

PERFECT KICK OFF TO PERMANENT WEIGHT LOSS

Permanent Results

It's Not About The Food!

THIS PROGRAM WILL HELP YOU TO:

- **LOSE 2-7 AVERAGE POUNDS PER WEEK**
- **INCREASE YOUR METABOLISM**
- **STAY MOTIVATED**

THIN & HEALTHY'S
TOTAL
SOLUTION
WEIGHT LOSS • MOVEMENT • MOTIVATION



Greetings!!

What a thrill and honor it is for us to provide you with your start to permanent weight loss! The Thin&Healthy's Total Solution 21-Day Weight Loss Makeover is not only THE PERFECT beginning to you losing your desired amount of weight, but also to you increasing your metabolism, staying motivated and keeping that weight off!

Millions of pounds and inches have been shed with our internationally recognized brand and now it's your turn! With expertise in the weight loss and fitness industries since 1982, celebrities have now recognized us as 'the best kept secret in weight loss'. The reason for this is simple and can be easily understood by asking yourself the following questions. Have you tried different diets over time to lose weight? For example, have you cut out carbs, reduced fats, increased protein, counted calories, removed certain types of food, and added certain types of food? If you're like most, your answer is a resounding, "YES!" Well, if we've tried all these different eating programs and we still haven't lost your weight or worse yet, have lost it only to gain it back again, then the solution must not be about the food! Hmmmmmm. Ok, next question. Have you begun multiple types of exercise programs in order to shed pounds and inches? Have you seen the newest exercise infomercial and decided to try that, bought the latest gadget, joined the newest gym, started your own walking program, or begun doing a class of some kind? Again, most come back with an affirming statement. Well, if you've tried all sorts of exercise programs and haven't yet gotten to your goal or maintained it, the solution must not be exclusively about movement either! Ok, one more question. If you've been totally excited about each of these new endeavors and thought to your self, "This one is the one! This time I'm going to do it! This time I'm staying with it," only to find the spark come up missing and before you knew it you were back to the old habits again, what happened to your motivation? Hmmmm. It came up missing. It's the motivation then that is the key to permanent loss!

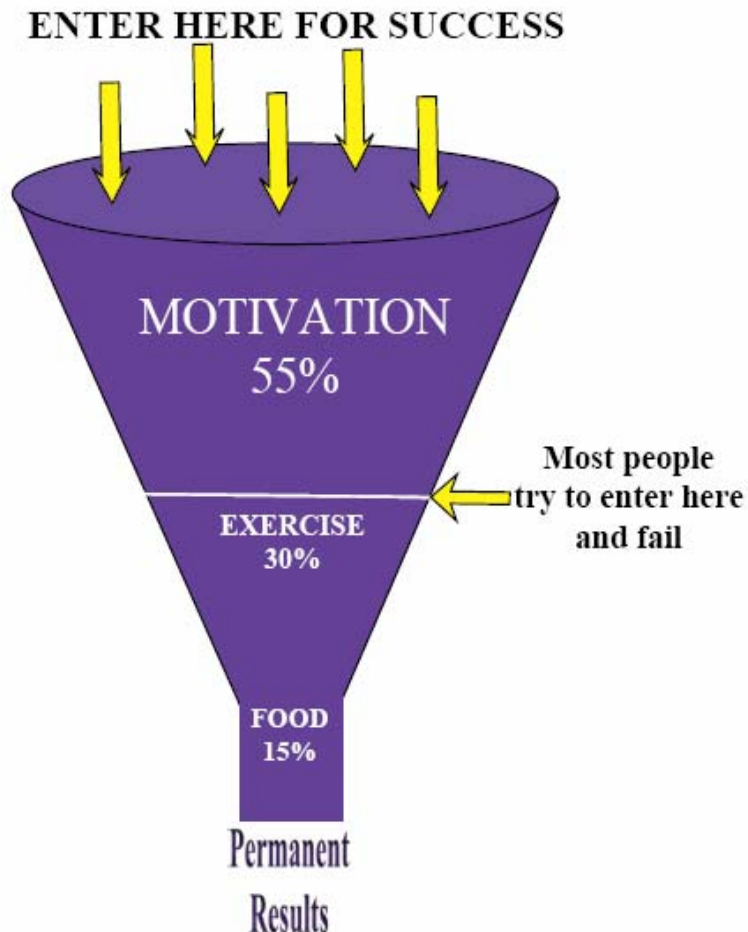
At Thin&Healthy's Total Solution our Permanent Results Funnel© is the consummate illustration of what years of experience and research have revealed to us as the answer to losing weight and keeping it off. Only 15% of permanent loss has to do with food. And while exercise is crucial to maintaining the loss and living longer and healthier, only 30% is movement. The real solution, the real answer is MOTIVATION. Even though we know this is the key, we've listened and understand our members first expect to be told what to eat. So, in the precious limited number of 21 days that we will share during this program, we will focus on you eating from a balanced system of eating, building your favorite foods into the plan. Please DO NOT deprive yourself! Our home office and on-line support is available to you and we're here to help you have your favorite foods as you lose. After all, those are the ones you'll be eating for the rest of your life.

You should have received your welcome letter and email by now, if you have not, please register on our web site so your membership and all its privileges are activated. Your next phase will be emailed to you as well as coupons for savings on metabolism increasing product, audio lessons on portion control and keeping a successful food diary. We'll also send testimonials so you know you're not alone and weekly videos full of motivational info! We're here for you! This time, you are going to stay motivated and you are going to lose that weight!!

Remember--- There's ALWAYS a Solution!
Donna Krech

THIN&HEALTHY'S
TOTAL
SOLUTION
WEIGHT LOSS • MOVEMENT • MOTIVATION

www.thinandhealthy.com



What the funnel means:

Having been in weight management since 1982 we've discovered permanent results have very little to do with food. They have more to do with exercise and mostly motivation.

What this program will do for you:

- You will Lose 2 – 7 average pounds per week.
- You will increase your metabolism by increasing your activity level.
- You will stay motivated by learning how to find more time for yourself, so you can do things that you really love to do.

What you will learn:

1. How to eat your favorite foods and keep your weight off permanently.
2. How to monitor your behavior so you can stay in control of your eating.
3. How protein supplements help speed up metabolism and keep you from being hungry.
4. The 10 ways to size up your servings.
5. Three factors that affect metabolism.
6. The difference between emotional hunger and physical hunger.
7. Find an extra 25 work week hours each year.
8. The benefits and proper form for walking.



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PHASES

If you are you tired of yo-yo dieting, always on a diet, and are tired of losing weight without much success. Here is a healthy food plan that follows the national guidelines on nutrition. Today is the day you begin to take off the excess weight.

For the next 21 days you will be using 2 different meal plans. You will start on the Introductory Phase, which is designed to cleanse your body of caffeine and sugar. After that phase you will go to Phase 1, which is designed to burn fat.

Tip of The Day: Do you agree that there is always something you can do to make your situation worse? And then, do you also agree there is always something you can do to make your situation better? Now, here is what you need to know- the choice is 100% yours. Are YOU going to make your situation worse or better? You have made the choice to be where you are right now, but there is always something we can do to make it better. Don't just lose your weight, KEEP that weight off FOREVER!

Introductory Phase

Every time you get a new phase there will be a grocery list on the back. Take it with you when you go grocery shopping to see if there are any new foods on the new menu that you're going to want to be adding.

The Introductory Phase is designed to prepare you mentally and emotionally for losing your weight and it's also a cleansing phase.

You will want to increase your water intake to 64 ounces a day. More water is better you just need to be consistent. Begin to start decreasing your refined sugars and your caffeine. Now don't cut them out cold turkey. We don't want you to have withdrawals, gradually cut back on them.

