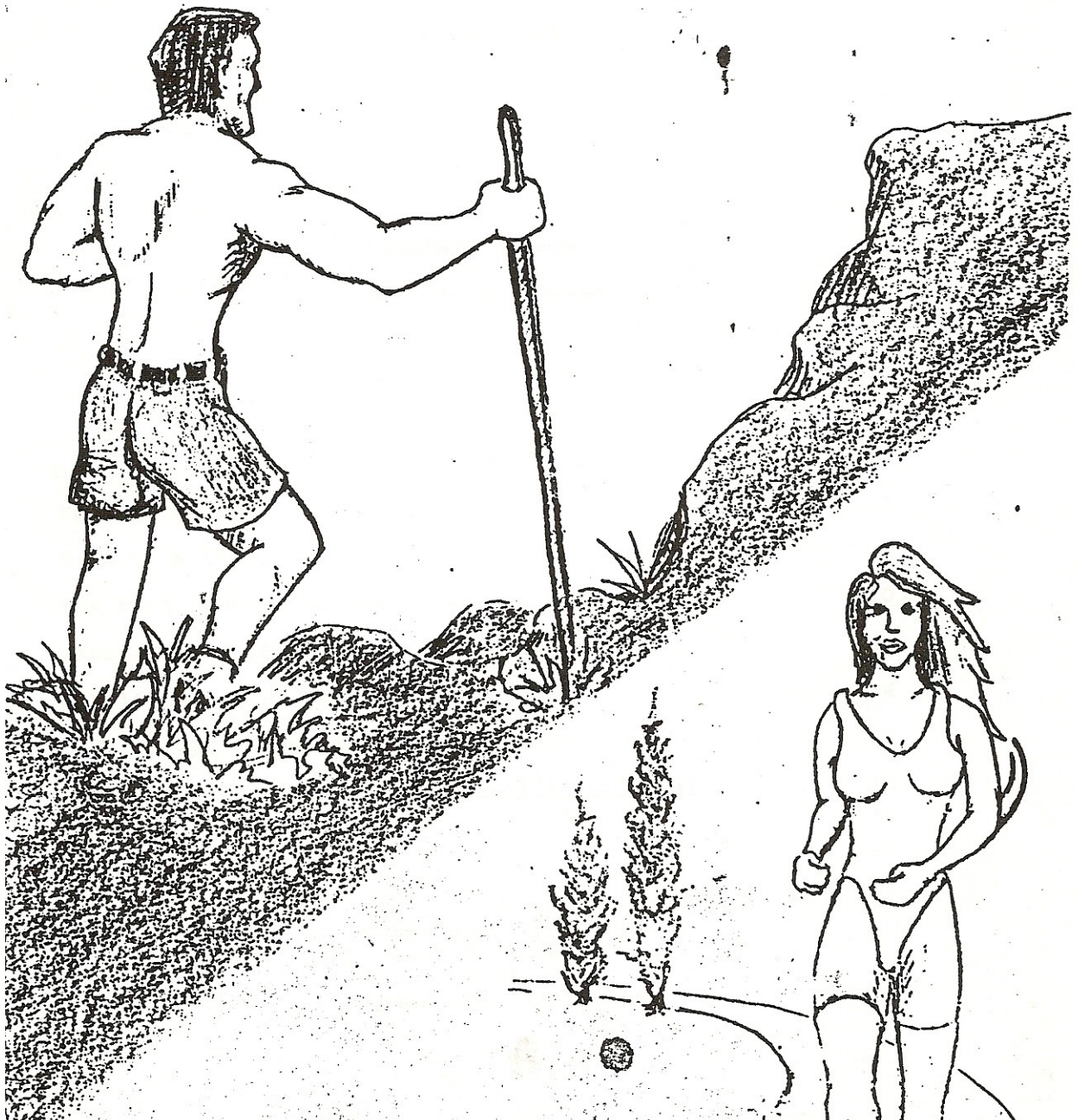


Slimmer Zimmer

Safe, Lasting Weight Loss



Slimmer Zimmer

By John W. Zimmer

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Forward (actually a fast-forward)

I wrote this book in 1994 after struggling with weight loss for years. It took a back injury to finally get me to start researching weight loss and come up with a solution that worked for me. I will let this book speak for itself but I would like to give an overview of my journey since this book was written.

It is now 2008 and I have watched my children grow up, got a divorce, and I have remarried. My oldest son is a musician. He has a band called, “Second 2 Last” that plays out of San Diego, California. His music has been called punk rock. Feel free to look him up on My Space if you like that type of music. My other son is in college studying to be a teacher. I have a step-daughter who is heading off to college in the fall of 2008. My wife is a talented musician and writer.

In the last fourteen years, I have returned to school to get my AS/LAN (computer networking) degree, went on to get my BSB/M degree as well as achieved my MBA degree. The funny thing about focusing on school is the diet and exercise plan gets pushed off the priority list altogether (as least in my case). Excelling at work and staying afloat in school as well as spending some time with my family, took all of my time and effort.

My hobbies now are karate, and my websites. My first website is <http://myselfdefenseblog.com> where I cover issues related to my first love – karate. I graduated school this year and decided to make my New Years resolution to get back into shape. And to that end I created a second website called <http://leananmean.com> where I essentially update my current thinking since I wrote this book.

Please use this book as a guide for a complete weight loss plan but keep in mind that I have modified my views slightly since this book was written. In a nut shell I think eating a moderate amount of fat is better because people will stick with the diet and lose the weight (fat). Check back on my web site often to get my latest tips at <http://leananmean.com>.

You Can Do It!

This is my attempt to correct what I see around me everywhere (people trying to lose weight). Young people are usually thin and then they gain weight as they get older. They eat about the same diet they have eaten all of their lives (the only difference that they see is exercise). Most people do not like to exercise unless they have been doing it all along. So when they reach middle age and are fatter than they want to be, the natural thing to do is to start an exercise program. People then remember back to when they were in high school and could run the mile in 6 minutes and they also remember that they were thin!

Most people have a terrible problem with moderation. The way it usually goes is a man will head out jogging on a Saturday morning to run a couple of miles. When he returns he is a changed man. He still has it in him. He's proved that he is still in good shape and this fat on him is just an inexplicable part of growing old. He may keep up jogging for a week or more but he still notices no change other than his muscles are growing sore. Then he thinks about his stature in the community. Is it really necessary to run about the neighborhood at the crack of dawn to try and get rid of a symbol of his prosperity? No! I'm acting like a foolish old man, he thinks. That was the exercise program; now let's look at the diet.

He enters the kitchen to make lunch after having his revelation and then he thinks back to something he heard about fat. Something about fat having more calories than any other type of food and that there isn't any real fattening food, just the amount of the food that you eat! (dream on, fat stores easily!). So! I may have been eating a few too many calories! All I have to do is to cut my food intake a little bit and I can still eat the greasy, tasty foods that I like!

My own story will illustrate how easy it is to be led astray. Throughout school I was an active individual. I won awards in the long jump and basketball. I didn't have a weight problem at all as I

weighed about 150 pounds for a 5' 11" frame. I used to eat as much as I wanted for as long as I wanted. I remember my dad buying five gallon tubs of ice cream that I use to polish off within a week. I drank six to ten glasses of whole milk a day and played outside every chance I got. Later when I started working at a local diner house, I soon earned the nickname "two forty Z" for my speed in clearing tables. This was about the same time I started karate lessons and scuba diving. As active as I was, you wouldn't think I would ever have a weight problem. By the time I was 23, there was a noticeable bulge around my waist. Still, I didn't worry too much and I moderately dieted. This entailed eating two half-pound hamburgers instead of four. Being as active and in good shape as I was, this worked!

At age 24, I bought a karate studio. I had no problem keeping in shape because of all the teaching and demonstrating moves I did all day. I still had my bulge but I'd grown used to it. My weight was steady at 170 pounds and did not change until I went on vacation. I took a month to visit relatives back east and my chief bill of fare on the road was hot dogs, which I cooked on the road to save money. Then at each relative's house, I didn't do anything but eat, relax and visit. By the time I made it back to San Diego, I had put on ten pounds.

Soon after, I sold my karate studio and went into business with my wife. Our shop was about three miles from the house, so I started riding my bike. My wife and I started eating the same food as my diabetic stepson. I started noticing the fat melting off! In about six short months I dropped 20 pounds. I attributed most of this to exercise (if only I'd figured out then that diet was half of it!). Then, when I started a desk job, the weight came back (I'd stopped eating properly and exercising regularly).

