



## **MAKE SURE TO CHECK WITH YOUR PHYSICIAN BEFORE BEGINNING ANY DIET OR EXERCISE REGIMEN**

### **EMOTE**

- Accept yourself; Love yourself; understand that you ARE worth it; always think positively of yourself.
- Take care of yourself; know your greatest possession-YOUR BODY
- Don't be an IF...then person; be a WHEN...then person.
- DO NOT SELF-DEPRICATE; Don't speak ill of yourself; look in the mirror and tell yourself that you are grateful; malcontent people often turn their anger inwards and eat or engage in unhealthy habits
- Say positive things about yourself TO yourself
- Make an effort to smile & keep a happy demeanor; "fake it til you make it!"

### **Motivation**

- Fix on a motivator to help you achieve your goals; "I want to be healthy to see my daughter get married" or "I want to run a marathon next year" or "I will win the iPad!"
- Don't make your goals about spite ("I'll show them..."); the most successful people constantly set goals and achieve them which help to build SELF CONFIDENCE!
- Ignore those who tell you that you can't; those that are jealous. They will always be there
- Surround yourself with people that support you!

Self Visualization ☺ the most successful people in the world do this all the time; Imagine what you will look like and how you will feel with a different body

Be SPECIFIC ☹ Visualize holding your spouse or walking your children on a sunny day; do this often, the more often the better

- Know YOU are in control of what you eat and understand that you are the driver in your life; you will gain control of more aspects of your life
- the only one that is with you 24/7 365 is you; YOU are the person you can always rely on
- Excuses ☹ “my kids always have candy in the house”; “I don’t have time to work out”; DITCH EM!
- You know that you can fit it in; make the decision to NOT live your life full of excuses
- **Keep a health diary**; if not a personal one, keep a record of the foods that you eat
- there are several apps for your smartphone available that will help with this; Especially true for the people who say “I diet and I diet, but I just can’t lose the weight”
- Exercise can be a form of meditation and alleviate stress; but it is for me?
- learn to take at least five minutes a day for yourself to just sit quietly and take deep breathes; clear your mind of all thoughts and worries
- **Get plenty of sleep!**
- Be careful when you read fashion and exercise magazines;
- understand that is the models’ job to look that way to be photographed and paid to put food on their table; don’t use them as an example
- Set **realistic goals** and succeed; this will build your self confidence
- Pay no attention to people who can eat whatever they want and not gain weight. You are not travelling in their body, you are travelling in yours!
- Start to eliminate the “fat” clothes as you are losing weight. The trapeze artist with no safety net never falls!
- Take a picture of yourself in your underwear at the start of this journey. Keep it with you always and for the rest of your life. This picture is only for you. Your “BEFORE” that you will never go back to! Now you are the happily ever “AFTER” person!

## HYDRATE

- Drink plenty of water as thirst can be confused for hunger; drink at least a glass of water before you eat a meal; water with lemon or lime is great!
- A general guide is to look at your urine; the darker it is = the more you need drink; clear looking urine means you are well hydrated; keep water with you or available to you as much as possible
- Calorie free drinks are okay, but be careful; the sweeter they taste the more they will invoke an insulin response and can increase your hunger
- Water also helps prevent that feeling of “tiredness”

## EAT

- Eat slowly ☺ try to eat with people as opposed to alone; it is hard to “binge” in front of others; also, conversation slows the speed at which you eat and gives your stomach time to “catch” up and register that you are full; also, it's more fun
- Eat several small meals throughout the day spaced a few hours apart; Do not wait until you are “hungry”
- Avoid food shopping when you are hungry!
- Avoid salting your foods, salt in itself increases appetite and thirst; Instead use spices and potassium “No-salt”
- Do not eat after 8 pm (that is what celery and sugar free jello are for!) ☺ You will feel hungry (it's a diet), but the good news is your stomach is shrinking!
- Do not “overeate”; understand when you are full; don't ever find yourself saying “I AM STUFFED!”; as you stretch your stomach it becomes accustomed to being full at larger volumes and will learn to accommodate more food and you will gain weight
- Understand the purpose of food; it is not there to make you feel good ☺ it is sustenance to keep you energized and sustain your body; your body is an efficient machine and needs less fuel than you think
- Before you eat something stop and think, do I really want that? Do I really need that to survive? If you want just “a taste” then stick with “a taste” but remember that it can lead to eating more “tastes” than you think

- Don't justify a sweet with "I work hard...I deserve this..." Do you deserve to feel out of control of what you eat? Do you deserve the guilt you might have after eating that sweet?
- Don't completely cut out your favorite things (candy, bakery items), but instead limit yourself or have only one occasionally; this way, you don't feel you are denying yourself!
- Learn to prepare your meals; once you learn this you will become faster at it and will be less likely to stop for "fast food"
- Avoid "fast food" at all costs
- I always say it is better to just drink water or a diet soda than stop for a fast food meal; you don't really know what they're putting in the food; even something as simple as a grilled chicken breast
- Keep your diet SIMPLE; the more complicated you make it = the more likely you will be to fail; stick with a simple "core" diet and add and subtract items as you discover what your tastes are.
- Eat the protein portion of your meal first; protein in the blood stream signals a feeling of being full or sated
- Try to have at least 30 grams of protein with each meal (unless you are a renal patient or have gout or other protein complex disease); don't overdo it as your body can only absorb so much
- Try to eat the treats that you love away from home ☹ you will be less likely to binge eat them; Instead eat them with your family (ie. an ice cream outing)
- When you prepare your foods add spices and low calorie flavorings that will make you enjoy the food more; a fireball hard candy is a great way to add spice with a few calories when you feel like a treat
- Keep your refrigerator stocked with quick healthy snacks; If you need a late night snack have sugar free jello on hand and eat it as quickly to fill you up
- Try to eat most of your calories by early afternoon so your body used the calories instead of storing them as fat
- Try to sweeten with condiments such as honey; honey has amazing properties! Have you ever seen bacteria or fungus growing on honey that sits out on your counter?

