

Working out / Eating right / Doing it right will give you a lasting weight / health management lifestyle that you can easily live with.

By James Hahn – I'm not a doctor nor do I project myself being any fitness or nutrition expert. I'm soling giving friendly advice to help kick start a healthy living style. Take the advice at your own risk and use this for as a basis for you own research on your healthy living change.

You are doing this for yourself, don't give a flying-fuk what any one else thinks. Do what you do for you and love yourself enough to do it. It will pay off and you will be happy for it. Remember this is one of the most honest things you can do for yourself as it will be hard and hard work will pay off.

For starters, lets get some facts together:

(The word 'diet' here is used as eating right, not some fad or quick way to lose weight)

1. Body fat is hard to turn in to energy but the less calories you consume in a day, then your body needs to get energy so it will start to burn fat. A healthy diet will help keep your body from burning muscles and use fat for energy.
2. Don't look at the scale for your body weight, judge your body change by your clothes and photos. Take measurements and pictures and document it every few days or week. This way you can see for yourself the progress. Give it time but you will see progress.
3. Soda, alcohol, candy, processed foods are things to stay away from. Cutting these out of your diet alone could give you a loss of ten pounds in a year.
4. Everyone stores fat differently. Just because you work out a part of your body that has fat on it, does not mean that area of fat will burn off. Fat will burn off from different areas from different people. Thus, you will need to exercise to burn fat off and eat right and you'll notice what areas start to lose weight first. If you work out without changing your diet, then you may be bigger looking due to having bigger muscles but same amount of fat over the muscles.
5. Need to incorporate muscle building (efficient fat / calorie burner) with cardio (not so efficient but good for you) into your life. So, for a woman, 15- 20 reps of a semi heavy weight three sets for three days a week but never next to each other with other days walking and or jogging for at least 30 minutes. Stay hydrated!!
6. Need to consume less calories and replace the bad food with good food. Stay away from processed foods. Look at the per unit quantity in a package and watch what you eat. Count calories for a start. You'll be surprised some of the food that you think is healthy is not. Green leafy foods are good to eat a lot of, fruits and vegetables are good for ok amounts. Whole wheat (not enriched flow) pasts and breads. Read the ingredient listing not just what the front label says.

7. Eating right is over 80% of losing weight and keeping it off. Need to give up TV or something to get out and exercise.
8. Don't compare yourself to anyone else. If anything, help encourage others to live healthier and be positive role model for others. It's very tough and not just time consuming but physically and mentally hard.
9. Takes time to really lose weight and change life style to eating right. At least two weeks of adjustment from your taste buds changing, to your meal schedule, to getting enough sleep.
10. Don't take diet pills, don't do anything that is lose weight fast, don't not eat, drink water, don't try to sweat off weight.
11. Eat 5- 6 meals a day. Right when you get up to right when you go to bed. This is due to the fact that your body wants to burn energy and if it only eats a few times a day, it will think it needs to turn food into fat as it will not know when it's going to get fed again. Eating 5-6 meals a day, makes your body use to burning off what ever it gets and then does not start to store food into fat as fast. The catch here is every 2-3 hours, you may need a snack so always have like a healthy snack with you.
12. This is a big life style change and habits so incorporate it into your life as you can. Lead by example and help family and friends live healthier. This way you can build a network of others to help motivate you.
13. Document / Log what you do and when. For your work outs, write down the weight and how many reps and sets you do. Write down how long you walked / jogged. Write down what you eat and how much and the time.
14. 1800 to 2000 calorie intake for an average person per day. If you are doing. If you are going to start working out, make sure you eat right as your body does need fuel to operate and you don't burn out.

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Eating:

Good sites to visit: http://helpguide.org/life/healthy_eating_diet.htm

Below is a sample from the website

<http://www.changingshape.com/dietandnutrition/mealplans/plans/1574.asp>

This will help you get ideas on what to eat. Feel free to modify it and just start to change things slowly in your diet so you can adapt it into your every day life.