Soon I became frustrated and started trying popular diet plans. Each one I would try would work for a while and then it would fail. I tried calorie counting; substituting low-calorie shakes for meals, over the counter diet pills, grapefruit pills, and even a high protein diet! All of these diets worked for a time and then

failed. I thought I was destined to be fat for life. I saw other black belt instructors get fat and these were people that worked out regularly. I started reading books about weight loss entitled “Fit or Fat” by Covert Bailey, and “The Winning Edge” by Frank Addleman, and I took a fitness and nutrition course to get a solid foundation of understanding about weight loss. I became aware of my two major shortcomings, a high fat and sugar diet, and a lack of regular moderate aerobic exercise!

I also injured my back because my abdominal muscles were weak and couldn't take the strain of riding a bicycle up a steep hill with my son Adrian in the kid seat. I know this sounds really dumb but it's the truth. I had so much pain in my back that I couldn't move without pain. When my back popped back into place three days later, I knew I had to make some changes if I was going to stay healthy. I started making changes as I learned about them. As overweight as I was, aerobic walking and a low-fat, low-sugar diet slowly started getting results. I was adjusting my own metabolism naturally! It took about three months to notice a loss of weight (this was mostly fat!). This first 10 pounds took a lot longer to lose than any of the fad diets I had tried before, but I had no problem keeping it off. I was never hungry and I always had plenty of energy! In one year I went from 210 pounds to 179 pounds and from a 38 inch waist down to a 34 inch waist. My cholesterol level dropped from 220 down to 144. I didn't do anything drastic but simply kept plugging away on my program.

One word of advice as you embark on this program, try to enlist the help of your family to eat healthier foods or at least only have junk food around the house on food shopping day to be quickly eaten up by the kids and not be lying around the house tempting you for weeks!

I have visited nursing homes and was amazed at how many health problems these people had that could be directly or indirectly attributed to being out of shape and over weight. To name just a few, diabetes (adult onset), high blood pressure, heart disease, stroke and cancer. While there are other causes to be sure,

including smoking and alcohol abuse, many of the people who suffer from these conditions might have avoided them with a healthy diet and proper exercise! I have never understood why with the facts that are available today, (unless they are confused on how to eat healthy and become fit) people are not trying to change the things that they can so they can enjoy a better quality of life in their later years. I notice that many people set up road blocks or unrealistic goals and then are almost happy when they find they are once again unable to lose weight.

The newest thing that people have been hearing about is low-fat food. The comments that I hear in reference to this are that low-fat food is tasteless. I wonder if these people honestly expected that low-fat food would taste the same as high-fat food? This is one of the main reasons that are given for failure on low-fat diets. Food preparation time is another explanation for failure. Later on I will explain easy ways to overcome these objections, but for now I need you to know what you are up against.

As you embark on this program and tell friends, you will find that thin people will applaud your effort and many overweight people will confide in you that they have already tried this type of approach and for one reason or another have not been successful, but they now know what to do... One reason for this is that if you succeed, it will put more pressure on them to succeed (they already think it can't be done). If you or anyone else in the world wants to succeed at any goal, you first must overcome inertia!!! That is your own belief that the way things are now, is how they are meant to be, and it takes a terrific amount of effort to affect a change! This is simply not true!!!

Have you ever heard the saying, "A journey of a thousand miles begins with a single step?" Think about this and consider it while I demonstrate a relatively painless way to take off 5, 10, 20 or more years of weight in a moderate length of time so you will in turn easily be able to maintain fitness and health for the rest of your life! Building new habits can seem hard, but if you take it one step at a time without starving yourself or over-exercising, you will

get the lasting results that you are looking for! It will even seem easy in retrospect. Diet plans are hard to succeed at because the premise of depravity is flawed! When you take anything away from anyone, they want it even more! This is partially why when most people go off diets; they promptly gain most of their weight back.

Honestly, if you are over weight because of high-fat meals, you will have to taper off from them. You won't have to completely cut them out! You will be modifying food that you already eat so it is still tasty but with less fat and sugar. You can still occasionally eat your favorite high-fat meal (my vice is Eggs Benedict every couple of months). You can eat high fat meals on holidays and special occasions as long as you don't start celebrating with a feast every week or two. This way you won't have to feel out of sync with family or friends as long as you learn to indulge only occasionally.

Keep in mind that many people who are going through the motions of a diet will still try to feed you doughnuts. This is because it will enforce their belief that no one can lose weight except movie stars who can afford to hire nutritionists and personal trainers. Certainly no one with their busy schedule and lack of funds could ever successfully lose weight and keep it off. Many people have a problem with overeating sweets. I will try and show you what is in the food choices that you make so you can better decide if a lower fat and sugar choice might be better. Having strong will power helps but by simply making better choices that also satisfies your taste buds – you should be able to modify your foods.

Now if I can lose weight – anyone can! I love food! My idea of a meal is to eat until I am stuffed. Lack of exercise contributed to my ravenous appetite. Not only would I eat three meals, I would eat several extra meals and call them snacks. One thing that you will find is that lower fat and sugar equal less calories and you will still feel just as full. Take an example of a 3^{oz} hamburger at 600 calories and 35 grams of fat compared to a 3^{oz} turkey burger at 270 calories and eight grams of fat. You could eat two turkey burgers if

you were really hungry and still not get as much fat and calories as the hamburger! I think that anyone can choose to lose weight with very little pain! I will show you how to modify your present foods with less fat and sugar and still be very tasty.

Have you examined why you want to lose weight? Here are some common reasons: to look good in a bathing suit, to get in shape, to be healthy, to be more attractive, and to maybe live longer. Whatever your reasons, let me assure you they are attainable. With the low-fat foods available today, you should have no problem combining them with your favorite recipes to make truly delightful meals! I had it a little rough as I use to eat tuna with mustard for example because fat-free mayonnaise hadn't been created yet. I see so many overweight people that say that low-fat foods are tasteless. Actually they do taste different at first, but you have to keep the bigger picture in mind. Most overweight people would benefit from losing weight, only if they are able to keep it off! To do this, you have to usually eat differently and exercise more for life. ***To make lifetime choices like this you will have to like the taste of your food and like the exercises that you are doing!*** Anything less than this and you will be setting yourself up for another disappointment.

This is what I can offer you, an easy to follow plan that teaches you to modify your favorite foods (no prepackaged foods to buy) without calorie counting at each meal, a moderate exercise program that you tailor to meet your needs (without exhaustion!) and a guilt free system to help you set realistic goals that are truly attainable! You will lose weight (fat!) without any pain. Just follow my plan and you will reverse a cycle that probably started in grade school!

Many people fall into a sedate lifestyle without meaning to. A good way to start the exercise portion is to walk whatever length of time that is comfortable on a daily basis and slowly work up to longer times and speeds as you get into better shape. My system for goals setting is simple – write your goals on paper and tape it somewhere you can see them on a daily basis. For instance say you

want to walk five times a week. ***Use this for a goal to shoot for only!*** If you only end up walking two days, this is OK. You will have walked two more days in a week than you have walked in years! I often take a couple of weeks off and then restart my exercises without any guilt! Keep guilt out of your mind as it works against you. It only focuses on the negatives of anything and you need to focus on the positives, i.e. the progress that you have made!

The most important thing here is that whatever exercise that you do, you try to set it up in such a way that you can succeed! For instance, if you work in the day time and part-time nights, you might walk once on weekends and twice before work or on your lunch hour. I shoot for walking five days a week and one run or bike ride on weekends. I also teach karate on weekends so you see that I have a lot to work into my schedule. I usually concentrate on creative matters from five to seven A.M., I then work a normal eight hours, getting walks in on my lunch hour. The evening is for family time and catch up.

I hear so often that there isn't time to prepare low-fat meals and/or work-out, but I see these same people find plenty of time for most anything else! A perception problem may be partially to blame here. Low-fat cooking is every bit as easy as regular cooking and you don't have to block out two hours for exercise! The first thing that usually comes to mind when exercise is mentioned is suiting up in your new color coordinated exercise gear and then going down to the health club to fight for the use of equipment! By the time the workout is finished, most of the evening has passed.

I endorse the K.I.S.S. method of working out (keep it simple stupid), because anything that becomes a burden will fall by the wayside. People just have enough crosses to bear in this without adding new stresses that they cannot immediately see the benefits from.

Later I will go into the specifics, but for now realize that all you need for a walk at lunch time is sneakers. The form fitting,

neon rubber jogging suit does nothing to contribute to the workout (it does keep your body from cooling down properly through evaporation and any inches you lose from this apparel, you will quickly gain back as you drink the necessary life sustaining fluids). A radio while just as unnecessary can help the time pass quickly. Keep in mind that a radio can be potentially dangerous because you may be oblivious to hazards (muggers and cars). Safety should be kept in mind as you decide where to walk. Many shopping malls open up for walkers in the mornings.

