and Prevention) cri

www.vertex42.com BMI = Weight[kg] / (Height[m] x Height[m]) = 703 x Weight[lb] / (Height[in] x Height[in]) © 2009 Vertex

Calories, Calories, Calories…

Calories are everything. Weight control is all about the calories. This is the proven science of the human body.

Calories In vs. Calories Out

Everything you eat and drink contains calories. From junk food like cookies, candy, potato chips and soda, to more healthy food like whole wheat bread, grilled chicken, broccoli, and an orange... they all contain calories. These are the calories you are taking in, they are nicknamed **calories in**.

Everything you do burns calories. Calories are energy, so they are used for everything your body has to do. From intense exercise like running and weight training, to everyday tasks like standing and tying your shoes... they all burn calories. Just keeping your body alive and functioning properly burns calories. These calories your body is burning and using up, are nicknamed **calories out**.

In simple terms: If you consume more calories than you burn, you gain weight. If you burn more calories than you consume, you lose weight. And, if you both

burn and consume the same amount of calories, your weight stays the same.

With the Weightless Diet Plan we suggest consuming 1200 calories per day. Plan to have three meals with one or two snacks. **Never skip breakfast!** Breakfast provides the body with the fuel it needs to take on the day. It also sends you into the afternoon hours with less hunger, making overeating at dinner less likely. Never let yourself get to the point of starving!

Weight Loss Tips That Are Actually Evidence-Based

Drink Water, Especially Before Meals It is often claimed that drinking water can help with weight loss, and this is true. Drinking water can boost metabolism by 24-30% over a period of 1-1.5 hours, helping you burn off a few more calories. One study showed that drinking a half liter (17 oz) of water about a half an hour before meals helped dieters eat fewer calories and lose

44% more weight.

Eat Eggs For Breakfast Eating whole eggs can have all sorts of benefits, including helping you lose weight. Studies show that replacing a grain-based breakfast with eggs can help you eat fewer calories for the next 36 hours, and lose more weight and more body fat. If you can't eat eggs for some reason, then that's fine. Any source of quality protein for breakfast should do the trick.

Drink Coffee (Preferably Black) Coffee has been unfairly demonized. Quality coffee is loaded with antioxidants, and can have numerous health benefits. Studies show that the caffeine in coffee can boost metabolism by 3-11%, and increase fat burning by up to 10-29%. Just make sure NOT to add a bunch of sugar or other high-calorie ingredients to it. That will completely negate any benefit you get from the coffee.

Drink Green Tea Like coffee, green tea also has many benefits, one of them being weight loss. Green tea contains small amounts of caffeine, but it is also loaded with powerful antioxidants called catechins, which are also believed to work synergistically with the caffeine to enhance fat burning. Although the evidence is mixed, there are many studies showing that green tea (either as a beverage or a green tea extract supplement) can help you lose weight.

Cook With Coconut Oil Coconut oil is very healthy. It is high in

special fats called medium chain triglycerides, which are metabolized differently than other fats. These fats have been shown to boost metabolism by 120 calories per day, and also reduce your appetite so that you eat up to 256 fewer calories per day. Keep in mind that this is not about *adding* coconut oil on top of what you're already eating, it is about **replacing** some of your current cooking fats with coconut oil.

Cut Back on Added Sugar

Added sugar is the single worst ingredient in the modern diet, and most people are eating way too much of it. Studies show that sugar (and high fructose corn syrup) consumption is strongly associated with the risk of obesity, as well as diseases like type 2 diabetes, heart disease and others. If you want to lose weight, you should be cutting back on added sugars. Just make sure to read labels, because even so-called health foods can be loaded with sugar.

Eat Less Refined Carbs

Refined carbohydrates are usually sugar, or grains that have been stripped of their fibrous, nutritious parts (includes white bread and pasta). Studies show that refined carbs can spike blood sugar rapidly, leading to hunger, cravings and increased food intake a few hours later. Eating refined carbs is strongly linked to obesity. If you're going to eat carbs, make sure to eat them **with** their natural fiber.

Use Smaller Plates

Using smaller plates has been shown to help people automatically eat fewer calories in some studies. Weird trick, but it seems to work.

Exercise Portion Control or Count Calories

Portion control (eating less) or counting calories can be very useful, for obvious reasons. There are also studies showing that keeping a food diary and writing down what you eat, or taking pictures of all your meals, can help you lose weight. Anything that increases your **awareness** of what you are eating is likely to be useful.

Keep Healthy Food Around in Case You Get Hungry

Keeping healthy food close by can help prevent you from eating something unhealthy if you become excessively hungry. A few snacks that are easily portable and simple to prepare include whole fruits, a handful of nuts, baby carrots, yogurt and a hardboiled egg (or two).

Brush Your Teeth After Dinner

Although I'm not aware of any studies on this, many people recommend brushing your teeth and/or flossing right after dinner. Then you won't be as tempted to have a late-night snack.

Do Aerobic Exercise

Doing aerobic exercise (cardio) is an excellent way to burn calories and improve your physical and mental health. It appears to be particularly effective to lose belly fat, the unhealthy fat that tends to build up around your organs and cause metabolic disease.

Eat More Fiber Fiber is often recommended for the purpose of weight loss. Although the evidence is mixed, some studies show that fiber (especially viscous fiber) can increase satiety and help you control your weight over the long term.

Eat More Vegetables and Fruits Vegetables and fruits have several properties that make them effective for weight loss. They contain few calories, but a lot of fiber. They are also rich in water, which gives them a low energy density. They also take a while to chew, and are very filling. Studies show that people who eat vegetables and fruits tend to weigh less. These foods are also super healthy and nutritious, so eating them is important for all sorts of reasons.

Chew More Slowly It can take a while for the brain to "register" that you've had enough to eat. Some studies show that chewing more slowly can help you eat fewer calories and increase the production of hormones linked to weight loss.

Get Good Sleep Sleep is highly underrated, but it may be just as important as eating healthy and exercising. Studies show that poor sleep is one of the strongest risk factors for obesity, being linked to an 89% increased risk of obesity in children, and 55% in adults.

Eat More Protein Protein is the single most important nutrient when it comes to losing weight. Eating a high protein diet has been shown to boost metabolism by 80 to 100 calories per day, while helping you feel so satiated that you eat up to 441 fewer calories per day. One study also showed that protein at 25% of calories reduced obsessive thoughts about food by 60%, while cutting the desire for late night snacking in half. This is the single most important tip in the article. Simply **adding** protein to your diet (without restricting anything) is one of the easiest, most effective and most delicious ways to lose weight.

Supplement With Whey Protein If you struggle to get enough protein in your diet, taking a supplement can help. One study showed that replacing part of your calories with whey protein can cause weight loss of about 8 pounds, while increasing lean muscle mass.

Don't Drink Calories, Including Sugary Soda and Fruit Juices Sugar is bad, but sugar in liquid form is even worse. Studies show that liquid sugar calories may be the **single** most fattening aspect of the modern diet. For example, one study showed that sugar-sweetened beverages are linked to a 60% increased risk of obesity in children, for each daily serving. Keep in mind that this applies to fruit juice as well, which contains a similar amount of sugar as a soft drink like coke. Eat whole fruit, but use fruit juice with caution (or avoid it altogether).