**Heart Healthy Meal Plan (1500 Calorie)
Non Low Carb - Healthy Weight Loss Diet Plan**

When selecting a heart healthy meal plan, make sure you are consuming a balanced and complete diet. Your assignment is to set realistic and attainable diet goals. Start by following the simple guidelines below.

Nutritional and Healthy Meal Guidelines

1. Commit to consuming 4 - 6 small meals and snacks everyday.
2. To succeed, you must plan ahead by packing your foods the night before. Thus, you should always have fresh and low-fat foods around.
3. Keep it simple. Don't get too caught up on the specifics or your diet. Start by simply just counting calories.
4. Eat your foods slower.
5. Make healthier food selections like fruits, vegetables, whole grain cereals, and beans, low-fat or nonfat dairy products, low fat meats, fish and skinless poultry.
6. Avoid foods that are high in fat and calories.
7. Avoid foods that are high in sugars such as pastries, candy bars, pies and candy.
8. Use a variety of fruits and vegetables in your nutrition plan. Start by trying to eat 5 total vegetable and fruit servings every single day.

Here is a sample healthy low fat meal plan (1517 calories).

Breakfast

Amount	Item	Protein	Carbs	Fats	Calories
12 ounces	coffee-w/caffeine	0.40	1.40	0.00	8.00
1 cup	Milk	8.00	11.00	5.00	120.00
1 tbps	cream,fluid,half and half	0.44	0.65	1.73	19.55
1 pack	Oatmeal-instant,maple,brn sugar Quaker	4.50	31.60	2.10	152.00
Total:		13.34	44.65	8.82	299.55

AM Snack

1 cup	Cottage cheese- 1%fat	28.00	6.00	2.00	164.00
0.5 cup	Pineapple-canned, chunks	0.00	18.00	0.00	70.00
Total:		28.00	24.00	2.00	234.00

Lunch

2 each	bread whole wheat-slice	6.00	24.00	2.00	140.00
1 cubic inch	cheddar cheese	4.26	0.15	4.12	56.36
.15 cup	mayo	0.32	8.47	11.77	137.37
1 ounce	turkey breast/white meat	8.50	0.00	0.20	38.25
.25 small	Tomato-small	0.25	1.43	0.10	6.50
Total:		19.33	34.36	18.19	378.48

PM Snack

8 each	Cracker/Nabisco-Low Saltines	1.60	16.00	3.20	96.00
1 ounce	Turkey/white meat	8.50	0.00	0.20	38.25
Total:		10.12	16.00	3.40	134.25

Dinner

5 ounces	Halibut - broiled	37.50	0.00	5.00	198.75
1 cup	rice-white cook steamed	6.00	62.00	0.00	164.00
2 tbps	Thousand island-reduced cal. Kraft	0.00	6.00	2.00	40.00
0.5 cup	Vegetables - mixed, frozen, boiled	2.60	11.90	0.10	54.00
1 small	salad-sm. Garden w/tomato, onion	1.30	9.50	0.40	49.00
1 tsp	Sugar-white	0.00	4.00	0.00	15.00
12 fluid ounces	Tea-prepared w/tap water	0.00	1.00	0.00	4.00
Total:		44.80	82.50	7.40	470.75

Grand Total: 115.58 201.50 39.82 1517.04

Grocery List

Food	Quantity
Apple - medium with peel	7 each
Banana - medium 8 inch	7 each
Bread whole wheat - slice	14 each
Broccoli	7 spears
Cheerios	10.5 cups
Chicken Breast / White Meat	28 ounces
Coffee- w/caffeine	84 ounces
Cream, fluid, half and half	7 tablespoons
Halibut - broiled	35 ounces
Mayo type, reg., w/salt	1 cup
Milk - 2 % fat	7 cups
Orange - medium	7 each
Sugar - white	14 tea spoons
Rice - white	7 cups
Thousand island - reduced cal.	7 table spoons
Turkey Breast / White Meat	14 ounces
Tea	82 ounces