You may be wondering what is different about this plan compared to plans available today. I decided to create this plan when I saw around me many fad diets, pills, liquid diets, weight loss centers, and infomercials. The problem as I see it with these programs isn't that they are all unsafe and ineffective. Much of the information they give out is basically good. ***The problem with these diet programs are simply that they do not provide lasting results!***

What is the point of losing weight if you gain most of it back within two years? Not only is this undesirable but unsafe! Many doctors are saying that yo-yo dieting adds more stress to the body and some studies even suggest that many people would be better off staying at one weight steadily even though it may be an unhealthy weight. The time to get in shape for bikini season is September, not May! That way you can lose weight slowly and you will be in shape for every other bikini season too!

You can achieve a healthy, trim and comfortable weight by ***not*** losing your weight too quickly. Consider this; you very probably gained your weight slowly over many years. Do you really expect to take off 40 or more pounds in four weeks? And if you do this, (there are plans out there that advertise 1-2 pounds a day) do you plan to keep eating the same way forever! This is the major flaw in most plans, however they dress it up. The say quick weight loss and people who are used to getting what they want now (credit cards, fax machines, radio traffic reports) expect they

can get their bodies to respond the same way! They think they can sacrifice now and reward themselves later.

At the risk of being accused a punster, there is no free lunch! If all you want to do is to get into a bathing suit for the summer and then go back to the old ways of eating and exercise (or lack of), then I suggest to you that this program will be of no use to you. There are quicker ways of losing weight that only take limited will power (you will of course gain back any weight lost and lose some muscle that will make the next fad diet even harder!) that you can try.

I have lost 50 pounds in about three years (35 of that in the first year) and I am slowly gaining more muscle (muscle is heavier than fat) with moderate calisthenics. After having back problems a couple years ago I realized that if I was going to be an active father with my two boys and a helpful husband to my wife, I was going to have to get into shape! At the height of my back injury my wife would tease me because for the first time she was able to out run me (she would run the stairs that I could only slowly climb, remarking, “Don’t you wish you could do this?”). That and one more experience of walking up a hill with my boys, unable to catch them motivated me to action! I didn’t know what I was going to do but I was 100% sure that I was going to be successful even if it meant jogging two miles a day and severely dieting!

I then experienced what every other dieter found out the hard way. I had no problem losing the first ten to fifteen pounds but keeping it off however was another matter. My chiropractor, doctor, and physical therapist got me through my back crisis. They all pointed out that my extra weight made it harder to affect a recovery. I faithfully did my back exercises and quickly left my physical therapy and chiropractic care as soon as I learned all of the stretching exercise that I would need to recover.

I continued my back workout program as I do to this day and enrolled into a fitness and nutrition course. I watched every show on television and read every book on the subject I could find. I was amazed when I discovered that all the information already existed!

The American Heart Association and books such as Fit or Fat, The Pritikin Diet, The Winning Edge and P.B.S. television were already slicing through the fog of fad diets with real information that actually worked. I immediately began implementing the principals that I learned and was amazed by the noticeable results in months without starving myself!

It seems to be a hard choice for many people to decide to get into shape because of all the work they think it takes. Easy motivation here might be to visit a nursing home and see how some of these people have to live. You will find that wheelchairs out number the people who use walkers. The key idea here is that many of their illnesses may have been prevented. Had healthier lifestyle choices been made, many of them might not have found themselves in a nursing home at a relatively young age. Anyone can steadily make healthier choices in foods and exercise that will lead to a longer (with any luck at all), more physically and mentally fit life, more able to meet challenges with a vigor and zest unknown since childhood!

Losing weight is far easier than quitting smoking (although this should be done too!). When smokers try to quit smoking, they have to wean themselves from cigarettes. This goes against their grain since they both physically and mentally want cigarettes. However, since many people are successful in this endeavor, this should give you lots of encouragement because I am not going to try to wean you from food! You can still eat and lose weight! The first year will be the most challenging for you because you will be learning about foods, exercise and applying this knowledge to your everyday life.

Now my chief interest is in teaching people how to ***change their own lifestyle*** without the aid of fad diet plans that demand you buy their food or see their counselors once a week or pay a maintenance fee! My karate training helped me to maintain the will power necessary to keep trying until I found a workable plan. I will now lay out a plan that is easy for anybody to follow! Don't think of it as giving up anything, but simply making healthier choices.

Don't put yourself in the position of trying to change a lifetime of eating habits because of a health concern that may come too little, too late!

Plan At A Glance

1. You Can Do It!
 - a. Read for Motivation
2. Plan at a Glance
 - a. An overview of the plan
3. The Food Groups and Tasty Low-Fat Choices
 - a. Choose types and serving recommendations
 - b. Balanced diet
 - i. 65% or more – carbohydrates
 - ii. 15% or less – protein
 - iii. 20% or less – fat (less for fastest results!)
 - c. Obtain calorie & fat counting book
4. Rapid Weight (Fat) loss
 - a. Men
 - i. 1500 – 1800 calories
 - ii. 15 – 30 grams of fat
 - b. Women
 - i. 1000 – 1500 calories
 - ii. 10 – 20 grams of fat
5. Nutrition and/or the American Diet
 - a. Fat – stores easily!
 - b. Sugar – empty, concentrated calories (in alcohol)
 - c. Eat for maximum performance!
6. Modify **Your** Foods, Recipe Guidelines
 - a. Eat tasty foods you enjoy!
 - b. Cut your fat and calories by 30 to 50%!
- 7. Exercise – The Fountain of Youth!**
 - a. Diet and/or exercise
 - i. Low-fat diet will maintain weight
 - ii. Exercise will burn fat faster
 - iii. Exercise and low-fat diet *rejuvenates!*
 - b. Aerobic exercise
 - i. Pulse from 65% to 85%
 - ii. Workout for 15 min. (longer for faster results)

- iii. 4 to 6 times a week is ideal
- c. Anaerobic Exercise
 - i. Not for heart patients!
 - ii. 2 to 3 times a week
 - iii. Muscles burn fat
 - iv. Better toned muscle burns more fat!
- d. Ideal workout
 - i. Stretching and warm up
 - ii. Aerobic exercise
 - iii. Anaerobic exercise
 - iv. Stretching and cool down

The Food Groups and Tasty Low-Fat Choices

When I started this weight-loss plan there were four to eight food groups that were generally accepted depending who you were listening to at the time. Since then, the USDA has come out with the food pyramid! This is great! Without illustrating the pyramid, I will list each group with the understanding that added fats and sugars are not desirable. You should also trim fat and use low-fat choices wherever possible.

| | |
|--|------------------|
| Bread, Cereal, Rice & Pasta | 6 to 11 servings |
| Vegetables | 3 to 5 servings |
| Fruits | 2 to 4 servings |
| Milk, Yogurt, & Cheese | 2 to 3 servings |
| Meat, Poultry, Fish, Dry Bean, Egg, & Nuts | 2 to 3 servings |
| Fat, Oil, and Sweets | Use sparingly |

Using these recommendations as a guide, it should be easy to eat a balanced diet. Eat 65% or more carbohydrates, 15% or less of protein, and 20% or less of fat. There are many good brands of low-fat food but I will list only a few that I have tried and like. Remember to try different types and select according to your taste!

Contrasting Choices

| High-Fat Choice | Low-Fat Choice |
|---------------------|-----------------------------|
| Mayonnaise | Kraft Fat-Free Mayonnaise |
| Butter or Margarine | Promise Ultra Fat-Free |
| Oil | Pam (cooking spray) |
| Salad Dressing | Kraft Free Dressing |
| Eggs | Egg Beaters or egg whites |
| Milk | Non-fat milk |
| Cottage Cheese | Knudsen Free Cottage Cheese |
| Sour Cream | Knudsen Free Sour Cream |
| Cheese | Kraft Free |
| Crackers | Nabisco Fat Free Crackers |
| Cakes | Angle Food Cake |
| Potato Chips | Pretzels |
| Bread & Buns | Light Bread & Buns |

Eating out can be a problem but with a little imagination it can be fairly painless. For example a lunch of a burger, fries and a coke at about 60 grams of fat can be substituted for a turkey sandwich with no mayo or cheese and pretzels with juice or sparkling water at about six grams of fat. Or try Carl's Junior Barbecue or Teriyaki Chicken sandwich with a plain potato and juice at about six grams of fat.

Another alternative is to simply pack your lunch. Try a tuna sandwich with fat-free mayonnaise, fat-free bread and fat-free cheese at about three grams of fat. Have two sandwiches, an apple and a couple of fat-free cookies. You can have more food that has less fat! Here's why:

- 1 gram of fat = 9 calories
- 1 gram of protein = 4 calories
- 1 gram of carbohydrate = 4 calories

Keep in mind that fat goes directly to storage (your waist or hips). Carbohydrates go directly for fuel with the excess turned into fat or glycogen (depending on the shape you are in). Protein is used to build and maintain muscles and most of any excess is turned into fat.

