

101 “Everyday” Tips for Weight Control

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INTRODUCTION

The Good Ol' Days...

There was a time in this world when the need to lose weight was completely unheard of. People ate well, but they worked hard and burned it off. They woke up early in the morning and then engaged in a whole day's work -- mostly physical labor. People worked in the fields digging, sowing, and harvesting. They tilled the soil, rode horses, and worked on farms and ranches. The result was that they could afford to eat almost anything they wanted in whatever quantities they wanted.

But that was ages ago, and the world has changed so much since then. Lifestyles have changed, and creature comforts have increased. But every rose has its thorn. As a result of all these comforts and amenities, the state of physical well-being has really changed. Most of us have sedentary jobs that demand little or no exercise. To put it simply, things have become so darn easy. And just as can be expected, weight gain has become a major concern for almost all of us.

It's a major concern, even in our youth. Because of video games and TV, children today are less active so weight problems take their toll. And, once you get into your twenties, you become very aware of the signs of weight gain because it's in all the wrong places.

It's not so much about having an hour-glass figure or a perfectly sculpted and toned body. It's more about being fit and remaining healthy to ensure a long, disease free life. Everybody knows that those extra pounds spell illness.

This book is dedicated solely to the cause of controlling your weight. There is only one thing to keep in mind -- weight loss doesn't happen by itself. In fact, there are only two ways to accomplish it...

Move more and eat less. (This report gives tips for both.)

As you go through the following pages, my hope is that you're continually amazed by all of the "everyday" things you can do to control your weight and move forward to a healthier and happier life.

101 “Everyday” Tips For Weight Control

1.

Drink plenty of water. The cells in our body are primarily made up of water, so we need plenty of water to keep us going. Water is not just way to flush out toxins, but if you have more water in your body you will generally feel healthier and fitter. This itself will discourage the tendency to overeat. The best thing about water is that it has no calories.

2.

Start your day with a glass of water. As soon as you wake up, gulp down a glass of cool water. It's a wonderful way to start your day. A glass of water gets your digestive juices flowing and essentially lubricates the insides of your body. If you have morning coffee, have it after a glass of water. It's good for you.

3.

Drink a glass of water before your meal. Water naturally fills some space so that you feel fuller without actually having to stuff yourself.

4.

Have a glass of water with your meal. Again, this is another way of making yourself full so that you can actually rise from the table

eating less but feeling full just the same. Instead of drinking it in one gulp, take small sips after each bite. It will help the food settle faster so that you feel full quicker.

SIDENOTE: Water is such a remarkable thing, but seldom do we give it the credit that it deserves. Did you know that over 66% of your body weight is water? It's amazing!

Water also plays a vital role in weight control, which is why I donated so much space to it.

5.

Stay away from sweetened drinks, especially sodas. Hey all those colas and fizzy drinks are sweetened with sugar, and sugar means calories. The more you can cut out these sweetened drinks, the better it is for you. So if you must drink sodas, stick to diet sodas.

6.

Include things in your diet that contain water like tomatoes and watermelon. These foods are 90% to 95 % water so there is nothing you have to lose by feasting on them. They fill you up without adding pounds.

7.

Eat fresh fruit instead of drinking fruit juice. Juice is often artificially sweetened, but fresh fruits have natural sugars. When

you eat fruit, you're taking in a lot of fiber, which your body needs, and fruits are an excellent source of vitamins.

8.

If you do have a craving for fruit juice then go for fresh fruit juice instead of juice containing artificial flavors and colors. Or even better, try making your own fruit juice – just don't sweeten it with sugar.

9.

Choose fresh fruit over processed fruit. Processed and canned fruits do not have as much fiber as fresh fruit, and processed and canned fruits are nearly always sweetened with sugar.

10.

Increase your fiber intake. Like I mentioned, the body needs a lot of fiber. So try to include as many fruits and vegetables in your diet as you can.

11.

Go crazy on vegetables. Vegetables are your best bet when it comes to losing pounds. Nature has a terrific spread when it comes to choosing vegetables, and the leafy green vegetables are your best bet. Try to include a salad with your meals every day.

12.

Eat intelligently. The difference between people and animals is that people are driven by intelligence while animals are driven by instinct. Don't just eat something because you feel like eating it. Ask yourself whether your body really needs it.

