

Long-Term Weight Loss Secret Revealed!



Before I reveal the formula for weight loss and maintenance, I want you to think about all the things that you have tried to take off excess weight. Maybe you have tried pills, shakes, food combining plans, or food group elimination plans. You probably experienced short-term success on such a plan. Chances are, however, that you have gained some, or all, of that weight back. Now, if you're ready, I'll reveal the secret:

Consume fewer calories than you use and add activity to your daily life.

Yes, the basic formula is to eat less and exercise more. That's it. It is truly that simple. I know it is easier said than done since we have the freedom to eat whatever we want, when we want it.

To lose one pound, you must burn an extra 3,500 calories per week. Do this by changing your diet (food intake) and **add** exercise. For example:

Week (7 days)

Eat 250 calories less per day	= 1750 calories
<u>Exercise 30 minutes/day 3 days/week</u>	<u>= 900 calories</u>
Total additional calories used	= 2650 calories

Or

Eat 250 calories less per day	= 1750 calories
<u>Exercise 30 minutes/day 5 days/week</u>	<u>= 1500 calories</u>
Total additional calories used	= 3250 calories

The more exercise you do; the more calories you burn. You could burn even more calories or eat less in order to take those extra pounds off. However, our bodies need a certain amount of calories each day and decreasing calories too much is not often the best long-term solution.

If you're wondering how to cut 250 calories per day from your diet, it may be easier than you think.

Instead of:

1 c. whole milk (150)
2 eggs (150)
Egg biscuit (315)
-add bacon & cheese (476)
-add sausage (581)
French Fries (med. 458)

Try:

1 c. skim milk (90)
½ c. Egg Substitute (50)
2 sl. Light whole wheat toast (80)

Baked potato w/margarine (370)

Quarter pound hamburger (430)

Regular hamburger (280)

Increase your activity and burn more calories:

- Begin adding several extra steps each day

- Get a pedometer to track your steps and work up to 10,000

- Take the stairs instead of elevators

- Park farther away from buildings

- Walk the perimeter of a grocery/ warehouse store before you begin shopping

- Walk the dog

- Walk for 10-15 minutes during your lunch break.

For weight loss, the American College of Sports Medicine recommends at least 30 minutes of moderate (this means you will be breathing hard and break a sweat) activity on most days of the week

There are psychological and emotional reasons why we eat. Part of forming new habits involves knowing if you are ready to change and then making small changes to your life so that the new behaviors become habits over time.

Example: if you tend to eat snack foods (e.g. chips, pretzels, crackers) out of the container, measure out a portion and put the container away. This way you won't be tempted to eat as much as you would if the box/bag were next to you as you are watching TV, reading, etc.

Making small changes is the way to improve your habits and your health over time and for the long term. A well-balanced diet from all the food groups (with fried foods and sweets eaten in moderation) and daily activity will put you on the path to a healthy life. Now, go ahead and spread this secret. We'll start a revolution!

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