The body treats all fat as fat. It makes no difference whether the fat came from an animal or plant. Polyunsaturated fat will still go to storage every bit as easy as saturated fat! Researchers still argue about whether plant fat is better than animal fat because of how it affects the body's cholesterol level. They don't dispute that it stores every bit as easy as animal fat, making a person every bit as overweight as a person who eats animal fat.

Avoid all fat! What little you get hidden in foods will be enough for your bodily needs! Eat less sugar, salt, and alcohol too. Your body can handle this better when you are in good shape. Also sugar and alcohol has empty calories that will leave you with less food to eat while dieting. After you are in good shape you will be able to eat most anything in moderation, even fat. You will have increased your body's ability to burn fat.

Get a fat and calorie counting book available at bookstores and look up everything that you normally eat!

Substitute low-fat options in the recipes that you already use. Cut out anything high-fat that you can't substitute. Try new low-fat foods to find some that you like. Most people eat the same six to ten main dishes over and over again. By simply changing to low-fat whenever possible and alternating high-fat choices to some low-fat choices that you like (you will have to experiment), you can begin to eat low-fat meals without very much effort! ***You will know how many grams of fat and calories you are eating without having to count them!***

Rapid Weigh (Fat) Loss

As stated in “Plan at a Glance,” men should eat between 1500 to 1800 calories, and between 15 to 30 grams of fat for fastest results. Women should eat between 1000 to 1500 calories, and between 10 to 20 grams of fat for faster results. ***This should be the least amount of calories for safe results!*** You can eat more calories and still lose fat. Eating low-fat meals, you won't go hungry on this plan.

You can even alternate dieting and exercise with breaks in which you eat a normal amount of calories (low-fat still). You can put this plan together however it best fits your needs. My wife and I still go to the same Mexican restaurant monthly and pig-out, ordering chicken burritos without sour cream or guacamole. One these days we eat up to our body's ability to burn fat and no more!

In junior high school I learned that a Jumbo Jack with cheese was a good example of a balanced meal. This is because it has food from each of the old four food groups. Just this sandwich has 35 grams of fat! A woman who eats this sandwich has to take care not to eat every much more fat for the rest of the day because most women can only burn about 40 grams of fat per day!

If you are eating properly, you should be getting all of your vitamins and minerals from your food. You may take a multivitamin if you are careful not to over do it. Vitamins can be toxic in large doses.

Try not to drink too many empty calorie foods such as beer and soda pop. These drinks while tasty; take away from the total number of calories you can eat. You may end up feeling hungry because you didn't eat that last baked potato, but instead opted for the beer!

Don't Diet Alone To Lose Weight (Muscle & Fat). Eat Low-Fat Foods With Moderate Aerobic Type Exercise To Lose Fat!

Your body is an incredibly efficient machine. Your metabolism (rate your body uses energy) will speed up with exercise and slow down without it. Your body will slow down even

more when you diet! Your body tires to conserve fuel. Your body stores as much fat as possible to get through lean times. If you have a history of dieting, your body has gone through this cycle before and probably stored as much fat as possible as soon as your diet stopped.

Your body only burns so much fat every day (this figure can be increased by moderate aerobic exercise). Women burn an average of 40 grams of fat per day and men burn an average of 60 grams of fat per day (these figures vary with each person's metabolism, muscle tone and amount of muscle). Muscle is basically the only thing that can burn fat. The more aerobic exercise you do, the more you increase your body's ability to burn fat. The kind of fat consumed makes no difference to your body. It will store all fat eaten to be used as needed later.

If you go on a very low-calorie diet, you will lose muscle and fat. For example, on a liquid diet a woman gets 500 calories a day. Her body needs at least 1800 calories a day. Her body takes the 40 grams of fat which equals 360 calories and still has to come up with 940 calories to survive. The body quickly depletes its glycogen supplies and then is left with muscle as its only other source of energy!

The next day the woman does the same thing only this time she has less muscle to burn the fat. So she burns less fat and more muscle! This is why people who do very-low calorie diets find it harder and harder to burn off fat and may eventually give up.

The woman in this example eventually does lose weight! She is *thin again!* She is also *weak* from dieting. She eats the old 1800 calories (high fat) being careful to not over eat and quickly gets fat again! Why?

Her body became more efficient! Her metabolism has slowed down to allow her to survive on fewer calories! She has less muscle and only needs 1700 calories per day and her body's ability to burn fat has decreased to 37 grams of fat per day (these figures are approximations only, They will vary from person to person. The principal will apply, however).

This would be a real advantage if you were a bear during hibernation! Think of how quickly you could regain your fat stores in the spring! Also notice that by summertime, most bears aren't much to look at in a bathing suit. I really don't suggest this cycle for weight loss because it is self defeating!

Exercise increases the body's fat burning ability and calorie consumption!

This same lady reads my manual and then decides to do a walking program six times a week. She gets her pulse to 130 (a good rate for her). She also cuts fat consumption down to 10 grams and eats 1200 calories per day. She is never hungry and after three months her dress size starts falling rapidly. She has lost 25 pounds and she is feeling strong and slim. She then starts eating approximately 1500 low-fat calories per day. She is continuing her exercise program and she is also varying the exercises to maintain interest. She notices her weight creeping up but she is still slowly losing her last dress size.

What has happened here is she is close to her natural weight and her incredibly efficient body is now burning fat faster and gaining muscle, which weighs more than fat. She has discovered the formula that will keep her healthy for life.

Nutrition and/or the American Diet

I have mentioned that you won't have to count calories at every meal. I said this because most people eat the same foods over and over again. What you will have to do is initially figure your fats, sugars and calories in every food that you normally eat. Then modify all of these foods possible so they still *taste good* and are lower in fat and calories.

You will then need to calculate the fats and calories in your normal serving (example: a plate of spaghetti might be 250 calories as you dish it up with 6 grams of fat). Since you will normally eat different combinations of the same foods you will only need to count fats and calories when you eat a new food.

The way I did this when I was losing the most weight (fat) was to give myself 500 calories for breakfast, 500 calories for lunch and 800 calories for dinner with 15 to 20 grams of fat for the day. This was a real simple process because once I learned the amount of fat and calories in the goods I ate, I didn't have to figure constantly at each meal. The way it ended up working is I would stay on my program during the week really easily and then on the weekends I would eat a little more. I wouldn't eat more fat than my body could burn off on the weekends however. This way I never lost too much ground, even when I pigged out!

When you first start this plan, it will seem like nothing is happening at first. You won't notice a big change until after three months because you have to turn your body back into an efficient fuel burning machine. If you have visible fat, this means that you also have fat between you muscle cells too. This is called marbling in steaks. This is what makes choice mean very tender! The exercise portion of this program will slowly get rid of this intramuscular fat and the low-fat, low-sugar hence low-calorie diet will slowly get rid of your visible fat. Since muscle burns fat, getting in shape will slowly change the direction from unfit to fit.

This is why it is important that you hang in there for the first three months! After this point you will notice results faster and

more noticeable. It takes about 3500 calories to lose or gain a pound. If your normal requirements are 2700 calories per day, you would have to eat 3200 calories a day for a week to gain a pound of fat. I am telling you this here because many people beat themselves up if they eat anything “fattening.” They honestly believe that the cheese cake they ate the night before blew their diet, because when they jumped on the scale the next day, they had gained two pounds! You have to remember that your weight fluctuates daily by as much as six or more pounds. The most that the cheese cake might have added is an additional two or three ounces. It is true that an extra 500 calories every day would add a pound a week.

A good rule of thumb would be to try to add a low-fat dessert with less sugar instead of a high-fat, high-sugar dessert. Fat has over twice the calories as carbohydrates, and processed sugar although a carbohydrate is concentrated and robs nutrients from other food to assimilate in the body. The reason the body likes fat and sweets may be that it knows it can get a quick and concentrated energy supply. Keep in mind that today we certainly have no food shortage and if you indulge in high-fat foods and sweets, it is very easy to eat way more than you require and your body will simply store the rest as fat!

