

Bill Scibetta, RN



Look Better...
Feel Better...
PLAY BETTER

Guide to Healthy and Effective Weight Management

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Feel Better...

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Guide to Healthy
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Effective Weight Management



By Bill Scibetta, RN NSCA-CPT
With Bryan Fass, ATC/L, CSCS

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The advice and strategies contained within are just that, advice and strategies to help you make positive and proactive changes in your life. Please consult with your physician prior to undertaking any fitness or nutritional regimen. If you have any specific nutritional deficiencies it is imperative that your Physician and a Registered Dietitian are consulted prior to beginning any of the strategies contained within.

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A word before we start...

Having successfully overcome my own battle with obesity, I am speaking from experience. I know how hard it can be to change habits. I know how hard it can be to stay motivated. And I know the discouragement that comes from a lack of progress.

However, I also know how it feels when you begin to see results. I know how it feels to look forward to each day with excitement and enthusiasm, knowing unfailingly that at the end of the day I will be closer to my ultimate goals.

This manual contains nutritional facts; tips, tools and suggestions. It is simply information, just that. That is until you take action and apply this information that this manual is transformed into a 100% fool proof body and life changing resource.

It doesn't matter if your goal is fat loss, body shaping, mass building, improved athletic performance or just maintaining a healthy lifestyle, the information found within can be applied to meet any fitness goal.

I am sincerely grateful that you are allowing me to part of your journey towards improved fitness, optimal health and wellness, and peak physical performance. Thank you!

Until next time...

Be Healthy and Enjoy!

A handwritten signature in black ink that reads "Bill Smith". The signature is fluid and cursive, with the first name "Bill" being more prominent than the last name "Smith".

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Understanding Food



All you need to know about what you need to eat!

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In this section we will go over the components of a healthy diet and discuss the essential nutrients and their functions. We will offer some simple solutions and eating habits that can be easily incorporated in your daily routine.

Carbohydrates

Low carbohydrate diets have been the craze for some time now, but don't be fooled, carbohydrates are not the evil fat maker some may have you believe. Carbohydrates provide the body glucose, a simple sugar that provides energy to fuel your body. This glucose is stored in the muscles and liver in the form of glycogen. Carbohydrates include sugars, starches and dietary fiber. For our purposes, we will break them down into two categories of carbohydrates: Refined sugars and naturally occurring carbohydrates.

Refined sugars are the carbs we want to avoid. Refined sugars are found in candy, cakes, jellies and jams, and syrups. This type of carbohydrate provides calories without other important nutrients they are often referred to as empty calories. Naturally occurring carbohydrates are found in fruits, vegetables, and grains. Because these carbohydrates are found in foods that provide vitamins, minerals, and dietary fiber, they are the carbohydrates of choice. Aside from providing the body's main source of energy, carbohydrates also improve the efficiency of protein and fat metabolism.

When choosing carbohydrates on the road, a good rule is to avoid white. White sugar, white bread, white pastas, milk, white potatoes. All are the most refined sugars with the least amount of nutrition, they cause rapid spikes in blood sugar with an equally rapid fall. This leaves you hungry, tired and fat.

Protein

Protein is the building block of the human body. Aside from growth and repair of all muscle, protein also carries out many other vital functions in the body. Proteins in the form of enzymes, antibodies and hormones, carry oxygen and vital nutrients throughout the body, fight disease, and regulate the body's metabolic processes. Protein is also a source of energy.

A molecule of protein is made up of hundreds of amino acids. There are a total of twenty-two different amino acids. The nine essential amino acids are obtained from protein sources in one's diet. The remaining thirteen are non-essential amino acids which the human body can produce. Protein found in animal sources are known as complete proteins because they contain all nine essential amino acids. Vegetable sources of protein are incomplete proteins because they don't contain all essential amino acids. This is important to note for Vegetarians. In order to get all the amino acids needed to make new protein and thus to keep the body's systems in good shape, vegetarians need to consume a variety of protein-containing foods each day.

How much protein do you need?

A general rule of thumb for daily protein intake is roughly one gram of protein per kilogram of body weight (a kilogram is equal to 2.2 pounds). This would be about 50 grams daily for a 110-pound person, and about 84 grams for a 185-pounder. For those who engage in strenuous exercise, a higher protein (up to one gram per pound of body weight) intake may be warranted.

Fat

The health risks associated with high fat diets are well documented. However, fat is a necessary nutrient. Fatty acids are needed for many important body functions such as maintaining cell integrity, and carrying fat soluble vitamins. Fat is also a good source of energy and helps control hunger. Very low fat diets often lead to extreme hunger which can lead to binge type eating.

Smart Fats

Fats make up sixty percent of the brain and the nerves that run every system in the body. So, the better the fat in the diet, the better the brain. The average American brain is getting more than enough fat in their diet, but the problem is it's not the right kind of fat. The two fats needed for optimal brain function are the two essential fatty acids, linoleic (or omega 6) and alpha linolenic (or omega 3). These are the prime structural components of brain cell membranes and are also an important part of the enzymes within cell membranes that allow the membranes to transport valuable nutrients in and

out of the cells. When the cells of the human body - and the human brain - are deprived of the essential fatty acids they need to grow and function, they will try to build replacement fatty acids that are similar, but may actually be harmful.