13.

Watch what you eat. Keep a watchful eye on everything that goes into your mouth. Sometimes the garnishes can be richer than the food itself. Accompaniments also can be very rich. Remember that it is the easiest thing in the world to eat something without realizing that it was something that you should not have eaten. Selective memory you know...

14.

Control that sweet tooth. Remember that sweet things generally mean more calories. It is natural that we have cravings for sweets especially chocolates and other desserts. Go easy on these things, and each time you consume something sweet, understand that it is going to add weight unless you cut back on another food.

15.

Schedule your meals at the same time every day, and do your best to stick to that schedule. You can stretch these times by 30 minutes, but anything more than that is going to impact your eating pattern, resulting in either a loss of appetite or that famished

feeling which will make you stuff yourself with more than what is required at the next meal.

16.

Eat only when you are hungry. Some of us have the tendency to eat mindlessly. We use parties as an excuse to stuff ourselves. Do you understand that the effect of a whole week of dieting can be lost by just one day of splurging? The main problem is that we become disheartened, tell ourselves that we can't lose weight and then we fall off the wagon. Instead, whenever you're offered something to eat a party, don't decline it completely. Just have a small portion so that you can indulge in a taste and watch your diet at the same time.

17.

Quit snacking between meals. This is especially true for those of us who have to travel a lot. We often feel that the only way we can get a bite to eat is to eat snacks and junk food. The main problem with most snacks and junk food is that they are usually less filling and they contain a lot of fat and calories. While a candy bar may take the edge off of your hunger, it doesn't last and, it's terribly fattening.

18.

If you must snack, try vegetables. You might get hunger pangs between meals, but it's something you can control. Try munching on vegetables. Carrots are an excellent way to satisfy those hungry

pangs and they're good for your eyes and teeth. True, you might end up being called Bugs Bunny, but it's much better than beating yourself up for having a calorie-laden between meal snack.

19.

Go easy on tea and coffee. They're harmless by themselves -- it's when you add the cream and sugar that they become fattening. Did you know that having a cup of tea or coffee that has cream and at least two spoons of sugar is almost as bad as having a big piece of rich chocolate cake?

20.

Try to stick to black tea or coffee. They can actually be good for you. Personally I recommend tea rather than coffee because the caffeine in the coffee is not really good for you. It is an alkaloid and can affect other functions of your body like your metabolism. Green tea is particularly good because it contains antioxidants.

21.

Learn to meditate. Meditation will help you calm your cravings for food and it's a great way to relieve stress. So do something kind for your body and mind and meditate every day.

22.

Be sure to burn those extra calories by the end of the week. If you feel as if you've consumed more calories than you should have during the week (it happens you know), then make sure that you work off those extra calories by the end of the week before they have a chance to turn into fat.

23.

Stay away from fried foods. While these are not an absolute no-no, the more fried foods that you eat, the more calories you are taking in. When food is fried in oil or fat, even if the external oil is drained away, there is still a lot of oil that remains. Try something broiled or baked instead.

24.

Do not skip meals. Let me say this again – Do not skip meals! The worst thing you can do while watching your diet is skip a meal. It has the opposite effect of what you want. You end up being ravenous and eat more than you should at the next meal. Instead, strive for four to six smaller meals daily.

25.

Raw vegetables are better than cooked or canned vegetables. The cooking process can take away up to half the vitamins in them.

Canned vegetables are processed too and not nearly as good for you as fresh vegetables.

26.

Try to limit yourself to one egg a day. A better choice would be to eat only the whites as the yolks contain more fat than you need. Or, try one of the frozen egg products that contains only egg whites. If you use this in a vegetable omelet, I guarantee you won't be able to taste the difference.

27.

Make chocolates a luxury and not a routine. Chocolates should not be a staple of your diet, so don't indulge too much. Even semi-sweet chocolate isn't all that good for you. Although they have less sugar, they still contain cream. Current research indicates there are some redeeming factors in chocolate and, if you can limit yourself to one small piece a day, then go ahead and enjoy.

28.

Choose a variety of foods from all food groups every day. This is a great way to make sure you're getting your daily intake of vitamins and minerals. By changing the items included in your diet daily, you experiment with a variety of dishes and won't get bored with your food choices.

29.