- Gluten is not an enemy but much of the world is gluten sensitive; It incites an inflammatory response in the GI tract and this increases the size of the GI tract and slows digestion, which can incite diarrhea, abdominal pain and cramping.
- Instead of doughnuts bring a fresh salad tray to work for your colleagues; They'll thank you later
- Be careful with supplements and vitamins. Anemics and women need iron supplementation
- Pregnant women need a multivitamin and folic acid and women do need calcium for bone health as they age. Most Americans however overdo vitamins and research is beginning to show that some may actually be harmful.
- Try to eat at least 1 gram of protein per kilogram of bodyweight; lower for people with protein complex disease and kidney disease. Check this again with your health care provider.

## SCIENCE

- Glycemic index = the amount of "sugar" that appears in your bloodstream following eating a certain food; simple sugar is 100. Eat foods with lower glycemic indexes.
- Insulin index is how much a sugar raises your body's production of insulin (the hormone that is secreted by your pancreas that pulls nutrients like sugar and amino acids into your muscles and fat stores); Eat foods that do not raise your insulin index too high.
- Generally foods that have low glycemic index will have low insulin index; but not always so.
- Insulin is secreted even just looking at food; it prepares your body for a meal, so avoid being present around food constantly and avoid the foods that will trigger your "sweet" appetite
- One pound of bodyweight is equal to 3500 calories; so if you want to lose a pound of bodyweight you need to eat 3500 calories less
- Best to do over the course of a week; so it is advisable to lose weight at a rate of one pound a week
- Hormones leptin and protein YY are involved in weight loss and gain; but they are not the only things involved in weight management
- Reduced calorie dieting signals a fibroblast growth factor that may increase life span and improve health

There are equations available that help determine your basal caloric requirements based on age, weight, and height. Use these to your advantage. You can calculate your current requirements based on your current weight and then subtract 500 calories per day to lose a pound a week. Trying to factor in exercise level is very confusing so stick with calculating your basic requirements.

Here are two examples:

A 40 year old woman; 200 lbs; 5'8" needs 1657 calories a day to maintain her weight (a 20 year old 1750)

A 40 year old man; 200 lbs; 5'8" needs 1903 calories a day to maintain his weight (a 20 year old 2039)

## **GET MOVING!**

- Exercise whenever its convenient for you; but it may be good to do it later in the day when your metabolism naturally wants to slow down
- Hire a trainer; it doesn't have to be once a week even, but people that invest in their health are more likely to keep up with it
- Everyone should exercise with weights as well; weights are especially important for keeping the body's alignment and spinal health and very important for women and bone health
- Exercise **EVERYDAY**; if you do this you will more than likely at least get three days a week in as opposed to telling yourself three days a week and only actually exercising once a week
- Workout with your spouse, partner, family and/or friends; they will help keep you motivated when you may not be. Also consider working out with your children; Help to teach them good habits. They grow up too fast!
- Just show up; there's a saying in AA: "fake it til you make it"; show up to exercise and give it some effort; it will finally become incorporated in your routine and your confidence will grow when you see some results
- Train with weights first then do your cardio. You will be more likely to burn your fat stores during your cardio then.
- Try to exercise for at least a half-hour when you do.
- When you do your cardio, try to improve slightly each time; (ie. travel slightly farther on the treadmill in the time period or increase the incline slightly more.)
- Ease into your exercise routine; spend a few minutes to do active stretching before you exercise. It will help reduce your risk of injury and will improve your flexibility.
- Consider getting a pet. Especially a dog that needs to be exercised everyday. It will serve as motivation if you are having trouble. And, they make incredible companions. It is well known that pet owners live longer.
- Sip a protein drink (one with no or low carbs) during your workout. This will help keep your body from degrading your own amino acids in your muscles for energy and make protein immediately available after your workout for building muscle.
- Wear "fun" gym clothes! Why not look good while you work out? It helps ritualize working out as part of your routine. "I have my work outfit, and here is my workout outfit"
- Use a pedometer; try to walk at least five miles a day; take the stairs instead of the elevator.

## **SIMPLE BASE 1500 CALORIE DIET WITH LOW GLYCEMIC INDEX FOODS**

**One cup of oatmeal 145 calories**

**6 egg whites (24 grams of protein) 106 calories**

**4 six ounce chicken breasts (35 grams of protein each; 165 calories each) 660 calories**

**4 medium sweet potatoes (110 calories each) 440 calories**

**40 grams (scooped) protein powder 160 calories**

**Total: 1511 calories SHOPPING LIST**

**Brown rice**

**Bison**

**Fish**

**Turkey**

**Greens: spinach; lettuce**

**Green beans**

**Cucumbers**

**Low salt pickles**

**Sugar free Jello**

**Chicken breasts**

**Yams**

**Sweet potatoes**

**Yucca root**

**Cherries**

**Strawberries**

**Peanuts**

**Grapefruit**

**Hummus**

**Cashews**

**Low carb (2g per tbsp) salad dressings**

**Oatmeal**

**Honey**

**Eggs**

**Celery**

**High protein; low carb protein bars to help you when access is a problem**

**High quality water (remember to recycle if using bottles)**

**Flavored water or water flavorings**

**A great chopping knife**

**Hand food chopper**

**A great chopping board**

**Reusable storage containers**

**A good non-leaking water container**



