



CHOOSING A DIET



Our program does not advocate one diet plan over another. Often, a hybrid model can be very effective.

Choosing the right diet plan for you is the foundation of weight loss and the most important step in your weight loss journey.

There are three general diet plans that in studies have been shown to work.

Calorie Restricted Diet:

- This diet is by far the most sustainable.
- The goal is to reduce overall daily calorie intake by 30%, or 500-750 calories per day.
- You need to record everything you eat. This has been made simpler with Apps that can be downloaded for free onto your smart phone.



My Fitness Pal

Calorie Unrestricted/ Macronutrient Restricted Diet :

- This diet is based on the theory that all calories are not created equal.
- You eliminate a specific type of calorie, such as very low carbohydrate or vegetarian diets.

The Meal Replacement Diet:

- These diets eliminate 2 meals per day and replace them with a shake or bar.
- This is often the most successful diet for quick weight loss.

Whatever diet plan you choose, there are a few guiding principles to keep in mind that will help you maximize your chances of success.

Principle 1: There is no progress without accountability

We need to be accountable for what we eat, how much we exercise, and if we are being diligent with our goals. We should be accountable primarily to ourselves through journaling, but having additional accountability partners can be helpful as well.

Principle 2: Eliminate simple sugars

Regular consumption of sugary foods and beverages will dismantle your weight loss efforts faster than anything else. Reading food labels needs to become a part of life because food manufacturers sneak lots of sugar into foods that aren't necessarily desserts. Be very careful of so called, "Health Foods." Many foods that are touted as healthy are teeming with sugars. "Low fat" often equates to "high sugar."

Principle 3: No one is a robot

The most successful dieters allow themselves "cheating" opportunities. These occasions are exactly that: occasional. 1-3 meals per week is a safe amount. This allows for holidays, birthdays, and special occasions as well. Preplanned cheating is going to make your diet mentally much more sustainable.



EXERCISE



If you enjoy the exercise you choose, you will look forward to exercising rather than avoid it.

Being physically active is one of the joys of life! It is essential to our sense of well-being. When done regularly, exercise will increase your energy, relieve stress, and greatly assist you in your weight loss efforts. Our bodies are made to move!

Exercise and Weight Loss

- Exercise alone, unless very intense and prolonged, is usually insufficient to produce meaningful weight loss. The reason for this is simple: you can eat in 5 minutes what it takes 1-2 hours to burn off.
- That being said, regular exercise can augment your diet.
- Regular exercise is absolutely essential in maintaining weight loss.
- Exercise is what separates the successful dieter from the yo-yo dieter.

Duration, Frequency, Intensity

In general, exercise:

- Should be of moderate intensity (somewhat short of breath, can still talk).
- Should be sustained for 40-60 minutes.
- Should be 4-6 days per week in frequency.

That translates to 150-250 minutes of exercise per week.

If 40-60 minutes of continuous exercise seems too lofty a goal for you now:

- Cumulative exercise can be equivalent to continuous exercise.

- 10-20 minutes twice a day is a great place to start.
- Slowly build up over several weeks.

If you have any excessive shortness of breath or chest pain, of course, please go to an emergency room.

Choosing an Exercise

What type of exercise is best?

- Whichever type you will enjoy and do!
- If you absolutely hate to run, don't sign up for a marathon.
- If you like to lift weights, then hit the weights.
- If you enjoy the exercise you choose, you will look forward to exercising rather than avoid it.
- The optimum regimen would be 3 days per week of aerobic exercise such as running, biking, or swimming, and 2 days per week of weight or body resistance training. This is a very balanced formula that will help you to see success in the long run.

Set your exercise goals and start tracking them. There are a variety of Apps that can assist you in tracking your activity of choice, including estimating the number of calories you burn. Try to increase your intensity by about 10% every 2-4 weeks until you reach your goals.

Get out and have fun!