Now you may be wondering how to figure out your daily calorie requirements? The easiest way to get a fairly accurate estimate of your calorie usage is to track your daily meals on paper, then using a calorie and fat book, count your total calories and fats per day. The more days you do this, the closer to your daily average you will be. A simple list may look as follows:

| Food | Meal | Calories | Fat Grams |
|------------------------------|---------------|-----------------|------------------|
| | Breakfast | | |
| Glass of milk | | 150 | 8 |
| 2 slices of toast | | 252 | 10 |
| 2 fried eggs | | 180 | 12 |
| | Snack | | |
| Milky Way bar | | 270 | 10 |
| Pepsi | | 160 | 0 |
| | Lunch | | |
| Jumbo Jack no cheese | | 485 | 26 |
| Fries | | 221 | 12 |
| Pepsi | | 160 | 0 |
| | Dinner | | |
| 1 slice of pizza | | 380 | 12 |
| 1 beer | | 150 | 0 |
| | Bedtime snack | | |
| 1 slice of pizza | | 380 | 12 |
| Pepsi | | 160 | 0 |
| Total average junk food diet | | 2948 | 102 |

The man in this example had better be an athlete if this is how he regularly eats! The average man burns about 60 grams of fat per day and the average woman burns about 40 grams of fat per day. Let's figure his fat percentage for this day. To do this we have to multiply his grams of fat by nine (there are nine calories for every gram of fat) which equals 918 ($102 \times 9 = 918$). Now divide 918 by 2948 (his total calories) and you should get .311397557 or 31% of his calories come from fat. The main stream wisdom implies that 30% fat is a healthy diet. If this man is an average sedate American male, his body is probably storing 40 grams of fat daily. If he ate this way every day, he would gain one pound every week or so. Most people who gain weight, gain at a slower rate

though, so figuring out your average diet can give you a real tool in your quest to lose weight.

If you are gaining a pound a month, divide 3500 (3500 calories = one pound) by 30 days and subtract this from your average daily calories, to get your daily calorie requirements. Say the man in the example above gains two pounds a month, we could figure his requirements by adding $3500 + 3500 = 7000$ calories (two pounds), then divide 7000 by 30 (days) = 233 calories per day. Subtract 233 from 2948 (average daily calories) and you get 2715 average daily calories. This is a ball park figure only; however this will assist in figuring out what you should be shooting for.

An accurate measurement of fat loss is a skin fold caliper test. This test puts the emphasis on fat-loss by determining your lean to fat ratio! This is especially helpful as you get leaner and heavier to see that any weight gain is actually muscle and not fat. A scale can still be used as a very general guide if you average your weight over time. Remember that your weight fluctuates daily, but over time you should you should get a pretty good idea of your true weight. The only other helpful guide to your results is a tape measure or how your clothes fit.

The reason this program works is that by eating less fat and sugar in your diet, you will lower your calories and by moderate aerobic type exercise, your body becomes more efficient! Stay with me for a minute here. During normal activities, your body burns a higher percentage of fat. During high intensity aerobics, your body burns a lower percentage of fat.

The ideal for maximum fat-loss is moderate aerobics with low-fat and sugar eating! This is because moderate aerobics burn about half fat and half carbohydrates. This will affect a higher rate of fat burning and the more efficient your body becomes, the less fat that will be stored. For one thing, your body has less calories to store (because of low-fat and less sugar) and the better shape you get in the more these extra calories will be stored as glycogen (a sugar stored in the muscles) instead of fat! So, you see getting

your body into shape will not only burn fat and calories, but will also give you the ability to store more calories as glycogen instead of fat!

People who have a lot of fat on their bodies are actually incredibly efficient! Their metabolism is slowed down so they can easily store calories as fat to use at a later time! Nowadays the old adage of “feast or famine,” just doesn’t hold up. We go through few famines so this stored fat usually stays with us.

Don’t worry about the percentage of fat in each individual food. The total amount of grams for the day is the most important figure to keep in mind. Using percentages alone, you could easily conclude that a low-fat food by grams is actually a high-fat food by percentage. Let me explain, an ounce of turkey lunch meat can be up to 50 calories. The same turkey lunch meat has about three grams of fat. Using the formula, multiply the three grams of fat by nine calories per gram, and you get 27 fat calories. Divide 27 by 50 and you get 54% fat in this lunch meat. Keep in mind that you still only get three grams of fat, and so long as you are within your guidelines – you are fine.

Modify *Your* Foods, Recipe Guidelines

I am going to give you some sample recipes to try if you so desire, but keep in mind that you have to eat your own menu on a daily basis so you will have to learn to modify your current foods. The first thing to do is to count the fat, sugar, and salt content of your recipes. Remember that this program is geared toward weight loss and through it is a good step toward proper nutrition; it is not in itself complete to that end. For example, my rice dishes are using boxed recipes and not whole brown rice. Brown rice provides fiber and nutrients that processed rice does not. Processed sugar does not have nutrients and robs other foods to synthesize itself in the body, but the main reason I cut back on it is the concentrated calories that are not needed while you are losing weight. Salt is not good for people in high amounts and is suspected to be a contributor to high-blood pressure, but I use less salt because of its tendency to hold water weight.

After you know the fat, sugar, and salt content, cut the fat, sugar, and salt at least in half and go from there. For example, spaghetti and meat balls can quickly be modified by using half of the oil (or by using a spray oil) when you are sautéing the veggies, using 93% fat-free ground turkey instead of 70% or 80% ground beef, mincing some garlic with light margarine to spread on your French bread, and by using the parmesan cheese as a garnish (use sparingly for taste only) instead of heaping it on your plate. Also experiment with herbs to start replacing the salt whenever possible. If you have sugar in a recipe, either use less or substitute with an artificial type of sweetener.

The way you can figure out the fat, sugar, and salt content per serving is to know these contents of the foods that are being added to the recipe and dividing this number by the number of servings. You will have to estimate sometimes, just be honest with yourself. I will give you a sample comparison of spaghetti in the example.

Fat = grams, cal = calories, salt = milligrams, amt = amount

| | | Spaghetti – high fat | | | Spaghetti – low fat | | |
|---------------|-------------|----------------------|------------|-------------|---------------------|------------|-------------|
| | | Four servings | | | Four servings | | |
| Food | Amt. | Fat | Cal | Salt | Fat | Cal | Salt |
| Noodles | 4 cups | 3 | 768 | 4 | 3 | 768 | 4 |
| Sauce | 2 cups | 20 | 560 | 640 | 8 | 360 | 0 |
| Meat balls | 16 oz | 120 | 1404 | 308 | 40 | 693 | 480 |
| French bread | 8 slice | 16 | 1280 | 2600 | 4 | 320 | 1040 |
| Garlic spread | | 40 | 360 | 360 | 2 | 20 | |
| Parmesan ch. | | 108 | 1668 | 6120 | 36 | 320 | 1360 |
| 4 servings | | 307 | 6052 | 10032 | 93 | 2481 | 2884 |
| 1 serving | | 77 | 1513 | 2508 | 23 | 620 | 721 |
| Percent fat = | | 46% | | | 33% | | |

(To get the % of fat calories, multiply the fat times 9, then divide by the calories)

Don't worry; you won't have to go into this much detail when figuring out your meals! Anywhere in the ballpark will be fine (single servings and using a counting book make this much easier!). After you figure your basic modified meals, you will know by portions, about how much fat and calories you have eaten. This would be an example of a big family, sit-down dinner that would not throw you off too much from your usual game plan. Maybe normally you wouldn't have the French bread with balls, but you could eat the way often if your other meals were very low-fat and sugar!

Say that you really enjoy a sit down steak and potato dinner on a weekly basis. A normal sized portion for a top sirloin steak is about ten ounces. This works out to 70 grams of fat and 780 calories! If you add a potato with butter sour cream and chives, you can easily add an extra 25 grams of fat and 450 calories. As you can see the calories are not that bad for an occasional big meal but the grams of fat are more than an athlete can burn off in a day! The first thing you can do here is to start eating steaks less often by

substituting them with chicken or fish entrees. When you do eat steaks, start with an eight ounce portion, trim off all the visible fat and you will be left with about 20 grams of fat and 480 calories. Adding a potato with a couple teaspoons of butter and sour cream at about 11 grams of fat and 300 calories will give you a total of 31 grams of fat and 780 calories! If you are careful not to over do the fat on the pig-out days, you can still on occasion, feast and not end up backsliding.

Breakfast Guidelines

Cereal – This can be one of the best foods of the day! You have to make good choices however. Use low-sugar cereals only; with very little added sugar (artificial sweetener is even better). I hope by now you are trying to limit fats in your diet. A glass of whole milk has eight grams of fat!! You can easily substitute non-fat milk even if you don't like the taste because it is mixed with the cereal, you cannot taste the difference. If you are the kind of person that used a couple of tablespoons of sugar and whole milk – by using less sugar and skim milk, you can save 100 calories and eight grams of fat easily! I must caution you if you like the high sugar cereals, many of them are 50% sugar calories!