Eat Whole, Single Ingredient Foods (Real Food) If you

want to be a leaner, healthier person, then one of the best things you can do for yourself is to eat whole, single ingredient foods. These foods are naturally filling, and it's very difficult to gain weight if the majority of your diet is based around them. Keep in mind that real food doesn't need a long list of ingredients, because real food IS the ingredient. Here is a list of the 20 most weight loss-friendly foods on earth.

WeightLess Diet Plan uses Phentermine as a weight loss aide.

Phentermine is a stimulant similar to an amphetamine that causes appetite suppression. Used together with diet, exercise and behavioral modification it helps excessive weight. Phentermine may be used by anyone 16 years and older. It is best to take on an empty stomach before breakfast, or at least 10 to 14 hours before bedtime. Take the pill whole, it will be released slowly into the body.

Some side effects may include:

- Feeling nervous or anxious;
- Heart palpitations;
- Headache, dizziness, tremors;

- Trouble sleeping;
- Dry mouth or unpleasant taste in mouth;
- Diarrhea or constipation;
- Itching

As you know with all medications there are some warnings.

It is very important to NOT take phentermine with any other weight-loss medications, unless discussed with physician. Phentermine may interact with some medications, ask your doctor before beginning any new medications. Drinking alcohol should be avoided due to increased side effects impairing your thinking and reaction time. Do not take during pregnancy or breastfeeding.

Stop using Phentermine and call your doctor immediately if you experience any of the following: shortness of breath, swelling, rapid weight gain, chest pain, uneven heartbeat, unusual thoughts or behavior, high blood pressure.

WeightLess Diet Plan utilizes Vitamin B12 injections on a monthly basis.

Vitamin B12 is necessary in the growth of healthy blood cells, nerve cells, and proteins in the body. It also helps with the metabolism of fats and carbohydrates.

The side effects of Vitamin B12 that you should report to your doctor as soon as possible: allergic reactions like skin rash, itching or hives, swelling of the face, lips, or tongue; breathing problems; chest pain, tightness.

Water is a very important role in weight loss. Water is a natural appetite suppressant and also helps you metabolize fat. The average person should consume six to eight glasses per day. *You don't like water?* Try adding a sugar-free flavoring packet such as Crystal Light, its only 10 calories.

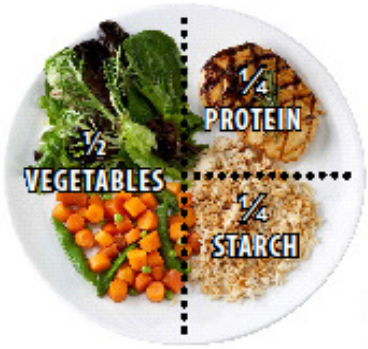
Calories Counting Summary:

- Eat foods that make you feel full: 'Good' carbohydrates that contain fiber and are low glycemic index, low calorie proteins, and a small amount of fat. Eat all three in each meal.
- Eat when hungry, not starving.

- Get your calories in early – breakfast is a must; try to have two-thirds of calories before dinner.
- Change it up, variety can mean more work but it will keep you satisfied.
- Portion size is significant.
- Water, six to eight glasses per day.
- Keep a food journal.

WebMD Portion Size Guide

When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to correct portion sizes. Here are some easy comparisons to help you figure out how many servings are on your pla



PORTION SIZE YOUR PLATE

½ PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for goo nutrition and tastes to please your palate.

¼ PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake or grill your way to a delicious and healthy meal.

¼ PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller lo While foods like yams, potatoes and corn are considered vegetables, they in starch and should be placed on this part of your plate.

BASIC GUIDELINES

1 cup = baseball

½ cup = lightbulb

1 oz or 2 tbsp = golf ball

1 tbsp = poker chip

1 slice of bre = cassette ta

3 oz chicken or meat = deck of cards

3 oz fish = checkbook

1 oz lunch meat = compact disc

3 oz muffin or biscuit = hockey puck

1½ oz = 3

GRAINS

1 cup of cereal flakes = baseball
1 pancake = compact disc
½ cup of cooked rice = lightbulb
½ cup cooked pasta = lightbulb
1 slice of bread = cassette tape
1 bagel = 6 oz can of tuna
3 cups popcorn = 3 baseballs

FRUITS & VEGETABLES

1 medium fruit = baseball
½ cup grapes = about 16 grapes
1 cup strawberries = about 12 berries
1 cup of salad greens = baseball
1 cup carrots = about 12 baby carrots
1 cup cooked vegetables = baseball
1 baked potato = computer mouse

MEATS, FISH & NUT

3 oz lean meat & poultry = deck
3 oz grilled/baked fish = checkb
3 oz tofu = deck of cards
2 tbsp peanut butter = golf ball
2 tbsp hummus = golf ball
¼ cup almonds = 23 almonds
¼ cup pistachios = 24 pistachio

DAIRY & CHEESE

1½ oz cheese = 3 stacked dice
1 cup yogurt = baseball
½ cup frozen yogurt = lightbulb
½ cup ice cream = lightbulb

FATS & OILS

1 tbsp butter or spread = poker chip
1 tbsp salad dressing = poker chip
1 tbsp mayonnaise = poker chip
1 tbsp oil = poker chip

SWEETS & TREATS

1 piece chocolate = dental floss
1 brownie = dental floss packag
1 slice of cake = deck of cards
1 cookie = about 2 poker chips

SOURCE: Kathleen Zelman, MPH, RD, LD, Director of Nutrition for WebMD. Reviewed on November 26, 2008. healthyeating.web

How to Read a Nutrition Label

Being able to read and understand the nutrition label will help you make quick, informed choices of foods that will contribute to a healthy diet.

Nutrition Facts

Serving Size 1 cup (85g) (3 oz.)

Servings per container 2.5

Amount per serving

Calories 45 ~~Calories from Fat 0~~

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55 mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 1g	

Vitamin A 360% • Vitamin C 8% • Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300mg	375mg
Dietary Fiber	Less than	25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Carrots.

1. Serving Size

When looking at a label always start with the serving size. Think about:

- How many servings are in the package I'm holding? Often times a small bag of chips can actually be 2 or 3 servings!
- How many calories are in the entire bag? Remember that if you eat a bagel that said "2 servings" you have to multiply calories, fat, carbs, etc. by 2!

Example				
	Single Serving	%DV	Double Serving	%DV
Serving Size	1 cup (228g)		2 cups (456g)	
Calories	250		500	

2. Calories

This number tells you how much energy you're getting from a food.