You do need to eat everything on the plan. Now, if it feels like too much food rather than cut out a food group just cut back on portions.

You want your meat to be boiled, baked, broiled, microwaved or grilled.

Fruits or vegetables should be fresh or frozen.

You may have up to four Thin and Healthy supplements per day. They're great to have in addition with your meal. A lot of them are great to use in recipes too, which will only help you lose faster because often you're adding protein to protein.

You may have up to two Thin and Healthy candy bars per day. If you crave sweets they'll help you with that sweet craving too.

Low impact exercise is suggested.

Low calorie bread must be 40 calories or less.

Fat free salad dressing should be used if you're going to use salad dressing

You want to measure meat before cooking and all other food after cooking.

You are going to need your food diary every time you come in.

The supplements and bars are listed only on this phase so that as you try the different flavors in your starter kit you can circle the flavors you like best and you'll know which ones you want to purchase the next time you want some.

You'll notice on the inside down to the far right hand corner there's a tip for measuring meat. You'll see that three ounces of meat is about the size of a deck of cards, the same thickness, the same size. You'll notice in the program you're getting four ounces so it'll be a little bigger...thicker than a deck of cards. Three ounces of fish is the size of a normal checkbook and on the program you're having four ounces on this menu, so it'll be a little bigger than the size of a checkbook.

You're going to alternate your breakfast between cereal breakfast and protein breakfast. Day one and three is your cereal breakfast and two and four is your protein breakfast. For cereals you can have Puffed Wheat, Puffed Rice, Shredded Wheat, Fiber One, Kix, Cheerios, Corn Flakes, All Bran extra fiber, regular oatmeal and/or Thin& Healthy Oatmeal. Now we have great oatmeal if you want to try it. It's higher fiber so you'll feel full. It also has 15 grams of protein and anytime you start your day out with protein you're going to burn calories 32% faster so you really might want to try our oatmeal. Or, you could have two rice cakes of the large size any flavor. Also, with your cereal breakfast you can have a cup of half percent or skim milk or non fat yogurt or a fruit from your fruit list which is grapes, strawberries, peaches, bananas, pineapples, apple, or a small kiwi and any sugar free, caffeine free beverages.

Now if you're used to a lot of caffeine start gradually cutting back, maybe mix half and half; half caffeine and half regular in the beginning until you gradually wean yourself off.

Day two and four is your protein breakfast which simply means you can have an egg poached, boiled, scrambled, or fried in Pam or a two egg white omelet or a quarter cup of Egg Beaters. Remember you can have unlimited vegetables, on this menu so you can make a big ol' veggie omelet if you want to. Also you can have two slices of high fiber, low cal bread so you can make an egg sandwich if you want to or if you want to do over easy eggs and dunk your toast like a lot of people like to do. Again you can have a fruit from your fruit list or you may have a teaspoon of Simply Fruit, which is optional.

For lunch and dinner you're going to have four ounces of meat from your meat group, which is seafood, poultry, lean beef, veal, tofu, lentils, or reduced fat peanut butter. Now for lunch, in addition to your meat you can have two slices of high fiber low cal bread or half pita bread or a fat free tortilla, which means you, can make a sandwich for lunch. In addition to that you can have a ½ cup of fat free cottage cheese or non fat yogurt or an ounce of a fat free cheese slice so if you want to put cheese on your sandwich you can or if you want to shred it and put it in your salad you can because see you can have unlimited vegetables raw or steamed. So you could have a big salad and steamed veggies if you want to. And of course again any sugar free, caffeine free beverages.

For dinner, again 4 ounces of meat from your meat group. If you'll notice another fruit from your fruit group, in addition to that a medium baked potato or ½ cup of rice, unlimited vegetables again, raw or steamed so you can have a big salad and steamed veggies if you want to and any sugar free, caffeine free beverage

Food Diary

If you are currently having difficulty losing weight, good eating and exercising habits plus documenting what you have eaten and the metabolism retraining that you are doing can make a huge difference in losing the weight you want to lose. Writing it down creates awareness, accountability and a record of what foods work best.

This information can help you see, in unquestionable black and white precisely, which eating habits you need to adjust or high-risk situations that are sabotaging your efforts. Maybe you find that you mindlessly reach for foods such as cookies, cake, candy, or ice cream – the so called comfort foods – when you feel tired after a long day at work or that being in certain places, like your car or office, triggers the impulse to eat. Documenting in your food diary will let you visibly see how you are doing in following the Thin&Healthy® program.

Tip of The Day: Why count victories?

Victories!! – Every area of your life benefits by following the Thin&Healthy® program. When you count each benefit, you are more aware of the positive affect your life change is making. Therefore, you are more likely to keep it up because you are more addicted to the positive things. Victory by definition is success in battle or war by the defeating of an enemy or opponent. 3 ways to achieve victories: Hitting the big goal, (war) any positive step towards the goal (battle), and/or overcoming anything that would prevent you from taking positive steps towards the goal (enemy).

Food Diary

Keeping a food diary is crucial to the process of losing weight.

- A. It is a vital part of what psychologists call “self-monitoring,” a way to keep tabs on your progress and performance – not only to see where you need to take corrective action, but also to highlight the positive changes you are making. People who self-monitor their behaviors are more successful at losing weight and keeping it off than those who choose to not self-monitor. So let me encourage you to self-monitor. You cannot change what you do not acknowledge. What you do not acknowledge is only going to get worse until you do.

Planning Your Meals

- B. Remember, you can use the food diary as a meal planner to map out your meals for the next day, and as a log to identify correctable aspects of your behavior that you need to change. Rewards will start rolling in quicker than you think. Your weight control experience will no longer be characterized by wasted moments and frustration, but by a sense of triumph and mastery.

C. **Monitoring Your Behavior**

One important way to use the food diary is to personalize and plan ahead for what you will eat and drink each day. By this, I mean that you commit to paper your menu for the day. Then eat only the foods on that menu. The significance of having a food plan, prepared ahead of time, is that it frees you from making last-minute decisions about what to eat and prevents you from craving in to sudden impulses to overeat. Planning your eating in advance eliminates any doubt about what you will eat and removes your fear of losing control. With a food plan in place for the day you can and will regain greater control over your eating. So, use your diary as a meal planner

D. Use the food diary to record important information about your nutrition and eating habits. For example, you can record the time of your meals, the place, what you were doing at the time, or, in some cases the emotional states (happy, sad, lonely, bored, stressed, angry, etc.) that may have triggered you to eat “off of your plan.”

E. Then you can thoughtfully review your entries looking for red flags. Assess the obstacles that can have an impact on reaching your goal weight. This means anticipating the times, places, circumstances – even people – that typically make it difficult for you to stay on course. That way, you can work out an advance strategy for avoiding these pitfalls, or at least outlasting them. You are in a better position to avoid them by changing your routine, changing your schedule, or changing your environment. Eat food the right way and always remember moderation with compensation. If you eat foods that are not on your phase and exercise more than that's compensation. Moderation is eating what you want in proper portions. Moderation occurs when you eat food you should not eat, but eat them in the right portion size. Compensation comes in the form of having less of something else if you have over eaten or increasing your movement.

F. You can also plan very carefully what you are going to do at those moments when you have the urge to binge or overeat. This should involve “incompatible substitutes” – activities such as exercising, relaxation, listening to music – any activity that cannot coexist with eating. For example, when you feel compelled to soothe frustrations with a bag of chips, pick up your knitting needles and start knitting. Knitting is incompatible with crunching down on chips. Take a walk. Walking around the block is incompatible with bingeing. Incompatible substitutes also take your mind off food and eating. So as soon as you feel the impulse, begin engaging, deliberately in the incompatible substitute.

It's time to go for it!!!

