

What A Healthy Body Needs To Know
“Get a Plan & Work Your Plan”

Dorian Rizzo
Certified Personal Trainer
Dynabody Fitness Club
Inverness, Fl 34453
352-344-3553

Let's face it, sticking to a sensible eating program can have its challenges. Make health your top priority and don't ever give up on a vision of a healthier "You". Every journey begins with that first step. This journey will be its own Reward.

Where do I start?

Make a firm commitment –Do it Today! Put your plans in writing. Involve your family and friends for support.

Set realistic goals- Break your weight loss down into smaller more achievable goals. If your ultimate goal is 50 lbs. it is less discouraging to focus on 10lbs at a time.

Plan how to reach your goal- To lose weight you need to decrease the calories consumed and increase the calories burned. It's important to keep a food diary and be honest. By a calorie counter and low cal recipe book or go online. Substitute unhealthy choices for healthy choices.

Choose your favorite activity- This can be joining a gym or fitness group, walking, swimming, and cycling. The best exercise is the one you'll actually do. Healthy eating starts with healthy shopping. Read the labels, the more you know about the foods you're eating the better. You might be surprised to see the amount of sugar, salt and fat some foods actually have.

Get rid of all unhealthy fatty foods in your kitchen. If it's not there, you won't be tempted to eat it. Substitute fruit for sweets. Water and lemon or unsweetened ice tea for soda. Remember eating smaller healthy meals throughout the day will control your appetite.

Portion control- A serving size of meat or poultry is 4oz, about the size of a deck of cards. A cup roughly the size of your fist. 1 cup equals 8 ounces.

Substitute unhealthy for healthy- instead of frying, try baking or roasting. Try mustard instead of Mayo, plain non-fat yogurt instead

of sour cream, ground turkey instead of beef. There's no reason your diet has to be boring, get creative instead.

Join a support group-

There are many local weight loss groups as well as online groups that can help track weight loss and offer menus and recipes. Involve family and friends. They may even join with you!

How many calories do I need?

There are different formulas used to figure how many calories needed to lose weight. This is an easy one. Grab your calculator... multiply your current weight by 12. for example say you weigh 150lbs, multiply that by 12 = 1800. That means you need 1800 calories per day to maintain that weight.

Now for example, to lose weight you can reduce your caloric intake by 300 calories a day and increase your activity level by 200 calories burned per day- that equals 500 calories.

Since a lb. of fat equals 3500 calories at the end of one week you will have lost 1 lb.

Think of the weight loss possibilities there are if you decrease your caloric intake everyday and increase your activity level.

Slow and steady weight loss is the most effective way to lose weight and maintain it for life. This is because it conditions you to make permanent changes in your eating habits and regular exercise conditions your body to expect regular physical activity. Sound simple enough? It is!

What should I eat?

Fruits & Vegetables- 4 servings per day (serving size 1 cup), 1 medium piece of 8 ounces apples, apricots, banana, berries, cherries,

citrus, kiwi, mango, peach, pear, melon and pineapple are just a few of many choices.

Vegetables- Try asparagus, broccoli, cabbage, cauliflower, carrots, tomatoes, squash, greens, ect.

Tips- Steam rather than fry, use herbs and spices, lemon and garlic to flavor vegetables. Plus, try new vegetables to add variety to your diet and remember fresh is best but feel free to choose frozen as long as it's not loaded with sugars or creams.

Protein

3 servings per day. Example. Beef, pork (labeled as 95% lean) white meat skin removed chicken or turkey, fish, egg whites.

Vegetarian examples- Black beans, chickpeas, lentils, kidney beans, edamame, tofu, tempeh.

Dairy Examples- low fat or skim milk, cottage cheese, yogurt.

Tips- Grill, poach or roast meats instead of frying. Avoid processed meats such as hot dog, bologna, salami ect. They are high in fat and sodium nitrates (not good). Choose lean roasted turkey instead.

Whole Grains- 2 servings per day

Examples- Whole wheat bread (not white) Ezekiel, wasa, whole wheat pita, barley, brown rice (no white), couscous, rolled oats, whole grain cereals

Tips- Make sure the 1st ingredient on the label is whole wheat or whole grain, plus choose high in fiber cereals and avoid those loaded with sugar.

What should I drink?