Avoid alcoholic beverages if you can. Alcohol supplies empty calories. Plus, after a couple of drinks, you may not make wise food choices.

30.

Eat breakfast. Try to have breakfast within one hour of waking so your body can charge itself with the energy it needs for the day. The idea is to eat before you get really hungry. Breakfast is the most important meal of the day so don't skip this meal.

31.

Include carbohydrates in your diet. We're in the midst of a "low carb" fad and the current trend today is to avoid carbs. But avoiding an entire group of foods makes you more likely to crave them even more. Carbohydrates are a ready source of energy, and I would recommend including healthy carbs as a part of your diet.

32.

Proteins are important for a healthy body. There are many processes going on in our bodies, and cells are breaking down and being built up again. Protein is a vital part of this rebuilding. Eating foods high in protein has the added benefit of allowing you to feel fuller longer. Don't skimp on protein.

33.

Keep fats to a minimum. I know – this flies in the face of current diet fads, but diet fads shouldn't govern your eating habits. And remember, to keep weight off, you have to implement a lifestyle change in your eating habits. Make it a change you can live with.

34.

Become a “semi-vegetarian”. A vegetarian diet is undoubtedly better for those of us watching our weight. What I would suggest is stick to a vegetarian diet as often as you can. Eat meat/poultry/fish at one meal only, and at the other two, go vegetarian. Try it! You might like it!

35.

Choose white meat rather than red. White meat, which includes fish and fowl, is a much healthier choice than red meat for those trying to lose weight.

36.

High fiber multigrain breads are better than white breads. Remember how I told you to increase the fiber content in your food? Well this is one answer to that. It's not only better in terms of the fiber content, but in protein content as well.

37.

Reduce your intake of pork. Pork tends to be high in fat and it's not something that can help you to lose weight. So the less pork you eat the better chance you have of losing weight. Remember that pork includes pork products as well like bacon, ham and sausage.

38.

Limit your sugar intake. If you can't have things unsweetened use sugar substitutes. These are just as sweet but are certainly not fattening.

39.

Become a "grazer". Instead of sticking to just three meals a day, try grazing. Having 5 or 6 smaller meals instead of three king sized meals is an excellent way of consuming smaller quantities of food.

40.

Go ahead and cheat – but only a little. There are many things which you avoid to lose weight but which you may have an undying craving for. Do not avoid them altogether. You could call them "cheat foods" and indulge in them sparingly. Take care just to tingle your taste buds enough to satisfy your craving. That way, you get the taste, satisfy your craving, and still remain within your calorie limits.

41.

Use mustard or ketchup on sandwiches instead of mayonnaise. You'll be eating a fraction of the calories and fat and still have a tasty sandwich to munch on.

42.

Go easy on salt. Too much salt is not healthy. It can cause water retention, and it leads to high blood pressure. Make it a point to bring down your salt intake to half of what it was last year.

43.

Change from butter or margarine to a lower calorie spread that is whipped or contains part yogurt. If you have a choice, why not go for something that's healthier for you and tastes just as good? Keep in mind that small changes can go a long way toward weight reduction.

44.

Instead of frying, try baking. Baking is by far a healthier method of preparing food than frying because it requires less oil or fat.

45.

Use a non-stick frying pan for your cooking so that you don't have to add oil. The golden rule is to try and avoid as much oil as possible, and a non-stick pan is the perfect solution to this problem.

46.

Steam your vegetables instead of cooking them. Or even better, eat them raw. However if you don't like eating raw vegetables, try steaming them and adding a bullion cube or some seasoning to the water. This gives the veggies a hint of flavor and is probably the healthiest way to eat vegetables because you're not cooking the vitamins out of them.

47.

Carry parsley with you. Parsley is an excellent thing to munch on between meals. It's not only good for you in terms of vitamins, but it's also a perfect breath freshener.

48.

Choose low-fat or no-fat substitutes. They're much healthier for your heart. You will be astounded at the range of goods that manufacturers have to offer. With all the hue and cry being made about obesity, low-fat and no-fat substitutes are hitting the stands faster than mushrooms sprouting after a rainstorm. So the next time you head for the store, instead of picking up what you've always used, see if there are better substitutes.

49.

Avoid crash diets. Not only are they bad for your health, you are likely to gain back all you've lost and more once you go off them. Crash diets are not a solution to weight loss. They seem to be the solution when someone wants to wear an old dress or suit for a particular occasion. That's the only purpose that they serve as far as I can see.