JUST FOR FUN, AND YOU WILL LEARN TOO: Brainstorm at least 5 reasons why it is so important to do a food diary for weight loss success.

This is an excellent learning technique on the importance of keeping track of the food you eat through documentation using a food diary.

When you see everything you can do with a food diary, there's no reason not to do one! Get started right now! You do not have to wait for a special day or a special meal.

Just do it!!! Success will be yours with your new food diary!!!

Assignment: Complete the Thin&Healthy® Food Diary. Make a food plan and then document what you will eat and what type of metabolism retraining you are doing. Always remember moderation compensation.

Products/Supplements/Bars

Do you find that you sometimes wonder if your metabolism is working at all? Is it doing anything for you or did it just come to a standstill? Purchasing our supplements will begin to jump start your metabolism and will help keep you from being hungry. This can make a huge difference in helping you lose the weight you want to lose.

We need 22 amino acids each day. Fourteen of those amino acids are supplied by the body 8 must come from foods.

Tip of The Day: Why use our supplements?

Our supplements create thyroxin which is used to help speed up metabolism and also stabilize blood sugar and which helps you from being hungry. These are the 2 most important tips because when you are trying to lose weight you want something that will help speed up metabolism and you do not want to be hungry.

Supplements

Why take protein supplements?

Protein supplements will help keep you on track to your weight loss goals because it supplies the body with the essential amino acids that the body needs and speeds up metabolism and keeps you from being hungry. Supplements have protein. Protein builds lean muscle and the existence of lean muscle alone burns fat. For every pound of lean muscle you burn 50 extra calories. So why would you **not** want to take supplements?

What do protein supplements do?

1. Build healthy hair and nails
2. Aid your digestive system
3. Build resistance to disease
4. Create thyroxin, which is used to help speed up the metabolism
(Thyroxin – hormone secreted by the thyroid gland. The thyroid gland regulates metabolism. The food-based protein in our supplements increases the secretion of thyroxin, which increases the rate of metabolism.)
5. Aid in the treatment of depression
6. Prevention of premature aging
7. Aid in building strong cell walls
8. Regulate hormones – adrenalin, cortisol (which are produced during stress)
9. Rid body of fatigue and listlessness
10. Antidote for depression and senility
11. Relax and promote sleep

12. Help body to fight clots and may avoid stroke
13. Stabilize blood sugar, which helps keep you from being hungry
14. Aid in breaking down body fats immediately; in return you lose inches and pounds
15. Protects fat surrounding our vital organs such as heart, liver and kidneys
16. Aid in preservation of protein in lean body muscles
17. Repair damaged body tissue
18. Avoid strain on vital organs because it is already broken down for the body to use.

4 Thin&Healthy® supplements are the max per day.

Following are the best times of the day to take the Thin&Healthy® supplements:

*One with breakfast because protein with breakfast speeds up the metabolism up to 32%.

*After your workout because you will continue burning calories for the next three hours. With exercise your metabolism speeds up and supplements help to keep it moving.

*Your peak period. A peak period is that certain time of day when you begin to feel sluggish or hungry and it is not time for lunch or dinner. Everyone seems to have a peak period every day when they just need to have something. This is usually mid-morning, mid-afternoon, or after the evening meal. Grab a supplement prior to the peak period happening and that will get you through that time when you just want something.

The reason for the supplements is to help the members stay on track to their weight loss success. Remember: "4 supps a day burn the fat away." The more you choose the more you lose!

All of the Thin&Healthy® supplements are 100% protein and have 22 essential amino acids. Others on the market may not be 100% protein and may not have all of the essential amino acids.

The Thin&Healthy® supplements give you a variety to choose from such as hot drinks, cold drinks, puddings, shakes, gelatins, and soups. Most other protein supplements come in only shakes, which will lead to boredom. Other protein supplements may contain more protein this is true, but they are also higher in calories. If you were a body builder and taking supplements with more protein you would then burn off the extra calories. Some of other protein supplements have more calories and more sugar than what our program allows. The advantage to using the Thin&Healthy® supplements is you will have more variety, less fat, and less calories.

Thin&Healthy® and Proti Bars

The Proti and Thin&Healthy® bars are used to satisfy chocolate and sugar cravings. They do not do what the Supplements do. That is why the supplements are better for you than the bars. The bars have protein and some sugar. That is why they should only be used if hungry for snack or craving chocolate. Two bars per day is the max.

The Thin&Healthy® bars are low calorie, low fat, and taste like real candy. Many of the other protein bars may have more protein but they also have more calories and taste more like vitamins than a candy bar.

Thin&Healthy® has an impressive array of products including snack bars, drinks, shakes and entrée mixes developed specifically for individuals who are sincere in wanting to lose his/her weight. The supplements and bars are a convenient source for high protein and low carbohydrate nutrition.

Control Portion/Portion Size/Weight Gain

When is the last time you **REALLY** looked at the Nutrition Facts label on a food package? What **SIZE** is that serving of cereal? Have you ever monitored your food intake? Do you find that sometimes when you try to prevent food from going to waste, you find it going to your waist instead? If you want to permanently lose weight, control portion sizes. This can make a huge difference in losing the weight you want to lose.

For example, a **QUICK** glance at a nutrition label on a cereal box may lull you into thinking your calories are under control. Look again!

- 66% of the population is overweight – that is nearly 7 out of 10 of us are overweight. And it is only growing!!
- 3 out of 10 of us are obese – which means they are at a greater risk of other health problems
- 700,000 Americans will have a stroke this year – that's one every 45 seconds. – that could be any of us.
- And lastly but not least – 40% of all adults have been diagnosed with Diabetes and that doesn't even include those who don't know they have it or have pre-diabetes which in a month or a year will be diabetic or have diabetes.

Tip of The Day: Load up on Nutrients, not on Big Portions

The best way to get all of the essential nutrients your body needs is to eat a variety of foods and to make every calorie count. Eating nutrient dense foods will benefit your health and help you shed those extra pounds. Nutrient dense foods are those that contain vitamins, minerals, fiber and phytochemicals (important for health), and can be found in fruits, vegetables, whole grains, beans, and nuts.

Portion Size Control

- A. Americans have reached an all-time high of obesity and diabetes. This is due in part to the ever-increasing portion sizes sold to us in fast food chains, supermarket aisle, frozen foods, and even in many restaurants. Consequently, we grossly overestimate a normal portion size.

USE YOUR PLATE AS A GUIDE:

Picture your plate as a clock. Let's say it is 3:00 p.m. You would want to fill the section between 12:00 and 3:00 o'clock with your meat or dairy servings for that meal. If your meat or dairy portion is larger than the space on your plate, you are eating too much. The rest of your plate should be rounded out with servings of grains, fruit and vegetables.

Following are a few more portion control tips:

Do not put more food out than what you want to eat. Pay attention to how many servings a recipe states it makes and try to stick to the equivalent of one serving.

When eating in a restaurant request salad dressing, butter, sour cream, pancake syrup and such be served on the side. This way you can control the portion you add to your food.

If you are not sure of ingredients in a recipe when dining out, ask! For example, if you want an omelet, find out how many eggs they use to make their omelets. If they use three or four, request one or two. Your entrée should be about the size of a deck of cards. If it is larger cut half and place in a box to go before you begin eating.

What are other ways to control portions? Here are some tips to slim down portions:

Beware of unconscious eating. This is where we are not aware of how much food we are putting in our mouths. We snack more; we are eating by ourselves, in front of the TV or talking on the phone.

Use smaller plates. You won't be tempted to fill up all the space of a big platter with extra food you do not need.

Serve yourself what you would normally dish out, but then cut everything in half and save the rest for lunch the next day.

If it's a fast food restaurant, get the small choices like regular or jr. hamburger, small fry or a salad or fruit.