Ditch that soda! It contains empty sugar calories and leaves you craving more. The best drink of course is water. Aim for 6-8 glasses of 8 oz. daily. If you become dehydrated your metabolism slows down and you may not burn as many calories. In addition it reduces sodium levels in the body thus reducing fluid retention.

Tip- Try flavoring with citrus fruits or herbal teas.

Meal Time- Yeah!

This will give you an idea as to how to structure your meals. It is flexible and adaptable to your needs and tastes. Remember, eating smaller more frequent meals will keep your appetite controlled throughout the day.

Sample Menu

Breakfast-

1/2 protein serving
1 whole grain serving
1 fruit serving

Snack

1/2 protein serving
1 fruit serving

Lunch

1 protein serving
1/2 whole grains
1 vegetable

Snack

1/2 protein serving
1 fruit

Dinner

1/2 protein serving
1/2 whole grain
2 vegetable serving

Tip- Planning and preparing meals in advance will stop you from grabbing fast food or making quick unhealthy choices.

Breakfast

1/3 c. oatmeal with skim milk and cinnamon
1 c. diced melon

1/3 c. fat free yogurt
tea, coffee- plain, skim milk or artificial sweetener if desired

Snack

1/2 c. fat free yogurt w/ 2 tbs. berries

Lunch

Turkey pita sandwich (whole wheat pita w/ 4oz. Lean sliced turkey, lettuce and tomatoes- mustard or fat free mayo if desired)

Snack

1 fat free mozzarella string cheese
1 med. Tangerine

Dinner

Grilled 4oz. chicken breast- used non stick spray
1c. broccoli and cauliflower (steamed)
3/4 c. brown rice

Snack

1/2 c. low fat cottage cheese w/ pineapple

Sample Menu Cont.

Breakfast

1/2 c. scrambled egg whites (use nonstick spray)
w 2 t. low fat cheese
2 slices whole wheat toast
1 c. sliced melon

Snack

1 c. diced fruit topped with 1/2 c. non fat yogurt

Lunch

4 oz. Grilled chicken breast (no skin)
1/2 c. bulgur salad

1 c grilled favorite veg.

Snack

½ c. reduced fat cottage cheese 1. fresh pineapple

Dinner

4oz grilled salmon

½ cup brown rice

Tossed mixed greens with tomatoes, cucumbers

1 tbs. low fat dressing or vinaigrette

Snack

½ c. unsweetened applesauce w/ dash of cinnamons

Final Tips & Tips Revisited

Make low fat changes gradually so not to feel deprived. Be patient your tastes will change.

Invest in a calorie counting book and some low fat cookbooks. You'll find more inspiring material online as well.

Slow down, eat slowly and enjoy every bite. Fast eaters often eat beyond their level of fullness and before the brain has time to register its fullness. To avoid this, a trick is to put your fork down between bites and you'll eat less.

Avoid ad diets and diet pills. Keep it simple! Eat less, exercise more and you'll lose weight.

Try to avoid excess salt and sugar. These tastes actually leave you craving for more.

Plan and prepare your meals in advance. Take you lunch to work so you won't be tempted to run out for fast food.

Keep a container of cut up fruits and veggies in refrigerator for easy snacking.

Use herbs and spices to flavor meals. Try new foods, your diet doesn't have to be boring. The possibilities are endless.

Most restaurants are accommodating and will prepare something low fat or without extra oil. Don't be afraid to ask.

Salads are healthy but watch out for the extras and salad dressings which can add a lot of fat and calories.

Stay active and keep a routine. Look at your exercise as a doctor's appointment and keep it everyday. Get family and friends to join you.

Keep a food and exercise journal. Try to do better everyday.

Always choose more nutritious foods with the least processing. Read labels.

Once in awhile have a treat without eating too much of it. Or, treat yourself to a new outfit or pedicure when you've reached a goal. Reward your accomplishments.

Don't go shopping when your hungry. Make a list and stick to it.

Most importantly, Stay Positive! Don't let one bad day get you down. Stay focused on your goals and continue making healthy decisions and every area then your life will be improved. Smart people plan and as a result planning will keep your desire burning. Visualize the healthy energized person you will become and don't give up. Remember determination today leads to success tomorrow.

This is what a healthy body needs to know and now you can work your plan. Have fun...