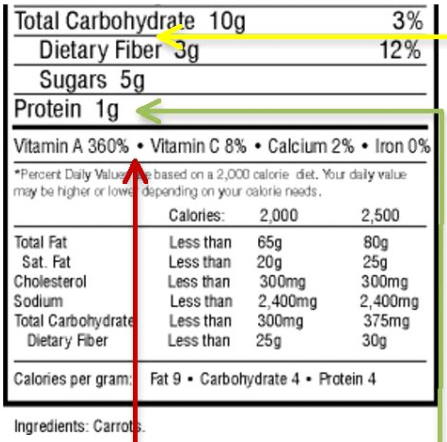
- An average meal should contain between 300-500 calories.
- An average snack should contain between 100-200 calories
- Too many calories can result in weight gain

3: Fat, Sodium & Cholesterol

Fats (specifically saturated and trans fat), sodium & cholesterol all impact your health and should be eaten sparingly

- Diets rich in saturated fat, trans fat, and cholesterol increase risk for developing chronic disease
- Too much sodium raises blood pressure, increasing risk for hypertension. Aim for 1500mg or less per day
- Dietary cholesterol (found in animal sources like red meat, cheese, and whole milk) raises blood levels of LDL (bad cholesterol), increasing your risk for coronary artery disease.

How to Read a Nutrition Label



Total Carbohydrate 10g			3%
Dietary Fiber 3g			12%
Sugars 5g			
Protein 1g			
Vitamin A 360% • Vitamin C 8% • Calcium 2% • Iron 0%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300mg	375mg
Dietary Fiber	Less than	25g	30g
Calories per gram:	Fat 9 • Carbohydrate 4 • Protein 4		

Ingredients: Carrots.

4: Carbohydrates: Sugar and Fiber

The most common forms of carbohydrates are sugars, starches, and fibers.

- Fiber cannot be broken down into sugar molecules so it passes through the body undigested. Fiber promotes digestion and regularity, and helps keep you full. Adults need between 20 and 30 grams/day.
- Avoid simple carbohydrates (like white bread, pastries, and candy) which cause blood sugar to spike, increasing risk for diabetes. Instead, select whole grains and fresh fruit.

6: Vitamins & Minerals

Calcium, Iron, and Vitamins A & C are all important nutrients that most Americans don't get enough of.

- These micronutrients reduce risk of chronic disease
- Calcium is vital for bone strength & health
- Vitamin A is important, for vision, cell growth/development, and white blood cell production.

5: Protein

Protein helps keep you full, and it is important for maintaining muscle mass.

- The best animal protein choices are fish and poultry; stick with lean cuts like sirloin or tenderloin.
- Make red meat only an occasional part of your diet (less than two 3oz servings per week)
- Skip processed meats like bacon, hot dogs, and pepperoni.
- Choose low-fat dairy (yogurt, skim milk) and vegetables sources of protein like beans and nuts (almonds) to keep saturated fat intake low.

Sources:

- http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm#see1
  http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/carbohydrates-full-story/index.html#what-are-carbohydrates

1200 Calorie Menu Sample

- ***Breakfast***

  Combine 3/4 cup bran flakes, 1 banana, and 1 cup fat-free milk in a bowl.

- ***Lunch***

  Build a sandwich with 1 mini whole wheat pita, 3 ounces turkey breast, 1/2 roasted pepper, 1 teaspoon light mayonnaise, mustard, and lettuce. Serve with 1 stick part-skim mozzarella string cheese and 2 kiwis.

- ***Dinner***

  Serve 4 ounces broiled flounder or sole with 2 sliced plum tomatoes sprinkled with 2 tablespoons grated Parmesan cheese, broiled until just golden. Eat with 1 cup cooked couscous and 1 cup steamed broccoli. Enjoy 1 fat-free pudding cup for dessert.

- ***Breakfast***

  Make a smoothie by blending 1 cup frozen berries, 1/2 banana, and 8 ounces fat-free milk. Spread 1/2 English muffin with 1 teaspoon light margarine.

- ***Lunch***

  Heat up 1 cup vegetarian vegetable soup (store bought) and serve with 1 veggie burger in a mini whole wheat pita with lettuce and salsa. Pair those with 6 ounces light yogurt and 15 grapes.

- ***Dinner***

  Brush 4 ounces boneless, skinless chicken breast with barbecue sauce and grill. Serve with 1/2 cup vegetarian baked beans and 3 small boiled red potatoes topped with 1 teaspoon light margarine and a pinch of dill.

1200 Calorie Menu Samples

- ***Breakfast***

  1 slice of wheat toast with 2 tsp no-sugar-added jam, 3/4 cup blueberries and 1 cup fat-free yogurt.

- ***Lunch***

  Place 2 oz sliced turkey on 1 slice of white bread with mustard and lettuce as desired with 1 pickle. Have 1 cup cherry tomatoes with 2 Tbsp of reduced-fat salad dressing. Also 1 cup sliced cantaloupe.

- ***Dinner***

  Have 1 small dinner roll with 1 tsp margarine, 1/2 cup corn, 1 cup green beans and a 2 oz grilled or broiled flank steak. Add 2 pecans, diced, on the green beans. Add 3/4 cup pineapple.

- ***Optional Snacks***

  3/4 oz. pretzels, 8 oz. 1% milk

- ***Breakfast***

  In the microwave, cook 1/2 cup quick-cooking oats with 3/4 cup fat-free milk. Add 1/2 apple (chopped), 1 teaspoon honey, and a pinch of cinnamon.

- ***Lunch***

  To make a chicken salad, toss 4 ounces shredded skinless roast chicken breast with 1/4 cup sliced red grapes, 1 tablespoon slivered almonds, 1 tablespoon light mayonnaise, and 1 tablespoon fat-free sour cream. Serve over lettuce. Eat with 1 banana.

- ***Dinner***

  Serve 4 ounces steamed shrimp with 1 baked potato topped with 3 tablespoons salsa and 1 tablespoon fat-free sour cream; 3 cups spinach, steamed; and 1 low-fat frozen fudge bar.

1400 Calorie Menu Samples

- ***Breakfast***

  Scramble two eggs, 1 piece of whole wheat toast with water or green tea

- ***Morning Snack***

  1 cup low-fat yogurt

- ***Lunch***

  Grilled chicken sandwich, water with lemon

- ***Afternoon Snack***

  1 slice of wheat bread, 3ou. Can of water packed tuna with 1tbsp of light mayo

- ***Dinner***

  Garden salad, grilled chicken with water or green tea

- ***Breakfast***

  1 Tbsp. of peanut butter on 2 slices of whole wheat toast with water or green tea

- ***Morning Snack***

  1 cup diced pineapple and 1 cup skim milk

- ***Lunch***

  Tuna on whole wheat with water or green tea

- ***Afternoon Snack***

  10 grapes and I cup of low-fat yogurt

- ***Dinner***

  Grilled Salmon, 1 cup of brown rice and 1 cup of steamed spinach

Calories

Note: Calorie values are approximate

BEEF	Serving Size	Calories
Hamburger, extra lean	4oz	290
Beef hot dogs	1	100
Rib eye steak, lean	4oz	255
Pot roast, lean	4oz	245
T-bone steak	4oz	245
CHICKEN (NO SKIN)		
Breast	4oz	190
Drumstick and thigh	1	180
Drumstick	2	150
Thigh	1	110
Wing	4	170
EGGS		
Large egg	1	95
Medium egg	1	80
Small egg	1	70
PORK		
Bacon	3 slices	110
Canadian Bacon	3 slices	125
Pork sausage	4oz	320
Pork chop, center cut	4oz	190
Pork rib roast, boneless	4oz	240
Pork tenderloin	4oz	190
Ham, lean	4oz	185
Ham with fat	4oz	330
Ham lunchmeat slices	3	60
TURKEY		
Lunchmeat	2	45
Ground	4oz	180
White meat	4oz	135
Dark meat	4oz	150
Bacon	1	40

Remember to look at saturated fat content*

Lean Meats

Beef: USDA Select or Choice grades of lean beef, such as round, sirloin, and flank steak; tenderloin; roast (rib, chuck, rump), and chipped beef

Pork: Lean pork, such as fresh ham; canned, cured or boiled ham; Canadian bacon, tenderloin, center loin chop

Veal: Chops and roasts.