What about holidays and social events? Again, you can have most everything – just put a little on your plate – set limits for yourself and if you have a bit too much, it's all about moderation/compensation

Hold yourself accountable.

You have got to want to do it – if you don't see the importance of watching servings, you won't do it.

"Kill the plate," or make whatever is left on the plate unavailable to nibble on, whether it is a napkin across the food, or, in an extreme move, pouring salt over the leftovers.

An extra 10 calories per day translates to one pound gained per year. So you can see how all of these calorie increases combined can translate to weight gain over the long-term.

Americans tend to ignore serving size when they are attempting to maintain/lose weight.

We think we need to skip meals, or avoid carbs, or starve ourselves in order to lose – but in actuality, all we need to do is to watch our portion size.

Now that you are more aware of portion sizes, consider what you have been eating. Most likely, you will find it has been too much at one sitting and you were not even aware of it. It is a struggle in today's society. This is why self-educating is so important. Once aware of things such as this, you can take total control over your weight destiny! All it requires is a little discipline and the rewards are fantastic for your health, well-being and wellness.

Portion Size/Weight Gain

Large serving sizes can affect **OUR** size! Sometimes when we try to prevent food from going to waste, we find it going to waist, instead!

Super sizing of foods means portion sizes are getting bigger, and so are the people.

Bigger may not be Better

Commonly available food portions were compared with standard portion serving sizes of the USDA Food Guide Pyramid. The findings include:

Cookies were as much as 7 times standard portion sizes.

Servings of cooked pasta were often nearly 5 times standard portion sizes.

Muffins weighed in at over 3 times standard portion sizes.

Overall, marketplace food portions are consistently larger than in the past. In the mid-1950's a popular fast-food chain only offered one size of French fries. That size is now labeled "small" and is one-third the weight of the largest size.

When ethnic foods are Americanized the portion size grows:

The American croissant is bigger and contains about 100 more calories than one in France.

When the bagel was introduced to the US it weighed 1-½ ounces and contained 116 calories. Today's American bagel is about triple the size and calories. It weighs in around 4 to 4 ½ ounces and may contain 300 calories.

The Mexican quesadilla has doubled in calories and increased in size. In Mexico, a quesadilla is a 5-inch tortilla containing around 540 calories and 32 grams of fat. The American quesadilla is typically 10 inches and that one serving could contain over 1,200 calories and 70 grams of fat.

While these larger portions may be appropriate for an extremely active person, they may be too much for a more sedentary person. However, many of us may not think about decreasing our portion sizes in relation to our activity level.

Sixty-seven percent of Americans usually eat everything or almost everything on their plates, according to a survey by the American Institute for Cancer Research.

Even lean young men who were considered able to regulate their food intake well ate more when offered larger portions. They ate 10 ounces of a 16-ounce portion of macaroni. However, when offered 25 ounces, they ate 15 ounces, a 50% increase!

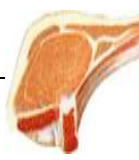



















BOTTOM LINE: If you are putting on the pounds, check those portion sizes!

DON'T BE PENNY WISE AND POUND FOOLISH

Ben Franklin warned of being penny wise and pound-foolish. Put this into practice with portion sizes.

While you can "super size" a fast-food meal for a few cents, does adding the extra fat grams, carbs make sense On average, consumption of an additional 100 calories daily beyond your needs can lead to a weight gain of 10 pounds a year. Is it penny wise to super size? Maybe Pound-foolish? You decide. A **THIRD OPTION:** Buy the larger portion and split it with a friend! You save both calories and coins!

TEN WAYS TO SIZE UP YOUR SERVINGS

| | | | |
|---|---|----------|---|
| <p>1 3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.</p> |  | <p>=</p> |  |
| <p>2 A medium apple or peach is about the size of a tennis ball.</p> |  | <p>=</p> |  |
| <p>3 1 ounces of cheese is about the size of 4 stacked dice.</p> |  | <p>=</p> |  |
| <p>4 ½ cup ice cream is about the size of a tennis ball.</p> |  | <p>=</p> |  |
| <p>5 1 cup of mashed potatoes or broccoli is about the size of your fist.</p> |  | <p>=</p> |  |
| <p>6 1 teaspoon of butter or peanut butter is about the size of the tip or your thumb.</p> |  | <p>=</p> |  |
| <p>7 1 ounce of nuts or small candies equals one handful.</p> |  | <p>=</p> |  |
| <p>8 1 small bagel equals the size of a hockey puck.</p> |  | <p>=</p> |  |
| <p>9 2 Tablespoons of peanut butter equals the size of a ping pong ball.</p> |  | <p>=</p> |  |
| <p>10 1 small baked potato equals the size of a computer mouse.</p> |  | <p>=</p> |  |

Factors that affect Metabolism

What is this thing called metabolism? How does it work? What do I need to do to give my metabolism a boost? How do I make my metabolism work for me?

Metabolism Retraining is any activity that you do above your normal daily activity. When you increase your activity level you increase the rate your body burns calories. What activities do you do above your normal daily activity?

Tip of the Day: Exercise accelerates your metabolism, the physiological process that converts food into energy, so that you burn up more calories even at rest.

What is metabolism retraining?

A. Metabolism retraining is any activity that you do above your normal daily activity. Permanent weight loss is actually very simple. INPUT/OUTPUT. Move more, lose faster. Move regularly to increase your metabolism.

Statistically, 66% of all Americans do not exercise!

Remember: When you do more, you will burn more.

Get Moving

Watching your food choices and portions are important, but it will be difficult to lose and maintain your weight if you are not moving throughout the day.

Today's world has been exposed to easy convenience and fast results and thus we have elevators, computers, drive-up's and cell phones. Having all of these luxuries and amenities is not helping those who are inactive. Starting to incorporate activity requires some planning and motivation, but can be easy and fun if you enjoy it and if it's convenient.

Many of us are intimidated by exercise, so start small and work your way up until you are familiar with your activity level. For example, start playing outside with your kids, take the dog for a walk instead of just taking him outside, park farther away from your destination, or better yet, if you can walk, ditch the car and walk it, and the easiest but most forgotten, take the stairs instead of the elevator. Walking the stairs for 5 minutes burns 60 – 70 calories and walking the dog for 20 minutes burns 110 – 120 calories.

There are **3 factors that affect your metabolism:**

- * **Aerobic activity:** aerobics burn fat. You will continue to burn fat up to an hour after you stop working out.
- * **The Amount of Muscle Density** – Weight training, free weights, or motion against resistance for example like push-ups.
- * **Food intake** – reduced fat

A. The first factor of metabolism retraining is the **Aerobic Activity.**

Aerobic activity is an important addition to moderate-intensity exercise. Aerobic exercise is any extended activity that makes you breathe hard while using the large muscle groups at a regular, even pace. Aerobic activities help make your heart stronger and more efficient. They also use more calories than other activities. Some examples of aerobic activities include:

- Brisk walking
- Jogging
- Bicycling
- Swimming
- Aerobic dancing
- Racket sports
- Rowing
- Ice or roller skating
- Cross-country or downhill skiing
- Using aerobic equipment (i.e., treadmill, stationary bike)

To get the most health benefits from aerobic activity, you should exercise at a level strenuous enough to raise your heart rate to your target zone. Your target heart rate zone is 50 to 75 percent of your maximum heart rate (the fastest your heart can beat). To find your target zone, look for the category closest to your age in the chart below and read across the line. For example, if you are 35 years old, your target heart rate zone is 93-138 beats per minute.

| Age | Target Heart Rate Zone 50-75% | Average Maximum Heart Rate 100% |
|-------------|-------------------------------|---------------------------------|
| 20-30 years | 98-146 beats per min. | 195 |
| 31-40 years | 93-138 beats per min. | 185 |
| 41-50 years | 88-131 beats per min. | 175 |
| 51-60 years | 83-123 beats per min. | 165 |
| 61+ years | 78-116 beats per min | 155 |

To see if you are exercising within your target heart rate zone, count the number of pulse beats at your wrist or neck for 15 seconds, and then multiply by four to get the beats per minute. Your heart should be beating within your target heart rate zone. If your heart is beating faster than your target heart rate, you are exercising too hard and should slow down. If your heart is beating slower than your target heart rate, you should exercise a little harder.