Toast – This may sound like an insignificant choice, but I assure you that if you like white bread with regular butter or margarine, you are getting empty calorie bread with about 11 grams of fat or more going right to storage. This can be a good choice if you use whole grain bread and a fat-free or low-fat margarine. As with all low-fat foods, you will have to experiment to find the choices that agree with you. I just tried a fat-free margarine made by Promise that tasted great! Whole wheat bread has more nutrients and minerals because they use the whole grain.

Hot Cereals – Such as oatmeal or Malt-O-Meal, once again, add very little sugar and eat them with non-fat milk.

Fruit – This is a good choice for breakfast or as a snack.

Egg Sandwich – This is my personal favorite for breakfast. Ideally, you can either use egg whites or an egg substitute (all of the fat and cholesterol are in the yolk). Use either a non-stick pan or a little cooking spray (less fat). Spray the pan first and then heat it up. Add any veggies that you may want (like mushrooms, onions, or bell peppers) and add egg product when the veggies are partially cooked (turn down heat). Bleed (with spatula, pull in edges to let uncooked egg go to the side of the pan) eggs till they firm up and either flip or turn the eggs with a spatula. Immediately turn off the heat and add cheese (non-fat or low-fat) to the top. Make a sandwich out of this using the toast recipe or fold onto a plate, omelet style.

Pancakes – This can also be a low-fat and sugar choice to help trim off fat and calories! Try to use the light recipes without any regular butter or margarine. Use low-fat margarine with enough syrup for taste only.

Lunch Guidelines

Lunch is the hardest meal to control because many people have to eat out on weekdays. You will easily notice any food you have decided to substitute at lunch because practically everyone around you is going to be eating what you have decided not to! This will be especially hard if you are a social eater. Your (so called) friends will tell you to take a day off from your diet or tell you how good something is today... you get the picture. You might enlist their help in keeping you from straying, explaining that when you reach your goal, you are going to reward yourself with an exotic vacation! Whatever method you choose to enlist your friends help – you must be successful if you are to continue eating lunch with them.

Tuna Sandwich – This is a favorite of mine. When I started my weight loss, there were not very many low-fat choices around. I kept my priorities straight, numbed my taste buds and made tuna with mustard sandwiches (you won't have to make any of these choices!). I used tuna packed in water and even a light bread. I could eat three sandwiches with about five grams of fat and 500 calories. Now I use non-fat mayonnaise.

Turkey Sandwich – Use any whole grain bread with non-fat mayonnaise, mustard, lettuce, tomato, onions, non-fat cheese and turkey. My normal sandwich is pretty filling and only three grams of fat or so and half the calories of a normal sandwich.

Burritos, Chicken or Bean – This is a compromise to be sure unless you eat at Rubio's restaurants in San Diego. Rubio's offer many low-fat items on their "Health Mex" menu at reasonable prices (you can tell I eat here!). When dining at other restaurants out there, a burrito is actually pretty good. The flour tortilla is not fried, but has between four to eight grams of fat, with the chicken or beans and cheese, there is about ten to twelve grams of fat. If this is the highest fat meal of the day, it is ok (the smallest burger is usually 20 grams of fat!). Also the hot sauce satisfies me and I'm not hungry any more after consuming one. Many times I ask for a bean and rice burrito with no cheese!

Broiled Chicken Sandwich – Many fast food restaurants now have some low-fat choices like this! The only bad thing is that these choices are usually two to three times as expensive as whatever they have on special. If you are as frugal (my wife says "cheap") as I am, you may have a weak moment compounded by a thrifty urge and end up with a cheeseburger special! Try to put yourself in this position as little as possible.

Fruits and Vegetables – I usually pack some of these in an ice chest while I am on the road. They are very low in calories and most have no fat to speak of. Don't try to eat only fruit and veggies for lunch because this will usually only make you more ravenous the next time you get around food! These are very good between meal snacks.

Chicken Fajitas – These are very good if you stay away from guacamole, sour cream and cheese (or at least use very sparingly for taste). If you can, use warmed corn tortillas because they usually only have one gram of fat.

Soups and Salads – I have seen many people on a “diet” who live by soups and salads. They may have a Caesar salad with ranch dressing and a cheese type of soup! They would have been better off eating a burger, fries, and a coke! If you are going to have a salad, stick to the veggies or at least use the bacon bits for taste only. You can use a high-fat choice sparingly, but this takes self-control! I find it is easier to skip it altogether. If the salad doesn't have a low-fat dressing, I will usually squeeze a lemon over my salad.

Chinese Food – This can be a delightful low-fat meal if you are careful. Remember these Chinese restaurants are catering to American tastes. Stay away from the fried rolls and red meats; stick with the stir fried veggies, chicken, fish and rice dishes.

Teriyaki Bowl – This fast food choice from Jack in the Box is truly delightful. Made with either chicken or beef, it is a filling, low-fat (three grams for chicken and six grams for the beef!) healthy alternative to most fast food choices (There is sugar in the teriyaki sauce)!

Dinner Guidelines

Dinner is both easy and hard. Allow me to explain, it is easier to control what you eat because you are usually at home but it is often harder because you are usually tired and unconsciously think that preparing a low-fat meal is harder than a greasy, artery clogging, high-fat meal! As long as you have enlisted your family's help, you shouldn't have too many high-fat foods lying around the house! You will also have an easier time of it if you don't fuel the need to consume all of the leftovers in the refrigerator like I do (I have many battles with myself over this very topic). I know your money is hard earned, but where would you rather see the kid's leftover macaroni and cheese, in the trash or on your stomach or thighs?

Keep in mind that most of the recipes you will find here are very easy and quick to make. In many magazines and low-fat cookbooks you will find terrific recipes that you can modify if need be. I am going to try to concentrate on the ones that can be made on the run. The easier you make it on your self, the fewer roadblocks you are likely to throw up!

Hot Dogs – There are presently a couple of brands of hot dogs that are 97% fat-free. The ones I'm looking at have two grams of fat and 70 calories. With a light bun, you get one more gram of fat and 95 calories for a total of three grams of fat and 165 calories! If you are the type of person that is looking for any excuse to not eat low-fat, you may find a slightly different taste that can easily be covered up with spicy mustard! Consider that a normal middle of the road hot dog has 16 grams of fat and 280 calories! You could eat two low-fat dogs and only have six grams of fat!

Turkey Burgers – People love turkey at Thanksgiving time, so why are they apprehensive when you mention ground turkey burgers? If you don't tell, you are likely to be complimented on your great tasting burgers! The reason is turkey burgers have more flavor.

Using the 93% fat-free turkey meat seems to be a good compromise, even though the 99% fat-free ground breast meat has much less fat, it doesn't satisfy me like the 93% fat-free ground turkey meat does. My personal method is to cook two ounce burgers and load up on the lettuce, tomato, onion, mushrooms, non-fat cheese, ketchup (hot sauce) and mustard. This gives me a burger with 7 grams of fat and 225 calories. I usually eat this with a veggie and potato or rice. The whole meal is about 10 to 12 grams of fat and 500 calories with a drink. This keeps you satisfied and you still have room for snacks!

Spaghetti – As you saw in the example, spaghetti can be a low-fat choice. You only have to watch for fat and sugar in the sauce and use parmesan cheese as a garnish only (just enough for taste) and you will have no problem keeping the fat and calories down.

Vegetables – This may sound hard-core to eat only veggies for a meal! Every couple of weeks this is a good change of pace. The way you do this is to steam your favorite veggies and top them with low-fat and low-salt garnishes. My favorites are Butter Buds, pepper, Mrs. Dash, and parmesan cheese.

Stuffed Potatoes – Like the veggies, this is a delicious meal. Start with baked potatoes and add some non-fat cheese, fat-free refried beans, salsa, and non-fat cottage cheese! An alternate choice here might be non-fat yogurt & chives. After a couple of these, you are really filled up and have only eaten a few grams of fat and less than 600 calories.

Soups and Sandwiches – For a quick and easy meal, get a can of low-fat, low-salt soup that you like and try a tuna melt or any similar sandwich. If you are more creative, you can make your own soup and be sure not to get any unwanted additives.

Tuna Melt – Use a fat-free or low-fat margarine on your whole grain bread, mix tuna packed in water (drain water) with fat-free mayonnaise, celery, onion and salt-free spices. In a medium to low-heat pan, lay the bread, margarine side down on the pan, then lay one slice of non-fat cheese, sliced tomato, tuna mix and bread with the margarine side up. Flip the sandwich to brown the other side.

This bird is very versatile in that you can make so many dishes! One of my favorites is barbecue chicken. The two things to remember here is to pull the skin off before cooking and eat mostly the white meat.

Chicken with Rice and Veggies – Start with a prepackaged quick rice. Use a cooking spray to brown rice (don't use any added fat because you cannot taste the difference), add water, mix, your favorite veggies, and skinless chicken breasts. Remember to cover and cook on a low-heat and the chicken and veggies will be done when the rice is.