50.

God gave us teeth for a reason. Develop a habit of chewing your food at least 15 to 20 times per bite. Often whatever goes into our mouth goes down like lightning. We hardly taste the food we're gulping down. And, we hardly give our saliva any time to act on our food, so digestion doesn't take place like it should. When we stuff our tummies with food that doesn't get digested, it doesn't yield the benefits that it should.

51.

Dry wine is better than sweet wine because sweet wines naturally contain a lot of sugar. But, in dry wines, most of this sugar has been fermented away. So, from the weight-loss point of view, dry wines are better than sweet.

52.

When you decide it's time to start working out, start slowly and don't expect to achieve your fitness goals after the first week.

Many people feel that if they really push their bodies, they can lose more weight in a couple of workouts. But, if you try to push your body too much at first, you're likely to end up with sprained joints, a sore back and even torn ligaments. The rule to be followed here is slow and steady wins the race.

53.

Check your weight before you start your weight-loss routine. Then check for changes weekly (not daily), but don't expect a radical change immediately. You gained weight over a period of time; expect to lose it the same way. It might be two or three weeks before you notice some change, but it's crucial that you continue to monitor your weight. Remember that even a few pounds lost is a big achievement.

54.

When you do notice a change, reward yourself. When I say reward I do not mean go for some goodies like chocolates or sweets. Instead, go to a movie or buy yourself some new clothes. Save the money you wanted to spend on ice cream and chocolates and then treat yourself to something more substantial. Occasional rewards will keep you motivated.

55.

Exercise. Move your body. Do something. And take a day off from exercise every week. This isn't just a very good idea but it's part of the exercise routine. Your body needs a day of rest, so don't

hesitate to take a day off from whatever exercise you have been doing.

56.

Exercise outside as often as possible. There are two advantages to this. One advantage is your body gets a chance to get fresh air and sunshine. The second is that the surroundings keep you perked up and it's a break from being cooped up all day.

57.

Collect some information about exercise. Extensive research has been done, and plenty of information is easily available. You can try browsing the Internet or getting a book or two on how to exercise at home. This information will be useful so you know how much you need to work out on each specific exercise in order to burn off the desired number of calories.

58.

Find an exercise buddy. Make it somebody who's committed or your interest might dwindle. One of the advantages of getting a committed person to exercise with you is that it keeps you motivated on those days when you feel just too lazy to crawl out of bed in the mornings. On such days, knowing that someone is waiting for you is enough to get you going.

Another advantage is that you can discuss your progress and fears with another person and be a sympathetic listener to them as well. This is a great way to motivate yourself.

59.

When you exercise, listen to your body and stop when it has had enough. There's no sense pushing it. When you have worked out for a considerable time, your body will start giving you signals. Heed them. This is particularly true in the initial stages. Take one step at a time. Stop when you are out of breath or when a certain part of your body tells you that it has had enough.

60.

If you want to increase how much exercise you do, do it gradually and not in sudden jolts. This can be easier said than done. Most of us have such hectic schedules that it seems impossible to fit in time for exercise right? Wrong! I will say this once and for all, your body needs proper exercise. Make exercise a priority in your daily routine.

61.

Select an exercise routine to suit your life style. Choose something that you enjoy. We all have different lives, so there's no sense trying to follow what works for someone else. Even more important than the exercise itself is sticking to it. So, unless you choose something you can live with, you won't continue doing it.

62.

Don't stand, walk. Walking is great exercise. Even pacing is a good thing to do because you're moving. And when you're moving, you're burning calories. If you are thinking deeply about something, try pacing back and forth. It will aid your thinking.

63.

Don't sit, stand. If you can stand, then do not sit. The golden rule is to choose a position that is less comfortable because you will move more often.

64.

Don't lie down, sit. The rule mentioned above is true here as well.

65.

Don't be a couch potato. It is the easiest thing in the world to do. You know what I'm talking about don't you? That shapeless thing that sits or reclines in front of the television and munches away at whatever food is handy!

If you are inclined to become a couch potato, break the habit – nip it in the bud. Do you want to know the best way to do that? Take away that favorite chair of yours. In fact, it would be a very good idea if you could keep a chair that isn't too comfortable in front of the TV. This will discourage the tendency to become a couch potato who's glued to the TV.