Poultry: Chicken, turkey, cornish hen (without skin)

SEAFOOD	Serving Size	Calories
Salmon	4oz	180
Tilapia	4oz	110
Tuna white/chunk light	¼ c.	60
Flounder	4oz	135
Grouper	4oz	105
Oysters	15	145
Shrimp	20 lg.	110
DAIRY		
Milk (whole)	1 cup	160
Milk (2%)	1 cup	122
Milk (1%)	1 cup	102
Milk (Skim)	1 cup	90
Cheese (American)	1oz slice	60
Cheese (American low-fat)	1oz slice	50
Cream cheese	2tbsp	70
Sour cream, low-fat	2tbsp	47
Parmesan, grated	1 cup	430
Cottage cheese, low fat	1 cup	163
Cheddar cheese, shredded, low-fat	1oz	80
Mozzarella, shredded, low-fat	1oz	80
String cheese	1	80
Yogurt, low fat	6oz	80

Remember to look at saturated fat content

Beans	Calories/Serving Size
Baked Beans	239/1 cup
Blackeyed Peas	140/half cup
Cannellini Beans	110/half cup
Garbanzo Beans	80/half cup
Lentils	29/1 oz
Lima Beans	209/1 cup
Navy Beans	110/1 cup

Pinto Beans	90/half cup
Red Kidney Beans	100/half cup
Soy Beans	160/half cup
White Beans	110/half cup

Breads

	Calories/Serving Size
White bread	80/1 slice
White bread, light	48/1 slice
Whole-wheat	69/1 slice
Wheat bread, light	46/1 slice
Rye bread	83/1 slice
Croissant	180
Blueberry muffin	200
Corn Muffin	160

Fruit

	Calories/Serving Size
Apple	60
Banana	110
Cantaloupe	50/quarter melon
Cherries	50/1 cup
Dates	120/1 oz.
Grapefruit	60/half
Grapes	50/half cup
Kiwi	100
Mango	107/1 cup
Orange	80
Papaya	55/1 cup
Peach	40/1 md.
Pear	100/1 md.
Pineapple	60/2 slices
Plum	40/1 md
Strawberries	8 cal./1oz.
Watermelon	70/2 cups

Vegetables

Beets	37/half cup
Broccoli	30/1 cup, raw 52/1 cup, cooked
Cabbage	22/1 cup, raw 35/1 cup, cooked
Carrots	35/3 oz, raw 54/1 cup, cooked
Corn	132/1 cup
Green Peas	134/1 cup

Lettuce	8/1 cup
Mushrooms	15/1 cup, raw 44/1 cup, cooked
Onions	64/1 cup, raw 92/1 cup, cooked
Parsnips	55/ half cup cooked
Potato (baked)	115
Potato (mashed)	244/1 cup, instant
Potato (new)	45/half cup
Potato (french fries)	67/10, baked in oven
Red Peppers	46/1 cup, raw
Pumpkin	83/1 cup, canned
Sweet Potato	130/1 md

"Good Fats"

- Canola oil, Olive oil and Sunflower oil
- Nuts and seeds including almonds, macadamia nuts, peanuts. Butter forms of these nuts and seeds, especially when they are not made with no added sugars are also "good fats"
- For snacking or for cooking, try Brazil nuts, sunflower seeds, hazelnuts, pine nuts, pecans and walnuts
- Avocados and olives
- Dark Chocolate… yes, but only in moderation
- Fish

Alcohol

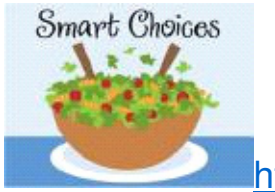
Alcohol is almost as calorie dense as fat and suppresses the body's ability to burn fat. So you guessed it…if you want to lose weight you should not drink it. If you do decide to have a drink, grab a light beer or a small glass of wine.

	Calories	Carbohydrates
Regular beer, 12 fl. oz	139	10.8
Light beer, 12 fl. oz	103	5.2
White wine, 1 glass	70	0.8
Red wine, 1 glass	74	1.8

Pina Colada, 4.5 fl. oz	245	32
Martini	210	0.3
Margarita	300	25
Wine Cooler	210	0
Rum/ coke, 12 fl. oz	369	26
Rum/diet coke	69	0
Vodka/orange juice	190	20

Note: Calorie values are approximate

Websites



http://www.webmd.com/diet/food-fitness-planner

www.sparkpeople.com

www.fitnesspal.com

www.eatingwell.com

www.freedieting.com

What to eat when you want to cheat

When you want…. **Eat this…**

Little Debbie snack Cup (60 cal)	Sugar Free Jello Pudding
Potato chips with dip	10 crackers with Skinny Cow Cheese
Med. chocolate ice cream cone (340 cal)	A Skinny Cow chocolate ice cream bar (100 cal)
Milkshake	Smoothie: ½ c. low-fat yogurt, 1 scoop protein powder and ice
Half a large bag of potato chips (800 cal)	Small bag of Baked Lays potato chips (130 cal)
2 slices Pepperoni pizza (1,000 cal)	Kraft's SouthBeach Pizza, Deluxe (310 cal)

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Calories							
Water							
Exercise							

Exercise …

Regular exercise is an important part of effective weight loss. Your weight is determined by the number of calories you eat each day minus what your body uses. Exercise helps control your weight by using the excess calories that otherwise would be stored as fat and also boosting your metabolism. According to the U.S. Dept. Of Health and Human Services *2008 Physical Activity Guidelines for Americans*, you need to do two types of physical activity each week to improve your health-aerobic (cardio) and muscle-strengthening. Adults need at least 2 hours and 30 minutes (150 minutes) of *moderate-intensity* aerobic activity (i.e. brisk walking) every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups. Or 1 hour and 15 minutes (75 minutes) of *vigorous-intensity* aerobic activity (i.e. jogging or running) every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups. We know that sounds like a lot of time, but you can break it up into smaller chunks of time during the day. As long as you're doing your activity at a moderate effort for at least 10 minutes at a time.

What counts as aerobic activity?

Aerobic exercise (cardio) *noticeably* increases your heart rate and breathing and involves the continuous rhythmic movement of your large muscle groups. As long as you're doing exercising at a moderate or vigorous intensity for **at least 10 minutes at a time**.

Moderate Activities (I can talk while I do them, but I can't sing.)