Chicken Fajitas – Pan fry (with cooking spray) chicken breast strips with onions, bell peppers, low-salt soy sauce and mushrooms added towards the end. Fill pita bread or a tortilla and top with any garnish that you happen to like.

Burritos – Homemade burritos are very versatile because you can stuff them with anything you want. If you start with a low-fat tortilla, some non-fat refried beans, non-fat cheese or non-fat cottage cheese, ground turkey cooked in tomato sauce with a little hot sauce, lettuce and tomato, and even Spanish rice if you desire it! Remember to warm the tortilla before filling it, fold the bottom and roll it up. Tortillas are also good for most any kind of left-over; just add hot sauce or salsa to your “concoction especial!”

Pizza – While this is not ordinarily a low-fat choice, you can either make your own or ask for a veggie pizza with easy cheese.

I think this has given you an idea of how to adjust your recipes to low-fat, low-sugar and low-salt meals that you can delight in! Just remember, what you eat is one half of the challenge. Just by eating low-fat and low-sugar, you will not gain any more fat and you will most probably start slowly losing fat! Now I will show you how to speed up the process!

Exercise – The Fountain of Youth!

Notice: Before Starting Any Exercise Program, Get a Physical Exam!

Risk Evaluation

If any of the following conditions describe you, then I strongly recommend that you get a complete physical exam prior to starting the exercise portion of this plan! Recent surgery, heart trouble, faintness or dizziness, high blood pressure, am now or have been a smoker, bone – joint – ligament, or tendon problems, a family history of heart disease before 50, taking medications, allergies or asthma, pregnant, diabetes, hypoglycemia, unaccustomed to exercise, or more than 20 pounds overweight.

Exercise is the other half of this program. It may seem like the hard part, but let me assure you, it is not. Most of us have fallen into a fairly sedate lifestyle without realizing it. This may stem from the school gym class where we had to suit up and play kick ball for an hour a day! Whatever the reason many of us have an aversion to exercise, we do feel good during and after a workout.

Now is the time to walk to 7/11 or play a game of catch with your son or hop-sotch with your daughter. Take the easy parking spot farther away from the store and walk! Use the stairs instead of the elevator. Men, support your wives and walk with them for their exercise even though it isn't doing anything for your aerobic fitness. Women, bicycle with your husbands when they go jogging even though it doesn't do much for your aerobic fitness. Any activity will burn some calories, fat and also lead you away from the sedentary lifestyle that has brought you to this point.

If everyone had continued a moderate amount of exercise out of high school, there would be very few out of shape, over weight, unhealthy young (young to me is under 40) people out there! Look at other cultures before they became Americanized! Take China for example, many of their people ride bikes to work and eat a high

fiber, low-fat diet. The Chinese do not have near the heart disease and cancer rate that we do! This is not to say that cannot quickly catch up as they become more and more westernized like the Japanese! Let's stay on focus however, and examine exercise.

The body has a choice on how to store excess carbohydrates, unlike fat. If you are in good shape and exercise regularly, your body can store carbohydrates as glycogen in greater amounts than non-athletes. The rest of the excess carbohydrates would be stored as fat. If you are in good shape, your body can burn fat efficiently. Keep in mind that any fat that you eat goes right to storage. If you work out regularly and do not consume too much fat, your body can keep pace rather easily.

So in review; carbohydrates (sugar, grains & veggies) can be stored as fat and glycogen. Fat is stored both in between muscle (marbling or flabby muscles) and under the skin (highly visible, tends to accumulate on different spots on the body). Fat does not burn as easily as carbohydrates and needs oxygen to burn. Glycogen is stored in the muscles as a quick energy source not dependent on oxygen. The better shape you are in, the more glycogen your body will be able to store.

Fat is burned most efficiently in the lower aerobic ranges (65% of your maximum heartbeat) and carbohydrates are used in higher percentages in the upper aerobic range (85% of your maximum heartbeat) and in anaerobic (not using oxygen) exercise. Anaerobic exercise would be any high energy, short duration exercise like weight lifting and sprints. You know, the type of exercise you cannot do for a long time. While your body burns a higher percentage of fat at rest, it is happening at a very slow rate. The best rate for burning fat is the lower end of the aerobic scale. This is because your pulse is about double the resting rate and there is still plenty of oxygen to help burn the fat!

A good analogy is to compare your body's usage of fat and glycogen to a car using different octane gasoline. An out of shape body cannot burn fat very effectively and has deposits in its veins and arteries. An out of tune care does not burn gas very well and

has deposits of gas residue in the engine. A body can get a temporary boost from glycogen like a car can boost its performance with a higher octane. Luckily, a car won't run out of its higher octane like the body. If you get your body in shape, it will burn fat much better and store more glycogen. Tuning a car will likewise give you better mileage and increasing octane will even boost performance.

Eating a high carbohydrate, low-fat bill of fare will insure that your body is running on the very best food available. This is like running your V-8 engine on premium. You can use the very cheapest gas but unless your car is made to run on this, it will lower the car's performance and the engine's lifespan. So once again I will restate that a proper diet (high carbohydrates, low-fat) and moderate aerobic exercise (like walking 20 minutes on alternating days) will reverse the direction of your health (and permanently lose and keep the weight off!).

Aerobic Exercise

Aerobic exercise increases the heart rate while still letting oxygen to the muscles. This occurs usually between 65 to 85 percent of your maximum heart rate. If your heart rate exceeds this you will be doing anaerobic exercise in which oxygen isn't getting to the muscles and fat isn't being burned. So you see it is important that you not go too slow or too fast in your aerobic exercise.

Aerobic exercise helps increase the fat burning ability of your muscles. Aerobic exercise also slowly builds new muscle, allowing the body to burn even more fat. It is so important that you *not* lose any muscle while dieting!

The formula to find your training heart zone is 220 minus age, times 65% for the maximum fat burning zone, and times 85% for your maximum aerobic benefit zone! Another way to achieve this is to do an aerobic exercise for a couple of minutes until you start getting out of breath. Back off the pace a little bit until you find a pace that enables you to do the exercise for a long time and

still be able to talk a little bit. That should put you around your aerobic pulse range. ***Stay in your pulse range during the exercise!***

For example; a man is 50 years old and after getting a physical he embarks on a walking program. To figure his aerobic rate he takes 50 away from 220 to get 170. He multiplies 170 times .65 and gets his lower aerobic pulse range of 111. As he gets into better shape and loses most of his excess fat he can start increasing his pulse range closer to 85% of his maximum heart beat. He will also find that he will no longer have to monitor his heart beat like he used to because his body is in good shape and he can take a little more stress without any ill effects.

Check your pulse often during your chosen exercise by stopping and putting your fingers on your adams apple. Slide your fingers beside your adams apple to find your pulse. If you don't feel the pulse, gently push around on your neck beside your adams apple until you find it. Count your pulse for six seconds and add a zero to the number to get your heart rate per minute.

Being a master karate instructor, I am partial to karate drills or shadow kick boxing for exercise, but most any exercise will do. The best exercise for someone out of shape or with injuries may be walking. Other exercises include; jogging, bicycling, rowing, running in place, hill climbing, step aerobics, etc. The types of exercises that won't help get your pulse where you need it include; golfing, soft ball, surfing, pool and the like.

The Benefits of Aerobic Exercise

The primary benefit of aerobic exercise is increased endurance! Regular exercise will affect changes in your body over time. After about three months your body will start running more efficiently due to the “training effect” gained by regular aerobic exercise. This exercise should be routinely done as the “training effect” only lasts about 48 hours. So the ideal workout is every other day coupled with low-fat eating to gain the maximum

benefit! Here are some of the changes that you can expect with regular aerobic type exercise:

- **Your heart gets bigger.** Your heart responds to the extra load placed on it by growing bigger and stronger so your workouts will keep getting easier.
- **Your heart pumps more blood.** The bigger and stronger your heart gets, the more blood it delivers with each beat.
- **Your heart beats slower at rest.** A normal heart beat is from 72 to 100 per minute. Anything less is a sign of increased fitness. Athletes frequently have pulses under 60 beats per minute.
- **Your heart recovers quickly from exercise.** A conditioned heart recovers to a normal beat rapidly. This helps with the stresses of every day life.
- **Your three energy systems are strengthened.** Your lungs get bigger and you use oxygen more efficiently (aerobic). Less lactic acid (anaerobic) is built up and your stores of chemical energy (ATP-ADP) for daily activities are increased!
- **Your body grows more capillaries.** This is to meet the increased demand of active and growing muscles!
- **Your blood volume increases.** This is also in response to increased needs.
- **Muscle increases and fat decreases!** Exercise combined with a proper low-fat diet affects rapid change. Muscle takes up less space than fat so burning fat makes you thinner!
- **Your metabolism increases!** This is the right way to speed up your body! No drugs or natural vitamins with inflated claims. Many extra calories that are not used for energy are stored as glycogen. Your body uses fat more effectively.
- **Exercise helps you to cope with stress!** You can think clearly after a workout. Many problems don't seem as catastrophic at the end of a workout! You can maintain an even temperament though-out the day with little effort.