66.

If you have a sitting job, stand up and stretch every 30 minutes. Or go for a short walk around the building. Many of the jobs today are sedentary. This is especially true for those who sit at a computer all day. So if you have such a job, make it a point to get up and move at least every half hour.

67.

While making telephone calls try walking around. With wireless phones and cell phones, this shouldn't be too difficult. Remember, the more you move, the more calories you burn.

68.

Use the stairs instead of the elevator whenever you can. Elevators are a great convenience, particularly if you have to go up or down several floors. But elevators also make us very lazy. While it makes no sense trudging up several flights of stairs, walking down isn't difficult. And it may even be quicker to walk down than ride the elevator. You know what I mean if you've ever spent an eternity waiting for one, only to have it pass you by because it's full by the time it gets to your floor.

69.

Try going on a "supermarket diet". Make one or two meals each day frozen diet entrees like Healthy Choice, Smart Ones, Lean

Cuisine, or other lower calorie brands. They work because of portion control. Most weight gain isn't due to what we eat but rather how much we eat. These frozen dinners control the portion size for you. Not only that, but frozen meals can teach you about appropriate serving sizes. One word of caution – frozen meals often don't contain many vegetables, so you might want to add some veggies or a salad to each meal.

70.

Start running. If you hate running, remember, you do not have to run a marathon to stay fit. 15 minutes of cardio each day is a good start for most of us. Then gradually work up to longer periods of time.

71.

If you can't run, try walking. 15 minutes of brisk walking a day is a good start to keeping fit. The key word here is "brisk". Walk with purpose. Don't just mosey along at a slow pace. Try to inject some cardio work here to get your heart pumping.

72.

Any distance is walkable if you have the time, so consider walking to places that you would normally drive (such as work or the store if they're not too far away). It may take you longer, but the health benefits will last you a lifetime.

73.

It sounds strange, but some people have reported that they lost more weight when they drank black coffee before a workout. While there's no hard data to support this, nutritionists speculate that the caffeine in coffee makes the body rely more on fat for fuel during the workout. It's worth a try!

74.

Here's the flip side to the tip above: Avoid drinking too much coffee because it tends to desensitize your body to the fat burning effects of caffeine.

75.

Stop using remote controls. These are the bane of a prospective weight loser. They may be remarkable gadgets, but from the weight loss point of view, they just aren't very helpful. So get up and walk over to the TV, VCR or DVD player and change the channel.

76.

When you want something, get up and get it yourself. Often when we come from work we're tired, and we tend to get others to do simple chores for us. These things are no big deal. They are things that we can very well do for our selves but we don't.

77.

Here's a pop quiz. Escalators help us to:

1. Move up and down faster
2. Gain weight
3. Stand awkwardly as they carry us up and down
4. Look down at other people when we're going down
5. Look up to others when we're going up

The correct answer is all of the above. So the next time you take an escalator, don't just stand there...walk up or down along with it. (Or better yet, just take the stairs.)

78.

Get up and move around during commercials on TV. If you want to sit all evening with your eyes glued to the tube, then do so. But at least spare your eyes the agony of commercial breaks. When the next commercial flashes on the screen, instead of channel surfing, get up and do something. Reach over and try to touch your toes or do some jumping jacks -- any such simple exercise that will at least get the blood flowing in your veins.

79.

Wiggle your toes and your fingers whenever you can. This is a stress buster, and it gives you a chance to work your hand and leg joints. If they're sore, just think of the shape the rest of your body must be in.

80.

Turn on your favorite music and dance. Let your hair down once in a while. Not only is this fun, it burns calories. So turn up the music and dance like no one is watching.

81.

Not comfortable dancing alone? Take dance lessons. Dancing is a wonderful way to burn off those extra calories. Of course, I'm not referring to slow ballroom kind of dances, although these are better than nothing. But take up tap or country line dancing. Or look for dance classes that teach ethnic dancing. You'll learn new steps and learn about a different culture while you're burning calories and having fun.

82.

When you drive somewhere, always park as far away as you can and then walk. You might not have time to fit long walks in your busy schedule so this is one way of ensuring that you at least get to walk a little bit every day.

83.