When you begin your exercise program, aim for the lower part of your target zone (50 percent). As you get into better shape, slowly build up to the higher part of your target zone (75 percent). If exercising within your target zone seems too hard, exercise at a pace that is comfortable for you. You will find that, with time, you will feel more comfortable exercising and can slowly increase to your target zone.

Second factor of Metabolism Retraining

The second factor of metabolism retraining is the **Amount of Lean Muscle** in the body. Did you know the body burns 50 more calories a day with every pound of lean muscle in the body?

How do you increase the amount of lean muscle? You increase muscle with resistance exercise, also called strength training. Resistance exercise increases muscle strength, bone strength and your body's metabolism. It can also help you maintain or lose weight and improve your body image and self-esteem. Adequate muscle strength is what enables you to do such daily activities as climbing stairs, getting in and out bed and carrying groceries into the house.

One great method for resistance training is using weights. Using weights does not mean that you will turn into a mass of muscle or look like a body builder, but instead you will tone up those problem areas and reap the benefits of bone strength and a better body image.

A. Third factor of Metabolism Retraining

The third factor of metabolism retraining is **What you Eat**. Low-fat foods are usually lower in calories and high in fiber, so you are accomplishing two diet goals with one food choice. High fiber foods have been shown to reduce blood pressure, aid in regularity and tend to keep the metabolism moving. Examples of high fiber foods include fruits, veggies, legumes, psyllium and whole grain products.

B. Rating of Perceived Exertion Scale

Perceived exertion is how hard you feel like your body is working during physical activity. It is based on the physical sensations a person experiences during physical activity, including increased heart rate, increased respiration, or breathing rate, increased sweating, and muscle fatigue.

While doing physical activity we want you to rate your perception of exertion. This feeling should reflect how heavy and strenuous the exercise feels to you, combining all sensation and feelings of physical stress, effort, and fatigue.

Look at the rating scale while you are engaging in an activity. The scale ranges from 1 to 10, where 1 means "no exertion at all" and 10 means "maximal exertion." Choose the number from the scale that best describes your level of exertion. This will give you a good idea of the intensity level of your activity, and you can use the information to speed up or slow down your movements to reach your desired range.

Perceived Exertion Scale

1. No exertion at all
2. Extremely light
3. Very light exercise
4. Light
5. Moderate
6. Somewhat hard
7. Hard (heavy)
8. Very hard (very strenuous)
9. Extremely hard
10. Maximal exertion

C. Flexibility is Key to overall Fitness!

Fitness – The state or condition of being physically fit, especially as a result of exercise and proper nutrition.

Fitness encompasses several aspects of exercise like cardiovascular, resistance, (weight) training and flexibility.

Flexibility – The ability to move joints and use muscles through their full range of motion. If you think about it, you need flexibility to perform most types of physical activity comfortably and to reduce the risk of injury. One easy way to increase flexibility is by stretching. Anyone is capable of stretching and it is easy and convenient to do. You do not need equipment, do not need to join a gym and stretching helps to reduce stress and promote relaxation. You can do stretches before and/or after exercise or do stretching as its own exercise. Just remember stretching should be done slowly and comfortably, if you feel any discomfort or pain, you should stop. Keep in mind there should be no bouncing and do not lock your joints. Try stretching for 15-20 minutes, 3 times a week and hold the stretches for 20 -30 seconds. If you can't hold the stretch that long, do as much as you can and work your way up.

D. The amount of activity that you do depends on three areas. These areas are **frequency, intensity, and duration.**

The **frequency** of course is determined by how many times you do this activity. If you were currently walking 2 times per week, walking 3 times a week would be an increase in frequency and considered metabolism retraining.

The **intensity** is the second area of the activity. In other words, how hard are you working? If you usually take gingerly walks, increase your intensity by picking up the pace.

The third area of an activity is **duration**. How long do you do the activity? Do you usually take walks for 30 minutes or walk a mile? Increase your time to 45 minutes or your distance to 1¼ miles and you are increasing your metabolism.

Frequency – the number of times you work out

Intensity – how hard you work out.

Duration – how long you work out.

The emphasis should be on low to moderate intensity with increased duration. (Increase frequency and duration to burn fat!)

Frequency, Intensity, and Duration – ideally the metabolism goes up with the increase in all three areas, but just increasing one increase the metabolism too!

SAMPLE EXERCISE PROGRAM

This sample exercise program includes the following components:

Warm-up

7- 8 minutes of light aerobic activity intended to increase blood flow, lubricate, and warm-up your tendons and joints.

Resistance Training

Train all major muscle groups 1-2 sets of each exercise. Rest 45 seconds between sets.

Aerobic Exercise

Pick two favorite activities. Do 12-15 minutes of the first activity/machine and continue with 10 minutes of the second activity/machine. Cool down (gradually slow down your activity) during the final 5 minutes

Stretching

Stretch, breathe deeply, relax and meditate.

Sample weekly exercise schedule

Four day/week – One hour per session

| Day 1 | Day 2 | Day 3 | Day 4 |
|--|--|--|--|
| Warm-Up 7 – 8 minutes | Warm-Up 7 – 8 minutes | Warm-Up 7 – 8 minutes | Warm-Up 7 – 8 minutes |
| Resistance Training Lower body 20 – 25 minutes | Resistance Training Upper body 20 – 25 minutes | Resistance Training Lower body 20 – 25 minutes | Resistance Training Upper body 20 – 25 minutes |
| 1 –2 sets 20 reps each set | 1 –2 sets 15 reps each set | 1 –2 sets 12 reps each set | 1 –2 sets 8 reps each set |
| Aerobic Exercise 20 - 30 minutes | Aerobic Exercise 20 - 30 minutes | Aerobic Exercise 20 - 30 minutes | Aerobic Exercise 20 - 30 minutes |
| Stretching | Stretching | Stretching | Stretching |

JUST FOR FUN, AND YOU WILL LEARN TOO: Adding activity into your life- Brainstorm 5 ways how you can begin to add activity into your life that you are not currently doing. Commit to one that you will do (intensity, duration, and frequency) that you are not currently doing during the next week.

Assignment: Do the activity (exercise) that you committed to doing during the activity above. Be prepared to discuss how this activity affected your metabolism.

NOTES

Emotional Eating

What is emotional eating? Do you feed a feeling? How do you recognize emotional eating? What can be done?

How often during a normal day do you feed a feeling rather than feed your hunger? Would you like to be able to manage your emotional eating? Would you like to prevent it all together?

Tip of the Day: When you get a craving try going for a walk, call a friend, clean your house, mow the lawn, do something productive, or even take a nap. Do anything that will refocus your mind.

Reprinted with permission from Jeffery R. Wilbert, PhD & Associates author of the book *Fattitudes: Beat Self-Defeat and Win Your War with Weight*

Emotional Eating

A. Feeding Your Feelings

When you are happy, your food of choice could be steak or pizza, when you are sad it could be ice cream or cookies, and when you are bored it could be potato chips. Food does more than fill our stomachs – it also satisfies feelings, and when you quench those feelings with comfort food and your stomach isn't growling, that's emotional eating.

Emotional eating is eating for reasons other than hunger. Instead of the physical symptom of hunger initiating the eating, an emotion triggers the eating.