Benefits of Anaerobic Exercise

Anaerobic exercise develops power. Most exercise programs should incorporate strength building exercises. The one exception that easily comes to mind is people with heart conditions. This people, with doctor's advice, should only concentrate on aerobic fitness. Anaerobic exercise increases the body's ability to store chemical energy. Your power and endurance also increase. The muscle actually gets stronger and your fat burning potential increases as well.

You need not become a weight lifter or body builder to increase muscular strength. A general exercise program consisting of push ups, crunch sit ups, pull ups, squats, dips, leg lifts, sprinters and various other exercises that interest you will be sufficient to tone your muscles.

Injury Prevention!

I cannot say enough about injury prevention. This is all the more important as you get older because your injuries won't heal as quickly! Many people who have not exercised in years will suddenly start up a jogging program without any sort of muscle conditioning before hand! This is crazy! We may be talking ten or more years of a sedate lifestyle, and then to suddenly subject your body to the stress of jogging without any conditioning?! ***Please don't fall into this trap!*** You will only convince yourself that you cannot succeed. A jogging program may have once been a quick ticket to fitness in high school, but do not delude yourself into believing that you have the same built in resilience that you had then!

You can get back into shape! You have to approach this, the same way you got out of shape. Slowly! Any other method will only leave you with an unwanted injury and everyone telling you that you are too old to get into shape of some other such hogwash! Do not become your own adversary in this, probably the most

important undertaking you have attempted in years – your health and fitness! You will be able to jog or any other exercises that you want to do after you retrain your body. The way to start is to choose an exercise that does not put too much strain on your body.

A good exercise to start with is walking. You can easily get into your lower aerobic range with walking and keep your injuries to a minimum. You will slowly be getting your legs back in the habit of working out. If you start to feel any sharp pains, stop for the day. Don't be discouraged if you have to stop early because this is how you have to get your legs back into shape. So long as you stop whenever it is painful, you will be able to workout again. If you continue to workout after you feel pain, you will very likely injure yourself and not be able to workout until your self-inflicted injury is healed. Many people injure themselves out of ignorance; they were told, "No pain, no gain," in school and believe in this misguided credo.

Many more people suffer from what I call "sports ego." Their ego will not let them quit in anyone's company, even if they are in great pain. These are the weekend warrior types that have egos built around the good old days when they were in great shape and they were certainly not quitters! I suffer from the latter, admittedly, due to an ego that thinks I am indestructible. The good news here is that whatever the type of person that you are, there are very good, safe ways to workout. Keep in mind an injury is the quickest way to slow down your progress, so force your self to be super safety conscious. If you are the type of person that does not want to admit weakness in front of other people, then you should probably workout alone.

I am stressing prevention because the older you get, the longer it takes to recover from an injury. Here is what to do when you have overtaxed a muscle or joint. The first thing to do is to stop doing whatever caused your injury. Secondly, try applying ice, compression and elevation. For instance, if you knees hurt after a jog, kick back in a recliner and put ice packs on your knees for about 15 minutes. You can use the same method on sore muscles.

Take whatever rest that your body needs from that activity. If you are not able to jog again for a week, so be it. When you resume jogging; jog half the distance for a while, and then do aerobic walking in between the jogging workouts. Understand that you are human and plan your workouts accordingly.

By taking great pains to prevent injury, you will start to get in touch with your body! This is great! This simply means that you can better adapt to the needs of your body while still getting it to cooperate with your workouts. An example here is when I jog, I have to be careful not to let my back sway too far forward as it did when I had lots of fat. I also have to concentrate on my foot positioning as they (my feet) have a habit of landing on the side and ball of my foot. This puts too much stress on the side of my foot (which soon starts aching) and my knees. You can see that everyone probably has something that they should be aware of during workouts. The sooner you realize that you are no longer superman or superwoman (you probably never were!), the sooner you will fall into a comfortable routine that you will be able to consistently build on.

An Ideal Workout

Use this workout as a guide. I suggest that you seek some sort of physical fitness training if you don't feel comfortable designing your own routine. Doing stretching and exercises improperly can lead to injuries. You may find guidance from local schools, gyms, fitness centers, books, etc.

Warm ups

This entails stretching out muscles that are to be worked out and warming up muscles by doing a slow version of exercises to be done. Example – if you are going to be doing high kicks, first slowly stretch your legs without bouncing, to the point of tightness (not pain!) and hold that position until you feel your leg start to

loosen. You may then slowly increase your stretch if you want. Seek advice from a professional or a good book because stretching is not an area to make mistakes! Then to warm up, loosely swing your leg up until it feels comfortable going high. This will prevent most injuries.

Aerobics

This does not mean bouncing around to music in a class unless this appeals to you. This means to do a type of exercise that gets your pulse rate into the lower aerobic range for at least 15 minutes. Go for the higher ranges when you are close to your ideal weight and in good shape! It is ok to start with less time and work up to longer times. I am fully aware that 20 minutes is the least amount of time that is commonly recommended for an aerobic workout to gain any benefit. I'm using the theory that if you start at five minutes and go from there, you will reach this goal easily in time and not end up quitting because of attempting too much too soon.

These exercises include walking (an ideal first choice), bicycle riding, hill climbing, jogging, sparring (boxing or karate), jazzercise, swimming, and almost any other activity that gets your pulse into the lower aerobic range.

Muscle toning (anaerobic exercises)

This can be anything from calisthenics to body building. My own regime as of this printing is 30 push ups, 7 pull ups, 30 bar dips (arms locked), 100 crunch sit ups, 30 bridges, 30 bridges alternating legs extended, 30 one legged bridges on alternating feet, 30 superman extremity lifts (on stomach with all four extremities lifted) and some occasional light dumbbell work. Please appreciate that I started doing 5 pushups, 1 pull up, 20 crunch sit ups, 10 bridges, and 10 extremity lifts. It takes me about 10 minutes to whip through these exercises 2 to 3 times a week and

I feel much stronger for doing them. Do however many repetitions that you can easily do and work up to higher repetitions slowly! This will be easy to motivate yourself to include these exercises in your aerobic workouts.

Stretching

Once again, also stretch at the end of the workout. Remember to stretch slowly without bouncing around so you won't accidentally injure yourself. Stretching is important because your muscles tend to shorten up with exercise and stretching will help you to retain and increase your range of motion and get the soreness out.

Walking

The wonderful thing about walking is that you can get a terrific workout the accompanying feeling of apprehension most people experience before workout out. This is because most workouts feel hard for anyone who has not worked out regularly. They have to keep prodding themselves to continue with the workouts. Not so with walking! Everyone normally walks to some degree. So by simply increasing the pace and distance, you can achieve an aerobic workout without the anxiety normally associated with workout out! You will not experience long mental battles trying to motivate yourself to walk out the door and begin your workout! Walking just does not seem hard!

Another plus is you will burn the same amount of calories walking as you will if you run over equal distances. Obviously if you run the distance; you will finish faster. This is good to know because many runners feel that walking is not a good workout. If they get injured, they completely stop exercising until they heal when they could be alternating to exercises that do not aggravate their injury. They could workout at a lower intensity for a longer period of time for an equivalent workout!

You will have to plan time in your day for exercise or it probably won't happen. I first started walking because of a back injury that made medium to high impact exercises (jogging etc.) painful. Walking was actually good for my back injury because it seemed to loosen my tight lower back muscles. I should mention that I did not have to walk ever fast to get my pulse to my target heart rate of 120 to 160 beats per minute, and I was also doing stretching and strengthening exercises.

Weight Training

Weight training builds new muscles that also help burn more fat. This does nothing for aerobic fitness but actually burns fat while shaping up your muscles.

You can go from normal type exercises with dumbbells to purchasing a weight set and bench or actually joining a health club. If you choose weight training or calisthenics in addition to aerobic activity, you will reach your personal fitness goal even quicker!

Most weight sets come with instructions so don't worry if you know little about weights. The other worry that some people have is that they don't want bulky muscles but just toning. If this is a concern, lift lighter weights with higher repetitions.

Closing

I believe with this plan that you now possess all of the tools for effective fat loss and muscle toning. You can even eat your favorite modified foods. Reread this for motivation as needed. Remember – persistence pays off!