When nobody is watching try doing pelvic gyrations. If you take a moment to observe it you will see that our midsections get very little exercise. Stomach crunches might be too strenuous to start off with but pelvic gyrations are relatively mild. An added benefit

of strengthening our abdominal muscles is that strong abs lessen any back pain you may have.

84.

Tuck in your tummy whenever you walk. Stand straight as if someone were pulling a string attached to the top of your head. Each time you tuck in your tummy, feel the pressure on the muscles of your stomach. This tightening and loosening of these muscles is even better than stomach crunches.

85.

Try Pilates. It's a wonderful way to exercise and tone all of the muscles in your body. There are many books and videos showing how to do Pilates. Or see if your local gym offers Pilates classes. In addition to toning your muscles, Pilates keeps you limber, giving you more freedom of movement.

86.

Try Yoga. Yoga is a great way to lose weight. Many movie stars have embraced Yoga, and you know how toned their bodies are. One of the benefits of Yoga is that you learn to control virtually every muscle and joint of your body so that the issue of weight gain will cease to exist. Also, Yoga is a great stress reliever.

87.

Try massaging your partner. This is a fun way to burn calories. It's something that can give your partner a lot of pleasure and, at the same time, it can give you a lot of exertion and lead to weight loss. Of course, it shouldn't be a one-sided effort or the interest will soon dwindle. Massage is one of the many things that couples can do together that can help them keep physically active.

88.

Take up gardening. It gets you outside and burns calories at the same time. Plus, gardening results in a beautiful yard and/or fresh vegetables and fruit for you to snack on. I promise you, a garden will bring you a lot of satisfaction and lead to weight loss as well.

89.

Join a sports league. Try bowling, softball or golf. Team sports are fun activities to fill your time, and you are burning calories as well. If you're shy about doing this alone, have your spouse join with you or bring a friend.

90.

If you have a dog, take it for a walk or a run. You'll be surprised how much exercise a dog can give you. Animals need exercise too, so let your pet become your exercise partner. It's good for you and for your pet.

91.

Fidget. Remember when you were a child and your mother told you to stop fidgeting? Well, now that you're an adult, give yourself permission to start again. Tap your fingers on the table, kick your legs when they're crossed, or tap your toes. While this is pretty annoying to others, you will be burning about 80 additional calories a day, which adds up to 29,200 calories per year – or over 8 pounds of weight lost.

92.

Whenever you can, do standing pushups. Lean facing a wall with your hands flat against it. Then use your hands to push your body away from the wall. Work up to 3 sets of 10. This might be something to occupy your time during commercial breaks on TV.

93.

If there is a pool nearby go for a swim as often as you can. Swimming is one of the best exercises because it's easy on your joints. Water has a lot of advantages. And if nothing else, a cool dip in a pool is a wonderful stress reliever.

94.

Try playing games like table tennis or basketball. Games are a fun way to lose weight. It is much more exciting to play a game than just work out by yourself. The best thing about games is that they are addictive. In fact the more you play the less you will consider

this to be a part of your weight loss program. And as you burn those calories, you will also be able to expand your social circle.

95.

Any workout should start with a 5 to 10 minute warm up and end with a 5 to 10 minute cool down session. Whatever physical exercise you're involved in, remember to warm up before starting. Don't just plunge in. Your body needs to reach a certain level of readiness before it can actually start responding to exercise. And warming up and cooling down helps minimize injuries

96.

Don't carry your cell phone with you. Leave it a place where you can hear it ringing but where you have to get up and walk over to pick it up. This might sound silly, but it's one of the small ways that we can add movement to our daily routine and burn more calories.

97.

Do isometric exercises. For example, while in an elevator, instead of just standing there and staring at the numbers going up or down, try standing on your toes and then back on your feet again. Do this several times. Also try flexing your buttock muscles as well. There are many muscles in our body that we can flex without attracting the attention of others. Do this and you'll be strengthening your muscles, without anyone ever knowing.

98.

Begin weight training. As we age, we lose muscle mass. Less muscle means that we burn fewer calories. By weight training, you replace lost muscle mass and burn more calories even when you're not exercising. An added bonus is that working with weights also strengthens your bones and helps prevent osteoporosis.

99.

