

Summer 2011

Wellness Tips for the Quick Slim Down



Love Coach Media, Inc.
The Wellness Shoppe
Summer 2011

Quick Living Well Tips for the Slim Down

1. Reduce or eliminate drink fruit juices or juice-based products. Juices has calories that can increase your weight.
2. Get your nutrition from calories you *chew* rather than *swallow*.
3. Avoid skipping meals or grabbing sugary or snacks.
4. Shoot for 25 to 35 gm of fiber per day. *See fiberos food list on page 4.*
5. If you get hungry, eat a few ounces of protein to tide you over until your next meal. *See Sample Menu on pg. 5.*
6. Eat at least two servings of fish per week to get healthy fats.
7. Spice up your food with red pepper, which boosts metabolism.
8. Drink green tea liberally - it helps burn fat.
9. Try not to let yourself get bored, stressed out or depressed, if possible.
Try yoga, meditation, and herbs such as kava and ginseng for stress.
Regular exercise, journaling and supplements such as fish, St. Johns wort and 5-HTP can help alleviate depression.

Article (modified/expanded)

Source: <http://www.bodybuilding.com/fun/fawnia8.htm>

ELIMINATE EMOTIONAL EATING!!

1. Outwait your food cravings. They generally last no longer than 10 minutes.
2. Distract yourself with a nonfood related activity, such as exercising, reading, pursuing a favorite hobby, listening to music, writing letters, surfing the internet (like you are now) or soaking in a hot bath.
3. Make a list of 25 things to do rather than eat, and keep it handy for times when you feel tempted to eat (when you shouldn't).
4. Freeze strawberries and other berries. They take longer to eat and provide a candy-like treat.

** Water, Water, Water!! FDA recommends 8 glasses of water a day but other nutritionist suggest that adults can be well hydrated drinking less than the RDA recommendation. As always when beginning a new wellness or exercise program, please consult your doctor. These tips should be used a a guide not medical advice.

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Source: <http://www.bodybuilding.com/fun/fawnia8.htm>

Sample Daily Menu

Pre-Breakfast

8 oz. orange juice w/ multivitamin

Breakfast

Option 1

- 2 or 3 servings Fruit (Citrus fruit and melon to be eaten alone)
- Granola Bar
- 2 Eggs

Option 2

- Oatmeal w/ raisins
- Toasted whole grain bread with natural peanut butter
- 8 oz. glass of orange juice

Mid Morning

- 1 serving of Fruit
- Yogurt with acidophilus

Lunch

Option 1

- Large raw salad with sprouts
- Vegetarian protein (soy chicken, soy turkey, seitan)
- Or
- Turkey, Chicken (baked/no skin), Salmon, Red Snapper, etc. (baked)

Option 2

- Whole wheat pasta
- Large Salad

Mid Afternoon

- Pretzels, almonds, toasted bagel, trail mix, vegetable sticks or fruit

Dinner

- **Repeat Lunch**
- **No protein or starch after 7 pm**

Foods that Fatten Your Belly

- Red Meat
- White flour products
- Brown & White sugar
- Sodas & Drinks with sugars
- White rice
- Candy
- Potato Chips

Foods that Flatten Your Belly

Complex Carbohydrates

Good Starchy Carbohydrate Sources (Energy):

- Oatmeal (1/2 cup measured dry=27 grams)
- Grits (1/2 cup measured dry=27 grams)
- Potatoes (4 oz=28 grams)
- Sweet Potatoes (4oz=28 grams)
- Brown Rice (1 cup measured cooked=37 grams)
- Cream Of Rice (1/4 cup measured dry=36 grams)



Fibrous Carbohydrate Sources (Fiber):

- Green beans
- Broccoli
- Lettuce
- Green peppers
- Spinach
- Onions
- Mushrooms
- Artichokes
- Zucchini
- Asparagus

Foods that Slow Down Your Metabolism

Simple Carbohydrates

- Apples (1 apple)
- Bananas (1 banana)
- Grapefruit (1 grapefruit)
- Grapes (22 grapes)
- Oranges (1-1/2 orange)
- Pears (1 pear)
- Pineapples (3/4 cup)

MOVE IT to LOSE IT

At Home Circuit Training

(NO Equipment Needed, NO Excuses Necessary)

Can't get to the gym?

Do a [circuit workout](#) at home.

Start with:

1. Stretching Warm-up
2. 15 [deep squats](#),
3. 20 [forward lunges](#),
4. 15 [pushups](#)
5. 12 flutter kicks
6. 12 leg raises
7. 12 crunches



Repeat this circuit 3 to 4 times through. Don't forget to stretch and cool down after.

Modified circuit training by Bodybuilding.com's Brenda Kelly

Source: <http://www.bodybuilding.com/fun/brenda.htm>

Keys to Success

1. Make this a lifestyle NOT a diet.
2. Consistency is key. Keep a food and activity journal to help you stay on track.
3. Don't give in to the guilt. Ok, so you eat a bowl of ice cream or had a second serving. Just get back on track immediately, there is no reason to eat crazy for the rest of the day. NO do-overs!
4. Reward yourself with an activity, NOT food! Treat yourself to a spa treatment, a night at the theater or a special outfit!
5. Leave the scale alone. Do not underestimate the importance of losing inches not just pounds.
6. Do a social inventory! Stay in touch with people with support what you are doing. Stay away from the negative.

You have years of unhealthy habits to unlearn, be patient with yourself and just STICK WITH IT!!



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Wellness Coach & Transitions Lifestyle Specialist**