What are the telltale signs of emotional eating, what foods are the most likely culprits when it comes to emotional eating, and how it can be overcome?

B. How to Tell the Difference

There are several differences between emotional hunger and physical hunger:

1. Emotional hunger comes on suddenly; physical hunger occurs gradually.
2. When you are eating to fill a void that isn't related to an empty stomach, you crave a specific food, such as pizza or ice cream, and only that food will meet your need. When you eat because you are actually hungry, you are open to options.
3. Emotional hunger feels like it needs to be satisfied instantly with the food you crave; physical hunger can wait.
4. Even when you are full, if you are eating to satisfy an emotional need, you are more likely to keep eating. When you are eating because you are hungry, you are more likely to stop when you are full.
5. Emotional eating can leave behind feelings of guilt; eating when you are physically hungry does not.

C. Comfort Foods

When emotional hunger rumbles, one of its distinguishing characteristics is that you are focused on a particular food, which is likely a comfort food.

Comfort foods are foods a person eats to obtain or maintain a feeling. Comfort foods are often wrongly associated with negative moods, and indeed, people often consume them when they are down or depressed, but interestingly enough, comfort foods are also consumed to maintain good moods.

Ice Cream is first on the comfort food list. After ice cream, comfort foods break down by sex: For women it's chocolate and cookies; for men it's pizza, steak, and casserole.

What you reach for when eating to satisfy an emotion depends on the emotion. The type of comfort foods a person is drawn toward varies depending on their mood. People in happy moods tended to prefer foods such as pizza or steak 32% of the time. Sad people reached for ice cream and cookies 39% of the time, and 36% of bored people opened up a bag of potato chips.

D. Overfeeding Emotions

When eating becomes the only or main strategy a person uses to manage emotions then problems arise – especially if the foods a person is choosing to eat to satisfy emotions are not exactly healthy.

If you eat when you are not hungry, chances are your body does not need the calories. If this happens too often, the extra calories get stored as fat, and too much fat storage can cause one to be overweight, which will present health risks.

75% of overeating is caused by emotions, so dealing with emotions appropriately is important.

E. Recognizing Emotional Eating

the first thing one need to do to overcome emotional eating is to recognize it. Keep a food diary and document everything that you eat and score yourself from 1-4. One means not hungry at all; 2 is somewhat hungry; 3 is hungry and 4 is extremely hungry. This will give you an awareness of each time you put something in your mouth for reasons other than hunger.

Next, you need to learn techniques that help manage emotions besides eating.

Often times when a child is sad, we cheer them up with a sweet treat. This behavior gets reinforced year after year until we are practicing the same behavior as adults. We never learned how to deal with the sad feeling because we always pushed it away with a sweet treat. Learning how to deal with feelings without food is a new skill many of us need to learn.

F. Managing Emotional Eating

Here are a few tips to help you deal with emotional eating:

Recognize emotional eating and learn what triggers this behavior in you.

Make a list of things to do when you get the urge to eat and you are not hungry, and carry it with you. When you feel overwhelmed, you can put off that desire by doing another enjoyable activity.

When you get the urge to eat when you are not hungry, find a comfort food that's healthy instead of junk food. Comfort foods do not need to be unhealthy.

SELF-TEST for EMOTIONAL EATING

For each item, record the scale number that best reflects your current lifestyle.
0 = Never, 1 = Rarely, 2 = Sometimes, 3 = Often, 4 = Almost Always

1. I try, but fail, to lose weight and keep it off. _____
2. I feel out of control of my eating. _____
3. I eat when I am not hungry. _____
4. I turn to food when stressed or upset. _____
5. I use food as a source of pleasure or reward. _____
6. I think a lot about food. _____
7. I can't seem to stay on track with weight management. ____
8. I binge eat or graze eat. _____
9. I feel ashamed of my eating and myself. _____
10. Food helps me deal with feelings. _____

TOTAL SCORE: _____

Interpretation:

0-10 No or little emotional eating: Your weight management efforts should be relatively uncomplicated by emotional issues.

11-20 Mild emotional eating: You may experience difficulty achieving weight management goals due to emotional obstacles.

21-30 Moderate emotional eating: You will probably encounter emotional obstacles to healthy weight management and should consider being coached.

31-40 Severe emotional eating: Significant obstacles exist to healthy weight management, and coaching is strongly recommended.

Time Management

Why is there never enough time in a day? Why can't I seem to get anything done? Why do I never have time for my workouts? How do I manage time and have some left over for me?

What do I need to do to manage my time better? How do I gain time for my family, my career, and me? How do I find time to devote to my weight loss efforts?

Tip of the Day: *"Time is free, but it is priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it, you can never get it back."* Harvey Mackay

The following information came from our Life Success Program®, and is authored by a Life Success contributor, Chris Widener in conjunction with Jim Rohn.

Time Management

When I think of accomplishment and success, I think of people who manage their time well. They are people who do what it takes to achieve their dreams. All accomplishment is the fruit of what we do, and what we do is how we decide to spend our time.

Perhaps it is merely semantics, but an underlying problem I find that people have as it relates to the success in their life lies in a proper understanding of what exactly it is they manage. Think about it. We have time management, financial management, relational management, weight management, career management and many, many more.

The fact is though, that we don't manage any of those things. What we do manage is ourselves, and how we relate to those things. We don't manage time. Time clicks by, second by second, whether we do anything or not.

What we do is manage ourselves, our activities, our workouts and our weight loss as the time passes. We make choices as to what we will do and be involved in. The problem as well as the solution lies not with time, but with us.

So as we live our lives and pursue success, one of the keys to grab onto is the idea that the most important thing we can manage isn't a thing at all – it is ourselves!

How then can we manage ourselves? Here are some thoughts:

Make sure that the above is firmly engrained in your thinking: I only manage myself. I can choose how I will act and react in every situation. Dwight D. Eisenhower said, *"The history of free men is not written by chance, but by choice, their choice."*

Know your priorities. Do you know from top to bottom what your priorities are? Have you decided what the top ten things are that you want to spend your time on? How about with your money? How about with your weight loss? Only after you know these things can you properly manage yourself into choosing to live in line with your priorities.

Learn to say "no" with a smile on your face. Here is where most of us fail. We do not choose to say "no" to those things that are not a matter of priority (the reason "why" is another article and probably a few counseling sessions at that!). Someone calls us up and asks us to do something for them (usually because they haven't managed themselves and would like our help picking up the pieces) and we say "Uh, I guess so." Then what? We usually kick ourselves for the rest of the day. "Why did I ever say yes?" Instead, practice this, "Gee, I am really sorry but I am not going to be able to be involved this time. I am sure you will be able to find somebody though." Go ahead and try it right now. Weird, isn't it? That is because we don't say it very often.

Schedule your priorities into your schedule, budget or whatever structure governs that particular area of your life. For example, do you have a financial budget that you yourself set? Then do you first and foremost allocate your money in that way, say at the beginning of the month? If you do, you will eliminate even the opportunity to blow your money on impulse decisions and expenses because your money has already been committed to the priorities of your own choosing. The same principles apply to your weight loss management of time.

Remember, one of the greatest gifts God gave us is the ability to choose. And we can choose to manage ourselves appropriately according to our priorities. As we do, we will find ourselves feeling less and less of the personal pain and frustration that comes along with being overweight we sometimes feel when we are out of control with our eating and not managing ourselves based on our priorities.

A Little Equation that Creates Big Results

This little equation, when it is understood, and acted upon, is perhaps the most powerful equation there is in regards to long-term achievement and accomplishment. Yet, this is not a complex equation. In fact, it is rather simple. So what is it?

Your short-term actions multiplied by time equals your long-term accomplishments.