- Ballroom and line dancing
- Biking on level ground or with few hills
- Canoeing
- General gardening (raking, trimming shrubs)
- Sports where you catch and throw (baseball, softball, volleyball)
- Tennis (doubles)
- Using your manual wheelchair
- Using hand cyclers—also called ergometers
- Walking briskly
- Water aerobics

Vigorous Activities (I can only say a few words without stopping to catch my breath.)

- Aerobic dance
- Biking faster than 10 miles per hour
- Fast dancing
- Heavy gardening (digging, hoeing)
- Hiking uphill
- Jumping rope
- Martial arts (such as karate)
- Race walking, jogging, or running
- Sports with a lot of running (basketball, hockey, soccer)
- Swimming fast or swimming laps
- Tennis (singles)

What counts as muscle-strengthening activities?

These activities should work all the major muscle groups of your body (legs, hips, back, chest,

abdomen, shoulders, and arms). Resistance training (weight training) can play an important role in the development of self-confidence and body satisfaction by increasing strength, toning muscles and increasing muscular endurance. There are many ways you can strengthen your muscles, whether it's at home or the gym. You may want to try the following:

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight for resistance (i.e., push-ups, sit ups)
- Heavy gardening (i.e., digging, shoveling)
- Yoga

Our bodies are made to move

If you have a sedentary job, think about how your body feels at the end of the day. Do you have tight muscles, an aching back, feel exhausted even though you haven’t done anything physical? Maybe your shoulders burn from tension and your head hurts from staring at a computer screen for too long. Now, think about how your body feels after a workout. Your

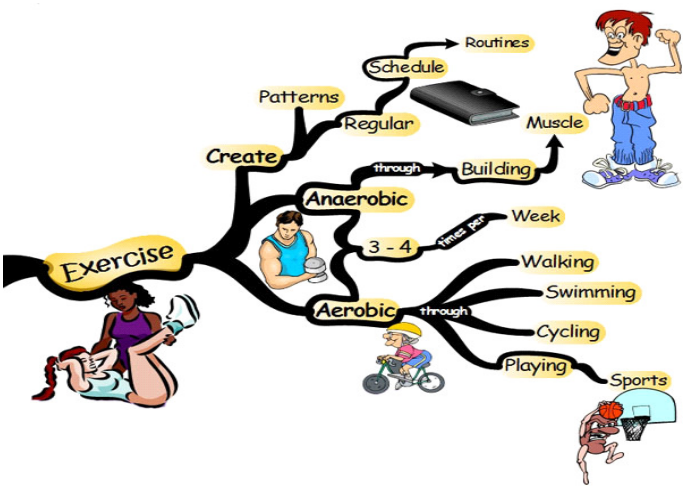
muscles are warm and flexible, the blood is pumping through your body, providing oxygen and energy. You feel energized, confident, proud of yourself and ready to take on the world!

Regular exercise can help and/or prevent:

- Heart disease and stroke. Daily physical activity can help prevent heart disease and stroke by strengthening your heart muscle, lowering your blood pressure, raising your HDL (“good” cholesterol), and lowering LDL cholesterol (“bad” cholesterol), improving blood flow, and increasing your hearts working capacity.
- High blood pressure.
- Diabetes. By reducing body fat, physical activity can help to prevent and control type 2 diabetes.
- Back pain. By increasing muscle strength and endurance and improving flexibility and posture, regular exercise can prevent back pain.
- Osteoporosis. Regular weight-bearing exercise promotes bone formation and may prevent many forms of bone loss associated with aging.
- Manage stress.

Remember...balancing the number of calories you expend through exercise and physical activity with the calories you eat will help you achieve yourdesired

weight.



10 Ways to Work in Effective Workouts

You work eight hours a day, have kids, and manage a household; so when do you have time for a workout? You owe it to yourself, and your health, to find the time for both aerobic exercise and strength training.

http://www.everydayhealth.com/fitness/motivation/tips/being-active.aspx
By **Dennis Thompson Jr.**
Medically reviewed by **Cynthia Haines, MD**

Everyone needs to get a certain level of physical activity just to stay healthy. Each week, you should be engaging in at least 150 minutes of moderate **aerobic exercise** or 75 minutes of vigorous aerobic exercise, plus a minimum of two **strength-training** sessions. And if you want to lose weight, you may need to work out even more. Stretching is necessary, too, during your warm-up and cool-down — and possibly as a separate practice if you want the additional mind-body benefits of yoga or tai chi, for instance.

These workout goals can be fairly intimidating if you're new to an exercise program and are unsure of how to fit them into a full and hectic schedule. Here are some ideas for how you can work out and burn calories on even your busiest days.

How to Work In Working Out

- **Schedule 10-minute workout sessions.** If blocking out time for a 30-minute aerobic exercise workout seems impossible at first, start by finding 10 minutes three times a day. For example, instead of sipping another cup of coffee in the break room at work, take 10 minutes to walk around the block or up and down a few flights of stairs.

- **Find a workout buddy.** Having a friend to exercise with can help motivate you to schedule a regular workout and stick with it because you won't want to let down your buddy. You can encourage each other and share tips on what works and what doesn't to make your workouts more effective.

- **Join a fitness club with a schedule that meets your needs.** You may find even more motivation from working out in a group and feel challenged to extend yourself more if other members are slightly more fit than you are. But the secret to making a **health club** membership pay off is to join one that has a schedule that meshes with yours. If your job often has you working late, look for a club with extended hours.

- **Make your chores part of your fitness routine.** You can burn calories by doing everyday chores. Raking leaves, mowing the lawn, washing the car, dusting around the house, or running a vacuum cleaner can count as moderate exercise, particularly if you perform these activities vigorously.

- **Take extra steps.** Make it a little harder on yourself to get where you're going. Take the stairs, not the elevator. Park farther away from a store's entrance, and walk between stores, if possible, when you're out running errands. Research says if you take 10,000 steps a day, you'll be on your way to better physical fitness.

- **Find an exercise activity that really engages you.** It could be a team sport such as basketball or softball, a more solitary pursuit such as jogging or bicycling, or a group activity like step aerobics or Zumba. The important thing is that the activity appeals to you so much that you look forward to it and want to carve time out of your day to pursue it.