Keep a food diary. Buy a pocket-sized notebook specifically for this purpose. Every day, write down everything you put in your mouth – from the largest meal to the smallest piece of candy. Next to each item, list its calorie content. This shouldn't be too difficult since most foods have this listed on the package. You'll be amazed at how many calories you're eating in comparison to how many you really need to maintain a healthy weight.

100.

Want to look 5 pounds thinner right now? Don't slouch whether you're sitting or standing. Maintaining an erect posture with your tummy tucked in automatically makes you look thinner. Slouching is a very bad habit. Not only is it bad for your back but it also gives you a very unflattering figure. It's your way of saying yes to a comfortable, weight-gaining pose. Plus, sitting or standing straight gives you a look of confidence and determination.

101.

Psst. I would like to let you in on a secret. You are totally in control of what you eat. While we might say that we eat out of boredom or frustration, the truth is that we eat because it's our choice to eat. Very few of us are making healthy food choices 100% of the time. But many of us can make better choices than we do. So at every meal silently say to yourself "I am in control of everything I eat. I will make wise choices at this meal."

Notice that you aren't committing yourself to an entire month, week or day – just one meal. Taking this one meal at a time, you can stay in control and make wise food choices leading to a fitter and healthier you!

* * * * *

Below I have included a table of several exercises and the approximate number of calories that can be burned doing 30 minutes of each. Choose what you can do best and something that you will enjoy doing as well.

The choice of the exercise is completely left to you but try to do whatever you wish to do for at least twenty minutes because that's about how long it takes before the actual calorie burning starts.

Aerobics	200-250 calories
Bicycling, Stationary	250-300 calories
Bicycling, Actual	300-400 calories
Running, 5-6 mph	300-350 calories
Stair climber	200-250 calories
Swimming laps	350 calories
Walking briskly	150-180 calories

Well, I guess that's about it. The ball is now in your court so what are you waiting for? Get rid of those extra calories and pounds as early as you can and start to enjoy the benefits of a healthy lifestyle. Remember, you're in control here. I know you can do this.

And, anytime that you start to backslide into your old eating habits, don't throw in the towel. Everything isn't lost. Just start again as soon as possible and you'll soon be back in step with your new healthy habits.

How Much Do You Know?

This is a simple quiz to see how much you have grasped about the proper way to control your diet. Go ahead and take the quiz. You might find it interesting.

- 1) Which of the following is suitable for a between meal snack?
 - a) Cheese
 - b) Carrots
 - c) Yogurt
 - d) Coffee
 - e) Candy

- 2) How many glasses of water should a person have in a day?
 - a) 5-6
 - b) 10-20
 - c) 10- 12
 - d) 4-5
 - e) 15-20

- 3) Which of the following is bad as far as weight control is concerned?
 - a) snacking
 - b) smoking
 - c) coffee
 - d) crash diets
 - e) all the above

- 4) How many hours sleep does an adult need?
- a) 7-8
 - b) 6-7
 - c) 8-9
 - d) 5-6
 - e) 9-10
- 5) Which is better for a person on a diet?
- a) fresh fruit
 - b) canned fruit
 - c) fruit juice
 - d) processed fruit
 - e) cooked fruit
- 6) Which of the following should you always include in your diet?
- a) nuts
 - b) dried fruits
 - c) fruit juice
 - d) salads
 - e) tea
- 7) Which of these two is better for your health?
- a) coffee
 - b) tea

- 8) The most important meal of the day is
- a) supper
 - b) snacks
 - c) breakfast
 - d) lunch
- 9) Which of the following can you afford to cut out from your diet?
- a) fats
 - b) carbohydrates
 - c) vegetables
 - d) proteins
 - e) vitamins
- 10) Which meat is better for health?
- a) white meat
 - b) red meat
 - c) raw meat

Answers:

- | | |
|------|-------|
| 1. b | 6. d |
| 2. c | 7. b |
| 3. e | 8. c |
| 4. a | 9. a |
| 5. a | 10. a |

Muscle Power

Use your brains to answer the test on the best ways to work out.