If you want to see change in your life--big results--the first thing you must do is change your current actions. Otherwise the old saying becomes a reality: *"If you always do what you've always done, you'll always get what you've always got!"* But if we change our actions, we will see different results! This is also true with weight loss.

Most people want to accomplish a lot in their lives. Yet very few actually do. Why is this? It is because the things they believe will equal their long-term accomplishments are wrong. Here are some of the things that people believe will create great accomplishments for them:

- Beliefs
- Vision
- Big dreams
- Ideas
- Ideals
- Values
- Desire

The truth is that while these things are very important, they are not enough in and of themselves. These things should underlie and create a foundation of all that we do, but we need to actually do something! And this is where

most people stop. We need to take action on our dreams and beliefs every day. Here are some examples of how this works.

Who loses weight? The one who knows all about the benefits of exercise, or the one who walks 3 miles a day? Is your priority to lose weight? Then schedule an hour each day to walk three miles.

Who retires early? The one who dreams of a house on the beach, or the one who invests \$300 a month? Is your priority to retire early? Then budget to save \$300 a month (or whatever you can) and do it.

Who writes books? The one who desires to become a best-selling author, or the one who gets up early and writes for half an hour a day? Is your priority to write a book? Then schedule 30 minutes a day until you are done.

Who has the best marital relationship? The one who knows how much spending time with their spouse can improve their relationship, or the one who sits down and talks with their spouse every night? Is your priority to have a great relationship? Then schedule the time you need each week to reconnect and make it great.

I think you get the point. When it all comes down to it, we must act upon our priorities, vision, beliefs, and ideals or we won't see them come to fruition. I see too many people who know what is right, but don't ever do anything about it. Imagine what a difference we could make in our own lives and the lives of others if we would simply begin to act upon our beliefs including weight loss!

When I get to the end of my life, I want to know that I have done all that I can to make this world a better place and to enhance the lives of those around me. I want to know that I gave it my best shot. And I am sure that you do too. I remember reading an interview with an author who has written numerous books that have sold tens of millions of copies. They asked him how he did it. His answer was that he got up every morning before anyone else in his family and wrote, long hand, with a pencil, for an hour. Then he quit and went about his day. But his short-term actions piled up. 7 hours a week. 30 hours a month. 365 hours a year. After a while, he had lots of books! This can be the same for weight loss. Get up an hour early everyday and do your workout routine. Short term actions multiplied by time equals your long term accomplishments.

The Top Three Time Wasters:

1. Television. Yes, the old one-eyed monster. Now, before you write this off, saying, "I just don't watch much TV," let me have you do a short exercise. Think about how much TV you watch. Go through each day, from Sunday to Saturday. For example: Sunday (one hour on Meet the Press, 3 hours for football). Monday (Half hour morning show, one hour news, half hour sitcom), etc. Add it up. Be honest! Do you know what I found was the average amount of television watched per week in rooms full of "busy professional people who didn't watch much TV?" 20 Hours!

Now think about this. That is 1,000 hours a year or 25 full work weeks! What could you accomplish if you had an extra 25 work weeks a year?

So, how can you overcome this time waster? Here are a few ideas:

Get rid of the TV. Yes, that is exactly what I said.. When people ask me how I get so much done I simply tell them that I have 1,000 hours a year more than they do!

At the very least, cut back on your TV viewing. Be proactive and take control of how much you watch. Budget your time. Cut some shows out (believe me, most shows can be cut out and your life won't suffer!).

2. Telephone calls. The phone is what I call the "great interrupter". There is this very weird, almost magical effect that a ringing phone has: Like pre-programmed zombies, we "must" answer it. Try something the next time you have someone in your office and the phone rings. Just keep talking as though you don't hear it. Watch the person you are with nervously look over at the phone and then back at you before finally asking, "Do you want to answer that?" Even though it would take away from them, they expect you to answer the phone!

The fact is that you do not have to answer a ringing phone. Especially in this day and age of voice mail, you can let the phone ring through and schedule a time at regular intervals to return important calls (one side benefit is you will be amazed at how much time you save by not having to work your way off the phone with unsolicited sales calls).

How can you avoid wasting time on the phone? Here are a few ideas:

Don't always answer it. 'Nough said.

Schedule your calls into time frames. Make all of your calls during regularly scheduled times. This will keep you from "spur of the moment" calls that distract you.

Know before you call what you want to talk about, talk about it, and then get off the phone. When you call someone, say, "Hi there, I wanted to talk to you about XYZ." Then talk about it. When you are done, say, "Well, I know you are busy and I have some things to get done too, so I'll let you go." Bingo - you're off the phone!

3. Email. Email is the new phone. Except much worse. Why? A few reasons. Some of it is spam, but the main reason is because people can't type as fast as they can talk. Many times when someone writes me an email that I know will take a long response, I either call them or write an email that says, "Call me. It would be better to talk about this." Another reason is just the volume of email we get. And the forwarded jokes from your aunt in Omaha. Just sorting through this takes time. (By the way, the best way to get off of Aunt Margaret's email list is to politely ask. Just tell her that you are trying to cut down on email and ask if she will take you off the list. It works!)

Some ideas for cutting out email time wasting:

Schedule email reading and responding. Depending on how much you get each day, maybe you do it once per day, maybe three times. You don't have to jump every time the inbox chimes!

Be ruthless about what is important. Not everything is. Delete it and move on. Especially delete anything from Aunt Margaret that says, "Fw: Very funny - you will love this!"

The Top Three Ways to Overcome Procrastination:

1. Overcome your fear. Much procrastination is because we fear things. A lot in life can be accomplished as we dig deep into who we are and what drives us. Do you have fears that cause you to procrastinate? Do some internal work and find out what you are really afraid of. Then face that fear. Get some help from a coach or counselor if you need it.

2. Get motivated. Motivation is something we have to work at. Read books, listen to tapes, go to seminars, and hang out with exciting people. Do whatever you can to stay motivated. It is much easier to get down to business when you are motivated than when you aren't.

3. Just start. Just begin doing what you said you need to do. Tell yourself you are going to just do 10 minutes. Then you'll quit. What happens though, is that you don't quit. Much of the problem with procrastination is just starting. So, just start!

Hope these ideas help you!

Take a look at the list below and implement a few – if not all – of them and see how much time you gain this week and how much more you accomplish! (Note: The time saved listed is per day! They are also very conservative estimates.)

1. Turn off the TV. We may as well start with the easy one. The average person watches 3 hours a day. So turn it off for one of those hours. Do something else instead. Read a book. Better yet, start writing your book! Time saved – 1 hour.

2. Group your projects together. Do all your email at once or make all your calls at once. Starting and stopping wastes a lot of time. Time saved – 15 minutes.

3. Don't answer the phone. Let it go to voice mail. Then, at a set time, listen to the voice mail, delete liberally, and write down the information on a pad to call back when it is best for you. Talk to them only about the issue at hand. Time saved – 30 minutes. Another 30 if you count the telemarketers you avoid.

4. Get up 15 minutes earlier. Go to bed 15 minutes later. If your alarm goes off every day at 6 am, make it 5:45. Now I am not saying to deprive yourself of the necessary and needed sleep your body requires to function properly; but if you can, try the 15 minutes and see what you can accomplish with those extra minutes. Time saved – 30 minutes!

5. Enroll in what Zig Ziglar calls "Automobile University." I have a friend who always has the best cd's with him. He listens to about ten hours of great material a week, all while in the car. Time saved – 1 hour.

6. Cut your lunch short. Shave 15 minutes off of it. Side benefit: You'll lose weight without the dessert! Time saved – 15 minutes.

7. Hire an assistant. Let him or her do the smaller tasks like answering email, copying, screening calls and filing. Time saved – 1 hour.