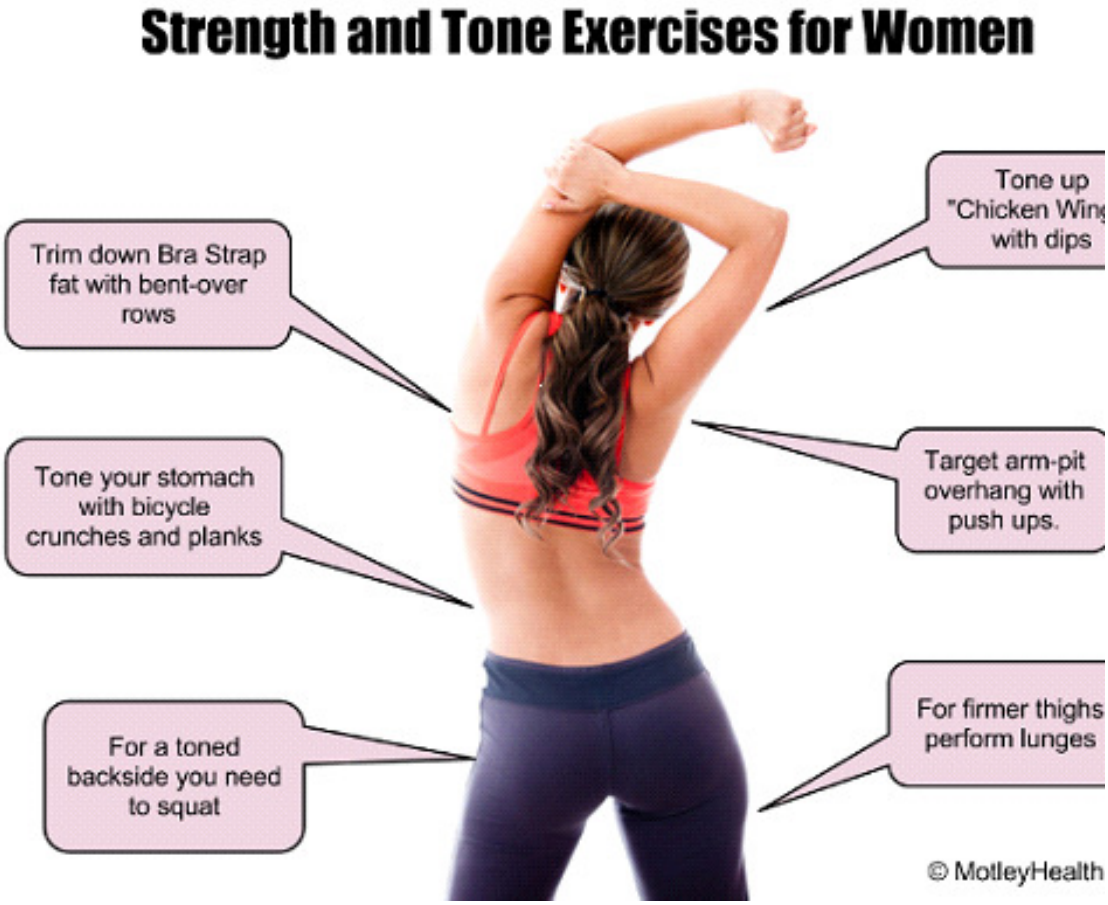
- **Pick a workout time that feels right to you.** Do you find it easier to exercise before you go to work and enjoy the satisfaction of knowing it's done? Or would you rather exercise at lunchtime, as a nice break from the workday? Maybe you prefer to cap your day with a session at the gym before heading home for dinner. Once you identify your best time, you'll be more likely to work out at that hour on a consistent basis.

- **Work your workout into family time.** Spend time with your family pursuing activities that will improve everyone's health. Play a family game of softball or touch football. Take a weekend hike around a park or through a nature preserve. Walk or ride your bikes around the neighborhood in the evening after supper. You'll all enjoy quality time and increased physical fitness.

- **Use social gatherings as a stepping-off point for exercise.** Set up a lunchtime walking group at work. Organize an after-church bicycle ride with other members of the congregation. It's easier to get moving when you're already out of the house, and the members of your group will motivate each other.

- **Reset your daily schedule.** Get up a half-hour earlier to give yourself time to fit in a workout. Take a red pen to your daily calendar and look for activities you can drop or do at another time to make room for exercise. Remember that every minute spent exercising is a worthwhile investment.

Remember that part of fitting exercise into your day is *wanting* to fit it in. If you have a routine and it's beginning to bore you, look for ways to shake it up and renew your commitment.



The Couch to 5k - How to Use the Plan

Using the Couch to 5k Training Plan is simple. Just start your training on week 1, and progress through the days normally. In the beginning, you will be doing lots of walking as warm ups and cool downs. Later on, when you've experienced long periods of running, you won't need to walk as much. Around week 6, you'll stop walking as a warm up. Around week 9, you'll be done with walking altogether.

Training Plan

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	5 min walk 2 min jog 5 min walk	Relax!	5 min walk 2 min jog 5 min walk	Relax!	5 min walk 3 min jog 5 min walk	Relax!	Relax!
2	5 min walk 3 min jog 5 min walk	Relax!	5 min walk 4 min jog 5 min walk	Relax!	5 min walk 5 min jog 5 min walk	Relax!	Relax!

3	5 min walk 6 min jog 5 min walk	Relax!	4 min jog 5 min walk 4 min jog 5 min walk	Relax!	5 min walk 7 min jog 5 min walk	Relax!	Relax!
4	5 min walk 7 min jog 5 min walk	Relax!	5 min walk 8 min jog 5 min walk	Relax!	5 min walk 9 min jog 5 min walk	Relax!	Relax!
5	5 min walk 9 min jog 5 min walk	Relax!	6 min jog 5 min walk 6 min jog 5 min walk	Relax!	5 min walk 10 min jog 5 min walk	Relax!	5 min walk 11 min jog 5 min walk
6	5 min walk 11 min jog 5 min walk	Relax!	13 min jog 5 min walk	Relax!	15 min jog 5 min walk	Relax!	Relax!
7	15 min jog 5 min walk	Relax!	8 min jog 5 min walk 8 min jog 5 min walk	Relax!	16 min jog 5 min walk	Relax!	17 min jog 5 min walk
8	17 min jog 5 min walk	Relax!	18 min jog 5 min walk	Relax!	20 min jog 5 min walk	Relax!	Relax!
9	20 min jog	Relax!	12 min jog 5 min walk 12 min jog	Relax!	24 min jog	Relax!	25 min jog
10	25 min jog	Relax!	27 min jog	Relax!	30 min jog	Relax!	Race Day!

Everyday STRETCHES

With all stretches: No bouncing, remember to breathe, hold each stretch for about 30-60 second and stretch to a point you feel tight but not painful.

Chest Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Hold your arms out to the side parallel with the ground and the palms facing forward.
- Stretch the arms back as far as possible.
- You should feel the stretch across your chest.

Upper Back Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Interlock your fingers and push your hands as far away from your chest as possible, allowing your upper back to relax.
- You should feel the stretch between your shoulder blades.

Shoulder and Triceps Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Place both hands above your head and then slide both your hands down the middle of your spine.
- You should feel the stretch in the shoulders and the triceps.

Side Bends

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent, hands resting on the hips.
- Bend slowly to one side, come back to the vertical position and then bend to the other side.
- Do not lean forward or backwards.
- You should feel the stretch on your sides.

Hip and Thigh Stretch

- Stand tall with your feet approximately two shoulder widths apart.
- Turn the feet and face to the right.
- Bend the right leg so that the right thigh is parallel with the ground and right lower leg is vertical.
- Gradually lower the body.
- Keep your back straight and use your arms to balance.
- You should feel the stretch along the front of the left thigh and along the hamstrings of the right leg.
- Repeat by turning and facing to the left.

Biceps Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Hold your arms out to the side parallel with the ground and the palms facing forward.
- Rotate the hands so the palms face to the rear.
- Stretch the arms back as far as possible.
- You should feel the stretch across your chest and in the biceps.