- 1) Which is the best exercise among the following?
 - a) horse riding
 - b) walking
 - c) swimming
 - d) running
 - e) bowling

- 2) Before you need to work out, you need to
 - a) drink water
 - b) warm up
 - c) consult a trainer
 - d) make up your mind
 - e) cool off

- 3) You can afford to take a day off from your work out every week
 - a) true
 - b) false

- 4) Yoga does not help to reduce weight
 - a) true
 - b) false

5) Breathing exercises strengthen the shoulder muscles

- a) true
- b) false

Answers:

- 1. c
- 2. b
- 3. a
- 4. a
- 5. b

EXTRA STUFF

Working Out

You may not like what I'm about to say, but dieting alone is not enough to help you to lose weight and maintain the loss. You have to give your body the exercise it needs.

As I mentioned earlier, a couple of centuries ago, people were involved in a lot of manual labor. This gave their bodies all the exercise that was needed. But due to our changed life styles, most of us do not engage in strenuous work. Instead, we sit in front of computers all day long or engage in other sedentary tasks.

It is because of this that exercise becomes crucial for weight loss. The older we get, the faster the pounds pile on. Part of the reason is that we lose muscle as we age. And that lost muscle is replaced with fat. Muscle helps us burn calories even when we're sitting still – fat does not.

There is something very important that you have to understand if you are really considering the possibility of losing weight. You must give your body the exercise that it needs for your weight loss to be really effective.

Watching your diet alone is not going to yield the best results unless it is coupled with proper exercise. You have to make a conscious effort to do this. And the solution for this is to incorporate exercise into your daily routine.

Working Out...It's Good For You

When I talk about healthy bodies, make no mistake about what I am referring to. I am not talking about the Mr. Universe kind of body, or the bodies that we see on WWF.

I am talking about ordinary people who are fit. And fitness and exercise are just two sides of the same coin. They go hand in hand.

In order to stay fit you need exercise and in order to exercise it helps to be fit. But just because you aren't fit now, it does not mean that you shouldn't exercise.

And, just because you don't have any visible excess fat on your body right now, it doesn't mean that you don't need to exercise. Exercise is the best way to keep obesity, cardiovascular disorders, hypertension and all those lifestyle-related disorders under control.

First of all let us get one point straight, exercise does not necessarily mean pumping iron, although this is a great way to replace the muscle you've lost over the years. If you have the time to go to a gym everyday, great. But many of us don't have the time for a regular workout in a gym. So the other alternative is to exercise at home or at work.

But whether it's at home, at work or at a gym, there is something that I want to tell you. Whatever you are doing, you must try and do it regularly. Consistency is very important for an exercise routine to have the desired effect on our body. Getting started is the easy part. It's sticking to a regular exercise routine that is difficult.

Most people get off to a beautiful start. They buy tracksuits and gym wear, running shoes and a lot of other gear. Their first day at the gym is almost a celebration. (When I first started running many years ago, it was more important for me to look good than to run a certain number of miles.)

Then as the days go on, they find it increasingly difficult to meet their personal and professional demands, so their routine slows down and finally comes to a complete workout burnout. In other words, they stop working out completely.

It is a fact that the most popular time for workouts is in the evening. If you can stick to evening workouts, good for you. But most of us find ourselves exhausted in the evenings. We are physically and mentally drained. Our bodies are just too tired for a workout. The result is that after the first few days of working out, our interest just dwindles away.

Another reason that evening workouts seem to fizzle out is that in the evenings, a thousand things may crop up and then there is hardly time for a warm up let alone a workout.

I recommend setting aside some time for exercise in the morning. There are two advantages of to this. First, is that in the morning, our bodies are fresh and full of energy. And, exercise pumps more blood through the body and warms it up. After morning exercise, we feel more charged and ready to face the challenges of the day.

The second advantage is that by exercising in the morning, our exercise routine won't affect the rest of our day.

What about those of us who have never worked out before? In such cases you might need to start off under the personal supervision of an instructor which may require you to go to a gym.

But what I would suggest is that there are two simple things anyone can do, and you don't need the help of an instructor. Do you know what these are? They are walking and swimming. Anyone can walk, and those of you who know how to swim can jump in a pool. For these two activities, you don't need much gear, and experts say that these two of the best exercises because they have no side effects and they are excellent stress busters.

So in the morning wake up half an hour earlier, and get moving. The easiest way to start is to put on your walking shoes and hit the road. Most streets are less crowded at this hour and less polluted too. Exercise is a wonderful way to start your day. Do it. You'll be glad you did!

Note: Before starting any weight loss or exercise program, consult your doctor to be sure what you plan to do is right for you.