8. Focus. Different people are distracted by different things. Whatever it is that distracts you, cut it out. Tune it out and lock in like a laser on your work. You will save time and your work will be better! Time saved – 30 minutes.

9. Shift your work hours to include time when others aren't at the office. Being there alone will help you stay on task, and you will be shocked at how much you get done. Time saved – 15 minutes.

10. Plan. Spend 15 minutes a day planning your day to work on the most important tasks in the most efficient way. You will lose 15 minutes but gain an hour. Total saved – 45 minutes. Total if you do them all: 6 hours a day of time saved, improved focus and a dramatic increase in productivity!

If you will just implement a few of these – those that work best for you – you will see a dramatic improvement in your time management and productivity. I guarantee it!

Walking/Movement

What are the benefits to walking? How much walking should I do per day/week? How far should I go?

What is the proper technique for walking? Does walking really help with losing weight?

Tip of the Day: To maintain optimal health we should perform 30 minutes of cardiovascular exercise (walking) most days of the week.

Walking/Movement

One of the easiest means of exercise is what most of us learned to do very early in life: walking. You can walk just about anytime, anywhere. How convenient is that? Walking not only assists with weight management, lowers blood pressure, controls cholesterol and improves overall health, but it also helps clear your mind. Everyone has experienced some type of stress at one time or another. Walking is a great way to alleviate a lot of that stress. So let's get started!

First it is very important to find a good pair of shoes. They do not have to be expensive, but they should be durable and made especially for walking. Find a shoe that fits the specific needs of your foot. People with high arched feet tend to require greater shock absorption than those with average feet. People with low arched, or "flat" feet, require shoes with less cushioning but greater support and heel control. Shoes will lose their cushioning after 3 to 6 months of regular use. Be aware of when your shoes need to be replaced. If they are no longer absorbing the pounding of the sport, you are more likely to sustain knee and ankle injuries.

Make time for walking

Now let's tackle the number one reason that 25 percent of the population does not walk; **TIME**. We all lead such busy lives that it is extremely hard to find the time to do anything for ourselves. Here is the solution.

The latest exercise guidelines state that to maintain optimal health we should perform 30 minutes of cardiovascular exercise (walking) most days of the week and to obtain weight loss we should complete 60 minutes of exercise most days of the week. Wow, does that seem unattainable? Well, it really is not. You can achieve these guidelines in smaller segments of time. For example, 10 minutes of walking in the morning, 10 minutes in the afternoon, and 10 minutes in the evening equals the 30 minutes for your day. If you do not like that, how about 15 and 15 or 5-minute stints 6 times a day? These walking sessions do not have to be on a track, street or mall. They can be in the privacy of your own home by walking in place or by making a walking path throughout your house. Just get moving – anywhere.

Before you start, here are some last bits of advice and types of walking you can experiment with. Always begin your walk with a brief warm up such as walking in place or leg lifts to get your blood flowing. Then do a few stretches incorporating not only the major leg muscles, but also the neck, back, and arms to relieve tension so you may enjoy the walk even more. Start out with a slower pace and a shorter walking distance, and then gradually increase to a faster pace and more distance. Always walk with good posture. Once you can walk a few miles comfortably, increase and vary your intensity.

One way to gauge moderate intensity walking is with the “talk test” – exercising hard enough to break a sweat but not so hard you can’t comfortably carry on a conversation.

Brisk walking fills the bill for moderate-intensity exercise. How fast is brisk? For the average person, it means walking 3-4 miles an hour, or about as fast as you would walk if you were late for an appointment. Walking is an ideal exercise for many people – it doesn’t require any special equipment, can be done any time and any place, and is generally safe.

For example, in the first 3 to 5 minutes walk slowly. For the next 1 to 2 minutes, walk faster pumping your arms until you become breathless. Then slow down again and when your breathing is comfortable, speed it up again. Do this throughout the duration of your walk. Not only is this a great metabolism booster but also it makes the walk seem faster and cuts down on boredom.

Keep in mind that 30 minutes of moderate-intensity walking a day is an excellent starting point, not an upper limit. Exercising longer, harder, or both can bring even greater health benefits.

Once you have hit the peak of your walking routine, try walking hills, steps, or use walking poles to incorporate more muscles. You might even add some strength moves, stopping every so often to perform kick box punches, squats, leg lifts, or lunges. All of these added intervals would super charge your workout! Always slow down the last few minutes of your walk and then stretch your muscles out again. This will help alleviate most muscle soreness.

Don’t get stuck in a rut, though. As your body adapts to exercise, you will need to push yourself more and more to get the same cardiovascular workout. Another way to know that it is time to pick up the pace is if you see your weight or size start creeping up on you.

Proper techniques for walking

Learn to walk correctly (not flat footed “lazy walk”), using ball of foot to push off, never allowing completely straight legs so stride is not too big (causing too much flex resulting in possible shin splints).

Start with slower pace first 5 minutes of walk then increase speed to warm up muscles and heart.

Keep glutes tightened entire time (rear end will lift and abductors and adductors will tone and tighten).

Use arms to propel forward (speed w/o running is the key)!

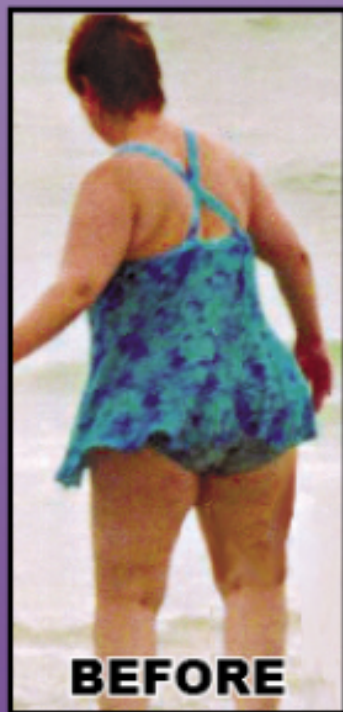
Keep fingers bent as if holding a rod (to keep fingers from swelling).

Most important element to watch is cadence, how far you walk will not get great results nor will the length of time you walk, but how long it takes you to go how far you go. Beginners should strive to take no longer than 17 – 19 minutes per mile, striving ultimately for 15 minutes per one mile.

Stretching is a MUST! When body walking is done correctly, muscles will be used that are not used otherwise. At least 5 minutes of stretching prior to and after walk, “basic stretches” are good –hamstring/quads/calves/lunges.

PERMANENT RESULTS

It's Not About The Food!



BEFORE

My name is Patty Stevens. The picture on the far left was taken, where I weighed 198 pounds. Now, I am 125 pounds! I can't believe that was me. I can **SEE the difference!** Can you? I was a size 22 and now I'm a size 8! Thank you Thin&Healthy Total Solution[®] for letting me take control of my life again. Without you, I can only imagine where I would be today!

With our internationally recognized program our members have lost over 1,000,000 pounds and inches. In this condensed version you receive everything you'll need to lose 6 to 21 pounds in 21 days.



AFTER

Are you tired of yo-yo dieting or losing weight without much success?

Thin&Healthy's Total Solution[®] is a healthy food plan that follows the national guidelines on nutrition. Today is the day you begin to take off excess weight!

Are you looking for ways to increase your metabolism?

With Thin&Healthy's Total Solution[®] you will learn the 3 factors that affect your metabolism.

Do you find your schedule to be too busy that it is really impossible to find time to eat sensibly or fit in exercise?

With Thin&Healthy's Total Solution segment you will learn how to get an extra 25 work weeks a year!

Successful entrepreneur, speaker and published author with over 25 years in the weight loss and fitness industries, Donna Krech has lived the American Dream AND is an expert in teaching others how to do the same. She has taught ahead-of-the-trend, proven methods in motivation, business momentum, metabolism increase and movement to over 1500 audiences in 26 countries.



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