Shoulder Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Place your right arm, parallel with the ground across the front of your chest.
- Bend the left arm up and use the left forearm to ease the right arm closer to your chest.
- You should feel the stretch in the shoulder
- Repeat with the other arm.

Calf Stretch

- Stand tall with one leg in front of the other, hands fla and at shoulder height against a wall.
- Ease your back leg further away from the wall, keep- ing it straight and press the heel firmly into the floor
- You should feel the stretch in the calf of the rear leg.
- Repeat with the other leg.

Adductor Stretch

- Stand tall with your feet approximately two shoulder widths apart.
- Bend the right leg and lower the body.
- Keep your back straight and use arms to balance.
- You should feel the stretch in the left leg adductor.
- Repeat with left leg.

Quadriceps Stretch

- Stand tall with feet comfortably apart.
- Grab hold of a stationary object for balance with one hand.
- Use the opposite hand to grasp the leg around the ankle.
- Lift it towards your buttocks.
- Repeat with the other leg.

Fit Facts™

American
on Exerci

HEALTHY HYDRATION

Water is one of the most essential components of the human body. Water regulates the body's temperature, cushions and protects vital organs and aids the digestive system. Water not only composes 75% of all muscle tissue and about 10% of fatty tissue, but it also acts within each cell to transport nutrients and dispel waste. And, because water composes more than half of the human body, it is impossible to sustain life for more than a week without it.

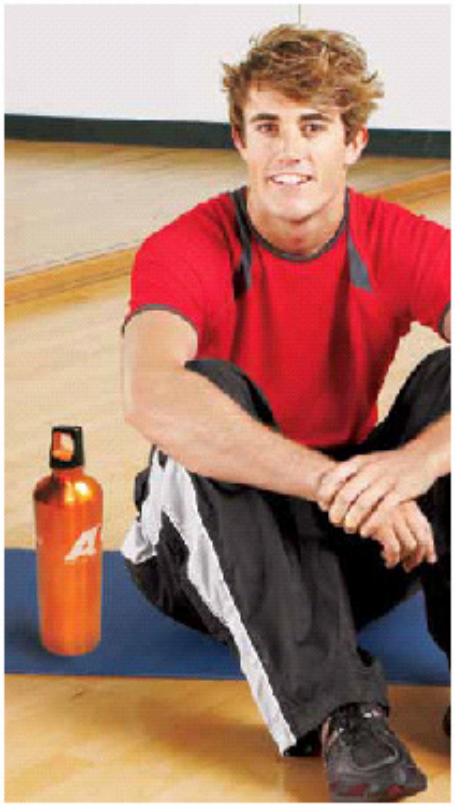
Water Loss

Necessary to the healthy function of all internal organs, water must be consumed to replace the amount lost each day during basic activities. According to the Food and Nutrition Board, it is recommended that women consume 2.7 liters (91 oz) daily and men consume 3.7 liters (125 oz) through various beverages (80%) or in food (20%). Active individuals need even more, particularly if they're exercising in hot weather. This is especially important during the 24 hours prior to vigorous exercise. You can meet your body's water needs over the course of a day through a variety of fluids and foods, including juices, soda, smoothies, tea, lemonade, soups, fruits and vegetables.

In one hour of exercise the body can lose more than a quart of water, depending on exercise intensity and air temperature. If there is not enough water for the body to cool itself through perspiration, the body enters a state of dehydration.

Dehydration

For regular exercisers, maintaining a constant supply of water in the body is essential to performance. Dehydration leads to muscle fatigue and loss of coordination. Even small amounts of water loss may hinder athletic performance.



In a dehydrated state the body is unable to cool itself efficiently, leading to heat exhaustion and possibly heat stroke. Without an adequate supply of water, the body will lack energy and muscles may develop cramps.

To prevent dehydration, exercisers must drink before, during and after each workout.

Fluid Balance and Replenishment

It is important to drink even before signs of thirst appear. One way to check your hydration level is to monitor your urine. It should be plentiful and pale yellow unless you are taking supplements, which will darken the color for several hours after consumption.

During exercise, water is the best fluid replenisher for most individuals, although sports drinks help replace lost electrolytes during high-intensity exercise exceeding 45 to 60 minutes. Individuals who sweat profusely during exercise and whose sweat contains a high amount of sodium (you may notice salt stains/rings on your athletic wear) should choose sports drinks and ensure that their diet contains adequate sodium to prevent hyponatremia (water

Contrary to popular belief, scien
suggests that moderate caffeine
not compromise exercise perfor
tion status. However, alcohol co
interfere with muscle recovery f
and negatively affect a variety o
variables.

It is easy to prevent dehydrat
ety of refreshing beverages, so d

Hydration Hints

- Drink 17 to 20 ounces of w
  before the start of exercise.
- Drink 7 to 10 ounces of flui
  20 minutes during exercise.
- Drink 16 to 24 ounces of fl
  pound of body weight lost

Hint: Rehydration occurs faste
ence of sodium, regardless of wh
provided in a sports drink.

Additional Resource

Institutes of Medicine—Dietary Re
www.iom.edu/CMS/3788/4574.asp

About.com: www.sportsmedicine.
hydration/a022504.htm

*If you are interested in informat
health and fitness topics, contac
Council on Exercise, 4851 Parame
Diego, CA 92123, 800-825-3636;
www.acefitness.org/GetFit and a
plete list of ACE Fit Facts™*

Fit Facts™

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on Exe

EXERCISE CAN HELP CONTROL STRESS

People who exercise regularly will tell you they feel better. Some will say it's because chemicals called neurotransmitters, which are produced in the brain, are stimulated during exercise. Since it's believed that neurotransmitters mediate people's moods and emotions, they can make you feel better and less stressed.

While there's no scientific evidence to conclusively support the neurotransmitter theory, there is plenty to show that exercise provides stress-relieving benefits.

There are four ways in which exercise controls stress:

- *Exercise can help you feel less anxious*—Exercise is being prescribed in clinical settings to help treat nervous tension. Following a session of exercise, clinicians have measured a decrease in electrical activity of tensed muscles. People are often less jittery and hyperactive after an exercise session.
- *Exercise can relax you*—One exercise session generates 90 to 120 minutes of relaxation response. Some people call this post-exercise euphoria or endorphin response. Many neurotransmitters, not just endorphins, are involved. The important thing, though, is not what they're called, but what they do: They improve your mood and leave you relaxed.
- *Exercise can make you feel better about yourself*—Think about those times when you've been physically active. Haven't you felt better about yourself? That feeling of self-worth contributes to stress relief.
- *Exercise can make you eat better*—People who exercise regularly tend to eat more nutritious food. And it's no secret that good nutrition helps your body manage stress better.

It's Time to Get Started

Now that you know exercise can make a big difference in controlling stress, make some time for regular physical activity. We'll help you get started by listing three activities you can choose from:

- *Aerobic activity*—All it takes is 20 minutes, six to seven days a week. Twenty minutes won't carve a big chunk out of your day, but it will significantly improve your ability to control stress.
- *Yoga*—In yoga or yoga-type activities, your mind relaxes progressively as your body increases its amount of muscular work. Studies have shown that when large muscle groups repeatedly contract and relax, the brain receives a signal to release specific neurotransmitters, which in turn make you feel relaxed and more alert.
- *Recreational sports*—Play tennis, racquetball, volleyball or squash. These games require the kind of vig
rids your body of stress
and other hormones.

