

GRAZING AND EXERCISE FOR WEIGHT LOSS

Diet and exercise have been pounded in our heads for years yet we still hope for that magic pill to lose weight. Until that happens, the old fashioned way is the best way. If you diet without exercising, eventually you may achieve your goals but it is like tying your shoes with one hand: it is a little sloppy and it takes longer. Combining diet with exercise, using *both* aspects (or *both* hands), you can achieve your goals (weight loss) much faster. The following is an eating schedule that works for many people. It is easy to follow and adaptable to your own schedule.

Although counting calories is simple to do, it takes a little practice. Eat whatever you want but choose wisely. Remember, food is fuel. The better the fuel, the better the body will function. The body is only capable of utilizing a certain amount of energy at any given time. As you implement this plan, it will seem that you are eating all the time and still losing weight. Some people feel it is necessary to starve themselves to lose weight.....bad idea. When the body is not being fueled it will protect itself by slowing down its metabolism and you *won't* be able to lose weight.

Here is the magic formula: [Body weight (lbs.) X 10 (calories needed per lb.)] / 6 (recommended meals per day).
For example, if you weighed 150 lbs.:

150lbs.	Multiply by 10 (calories per pound)
150 X 10 = 1500	divide by 6 (meals per day)
1500/6 = 250	calories per meal

Always eat breakfast to start your metabolism. A warm breakfast is preferable. So, if you are going to eat breakfast at 7:30 a.m., then your next meal won't be for 2 ½ hours.

7:30 a.m. – breakfast
10:00 a.m. – snack
12:30 p.m. – lunch
3:00 p.m. – snack
5:30 p.m. – dinner
8:00 p.m. – snack

Exercise is the second half of the equation. Just like your diet, think variety. The more you challenge your body, the better it will respond. The same exercise routine day after day is not a challenge for your muscles. It is entirely possible to reshape your body and burn fat quickly if you know how. A personal trainer can assist you in this process. I suggest you interview potential personal fitness trainers to find one who will help you achieve your goals. Keep in mind, there are trainers of higher and lesser quality; a good trainer is worth their weight in gold.

Be realistic in setting goals and decide *not* to let life interfere with your needs. Commonly used 12-week programs are great, but realistically it takes many people 24 weeks to get where they *need* to be. It will take many people another 24 weeks to get to where they *want* to be. For example, if you start out at 250 lbs., the maximum you should be losing is 2 lbs./week-that's 48 lbs in a 24 week period. Great in theory... but difficult to maintain. Realistically you might aim for 1-1.5 lbs./week.

250-24 lbs.=226lbs.	Have you reached your goal yet?
226-36lbs.=214lbs.	Have you reached your goal yet?

Weight loss requires long-term commitment, therefore allow yourself up to one year. Once you make the decision to take care of yourself, don't let anything get in your way. What are you waiting for? GET UP!!!

We offer Nutritional and Lifestyle Consultations if you need one-on-one help implementing this. Do not hesitate to make an appointment!

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Suggested Reading: **5 Factor Fitness**. Harley Pasternak