Not Just Any Exe

Don't try exercising in yo
or away from the office is th
a stress-free environment. E
ness center can trigger too r
thoughts for some people.

Stay away from overcrow
work surrounded by people,
class may be counterproduct
may be more relaxing for yo
work alone, you may enjoy t
of exercising in a group. A l
personality and what causes

Don't skip a chance to ex
every 90 minutes and you'll
a favor. Ninety-minute inter
work-break period. And fou
cise breaks will burn about a
a solid 40-minute session. W
can be as simple as walking
stretching or doing calisthen

Controlling stress comes
the time to exercise. You're

Additional Resour

American Psychological Assoc
Helps Keep Your Psyche Fit:
releases/exercise.html

*If you are interested in infor
health and fitness topics, co
Council on Exercise, 4851 Pa
Diego, CA 92123, 800-825-3
www.acefitness.org/GetFit a
plete list of ACE Fit Facts*

Why Move More?

There are some serious benefits to moving more and increasing your daily physical activity at work. Moderate amounts of physical activity can greatly improve health and quality of life.

1. Nervous System
- Improves concentration, creativity and performance
- Reduces stress, anxiety and frustration

2. Bones
- Strengthens bones and improves muscle strength and endurance
- Makes joints more flexible allowing for easier movement
- Reduces back pain by improving flexibility and posture
- Reduces the risk of osteoporosis and fractures

3. Heart
- Reduces the risk of developing heart disease and stroke

4. Blood
- Improves blood circulation to all body parts
- Helps to lower bad (LDL) cholesterol and raise good (HDL) cholesterol
- Helps to lower high blood pressure and prevent high blood pressure from occurring

5. Digestive System
- Helps control appetite
- Improves digestion and waste removal

6. Lungs
- Slows the rate of decline in lung function
- Improves body's ability to use oxygen

7. Others
- Reduces the risk of developing diabetes and some cancers
- Helps to maintain a healthy body weight
- Improves self-image and sense of well-being
- Improves the immune system
- Helps to sleep well and feel more rested

YOGA: Good for the Whole Body

Yoga is an ancient system of personal development encompassing mind, body and spirit. It is now embraced by modern science and by millions of Americans. Yoga can benefit anybody, from babies to seniors, and can be adapted for anybody, from pregnant women to hardcore athletes. Take a class and see why yoga is often called the "fountain of life."

- **YOGA for strength**
  Building or rebuilding – muscle is just one of the many reasons to do yoga. The wide variety of yoga poses helps us strengthen muscles in all areas of your body. Yoga can be especially helpful in strengthening back muscles 0 and reducing lower back problems.

- **YOGA for flexibility**
  When people think 'yoga,' they often picture extraordinary flexibility – bodies twisted into amazing postures. Fortunately, you don't have to be naturally flexible to do yoga. With yoga's gentle pace, your body can become flexible and strong at the same time.

- **YOGA for balance**
  Yoga teaches balance in body and mind, both essential for overall health in hectic times. Good physical balance reduces the risk of injuries and life-threatening falls, especially for older people. Mental balance helps us survive the natural ups and downs of daily life.

- **YOGA for energy**
  Yoga is an energizing activity – both physically and mentally. Yoga poses stimulate the flow of oxygen into the lungs and the flow of blood throughout the body. Traditionally, yoga classes also include a relaxation pose – time to breathe deeply and rest completely.

- **YOGA for stress reduction**
  Numerous studies confirm that people who do yoga feel

less stressed generally – and are better able to handle highly stressful situations. Yoga enhances your ability to concentrate (by paying attention to your breathing) – and to clear your mind of extraneous thoughts.

- **YOGA for every body**
  A wide spectrum of yoga classes are available in this country. Some have a spiritual emphasis and include teaching about Eastern philosophy. Others focus on the health and fitness aspects of yoga. The key is to find a class or video that fits you and your lifestyle.

Meditation can be dated back over 5,000 years ago. Nowadays, many people feel stressed and over-worked, like there's not enough time to get everything done. This makes you unhappy, impatient and frustrated. Your health may be affected by stress. Meditation gives you extra time by making you calmer and focused. During meditation, heart-rate decreases, breathing slows, blood pressure regulates, and oxygen is used more efficiently. In addition, adrenal glands produce less cortisol, immune function improves, the mind clears and creativity increases.

Since meditation is so good for us, how does it work? Meditation involves sitting in a relaxed position and clearing your mind. Twenty minutes or more is needed of uninterrupted time. The only mission you have in meditation is your breath. Bring your attention to your breathing, notice everything about your breathing: the inhale, the exhale and the tiny pause between them. You should breathe naturally,

just stay aware of your breath and you'll relax. The goal of meditation is to clear the mind. Whenever you find your thoughts drifting, come back to being aware of sitting and breathing. Set a timer before starting to avoid looking at a clock frequently. Meditation is a skill that needs practice and more practice. By learning mediation you can reap the benefits like relaxation, energy, and gain perspective on life.

The Dreaded Plateau

The scale and measurements have continued to go down while eating a healthy diet and exercising regularly. The results stop unexpectedly with no changes to your program. You may have hit a weight-loss plateau.

If you are at a plateau, and committed to lose more weight, you will have to make some adjustments. Here are some tips for getting past your weight-loss plateau.

- *Re-evaluate your behavior*. It's common to overrate calories burned and underrate calories eaten. Look for places where calories may hide – spreads, croutons, dressings, sauces and other condiments.
    - Do you taste-test a lot while cooking?
    - Do you finish what the kids leave on their plates?
    - Do you grab handfuls of nuts, candy or chips without even thinking about it?
    - Do you measure/weigh portions?

  Keeping a food and activity diary may help keep you on track.

- *Reduce calories*. Cut your daily calorie intake by 200 calories. Make sure you

are not below 1200 calories a day for women, 1800 calories per day for men, to prevent feelings of hunger, which will increase your risk to overeat.

- *Enhance your workout*.
    - Switch to a new type of exercise, maybe try plyometrics, a spin class or pilates
    - Exercise an additional 15 to 30 minutes each session
    - cycling (or zig-zagging) calories, tricking the body by varying calorie intake
    - Increase the intensity of your exercise, HIIT (High Intensity Interval Training) burns more calories
    - Weight train, the more muscle mass you have the more calories your body will need to maintain it
    - Hire a personal trainer, you will be motivated to work harder
    - Try yoga to avoid stress eating

  Many fitness experts claim that by surprising your body with a change in diet, workout, or both can jostle you out of a weight loss rut.

- *Boost your activity during the day*. In addition to working out at the gym you can increase your physical activity during the day by:
    - Taking the stairs whenever you can
    - Yardwork
    - Vigorous cleaning
    - Washing the car

- *Refresh your effort*. If your motivation is dragging, write down all the reasons you want to lose weight. Put the list someplace you will read it every day.