Good sources of omega 6 fatty acids include - safflower sunflower, corn, and sesame oil

Good sources of omega 3 fatty acids include - flax, pumpkin seeds, walnuts, and coldwater fish, such as salmon and tuna

Dumb Fats

When the smart fats aren't available the body will utilize replacement fat like saturated and trans fats. Aside from decreased brain function these fats have been implicated in increasing risk of heart disease. Trans fat is formed when manufacturers turn liquid oils into solid fats in order to increase shelf life and maintain flavor. Foods containing trans fat include some margarine, crackers, candies, baked goods, cookies, snack foods, fried foods, salad dressings, and many processed foods. Beware, trans fats are everywhere!.



It's not fat that makes you fat, it's the calories. - Fat contains 9 calories per gram whereas protein and carbohydrate contain 4 calories per gram. If you eat the same quantity of fatty foods as proteins or carbs, you'll consume almost 2.5 times the calories! This is why it's very easy to get fat eating a high fat diet!

Water

Virtually every chemical reaction in the body relies on water. The average adult needs approximately 1 ml of water for every calorie of energy burned. The generic recommendation of 8 cups (1 cup = 240 ml) is based on an average daily caloric expenditure of 2000 calories. The frequent flyer may need double that amount. The extreme dryness of most indoor environments leaves one more susceptible to dehydration. Low humidity can cause drying and irritation of the nose, throat and eyes. Dehydration can also increase the effects of fatigue on the body and can contribute to muscle aches and spasms.



Calorie Free and Sugar Free and no harmful chemicals

- By replacing just one can of soda (or sweet tea or fruit juice) day with a glass of water you can cut out over 35000 calories from your diet. Since it takes roughly 3500 calories equals one pound of fat you can lose over ten pounds a year by simply drinking water instead sodas or other sugar filled drinks.
- Water 100 percent natural and free of aspartame and other artificial sweeteners that have been scientifically proven to be harmful to your health.

Thirst is not an accurate indicator of fluid requirements. Better indicators include frequency and concentration of urination and body weight. A person should be urinating at least 4-6 times per day and urine should be light yellow in color. Less frequent urination or darker more concentrated urine may be an indication that fluid requirements are not being met. Recent research has indicated that almost any type of liquid aside from alcohol will help to keep you properly hydrated. Keep in mind that the body is around 75% water, other liquids have 'other' things in them that have 'other' reactions within the body. When in doubt, drink water. It is also important to maintain your fluid intake during exercise. A good rule of thumb is to drink 6 – 8 ounces of water for every 20 minutes of strenuous exercise.

Vitamins and Minerals

Eating whole foods rich in vitamins and minerals is essential for optimum health and peak performance. Vitamins act as co-enzymes to jump start all of the body's metabolic activities. There is much research supporting antioxidants, vitamins and their effects against cancer, heart disease and other diseases associated with aging. Minerals are necessary for the body to carry out many vital functions, such as, neural conduction, muscle contraction, blood transport, fluid balance, and energy production. Minerals also serve as building blocks for bone and other body tissues.

Stress hormones sap the body of important nutrients, such as B vitamins which help keep our nervous system working efficiently and helps convert food to energy. Vitamin C supports our immune function. Vitamin A (carotenoids) helps to support good vision and brain health and helps to prevent cancer. The mineral magnesium which helps maintain normal muscle and nerve function, keeps heart rhythm steady, keeps bones strong and also helps support a healthy immune system. Eating good healthy foods including a wide variety of fruits and vegetable along with whole grains and nuts will help to ensure you are getting the vitamins and minerals your body needs to stay physically and mentally at the top of your game.



Caffeine



A few studies also indicate that caffeine may slightly enhance weight loss in people who exercise and maintain a low-fat diet. Research shows caffeine may act as an appetite suppressant and as well as help add a slight boost to one's metabolism. Caffeine has also been scientifically proven to help increase attention and focus as well as physical performance. As good as the research sounds, caffeine is definitely not a miracle drug. There is still much question as to how much of an impact caffeine actually has on weight loss and far too many people rely on caffeine to provide energy that they are missing because of poor eating habits.

Unsweetened coffee or tea has no calories and a cup or two with a meal is fine and may be a useful addition to your weight loss program. (especially if you are drinking it in place of a high-caloric drink.) Too much caffeine can be a detriment, such as when you want to turn off the brain and go to sleep, or when you need to stay relaxed under pressure. Some research shows that hot tea can have the same GI effects without all the jitters.

Coffee and tea is also rich in healthful antioxidants. Beware not to counter the healthful benefits of caffeine by consuming an energy drink loaded with sugar or a coffee drink that

Alcohol

If you are trying to loose weight it best to avoid alcohol or keep consumption to an absolute minimum. Alcohol contains 7 calories per gram that's almost twice as many a protein and carbohydrates. The other reason to avoid alcohol is that it is the first source of fuel your body will tap for energy. **This means the burning of stored body fat slows substantially when alcohol is consumed!**

Alcohol has been shown to have some healthful benefits, so it may be OK to drink in moderation once you have reached your goal weight. Alcohol Red wine and dark beers are rich in antioxidants and moderate alcohol consumption has been shown to decrease risk of heart disease, improve circulation and possibly lower the risk of diabetes and gallstones. Moderate drinking is defined as two drinks a day if you're a male under 65, or one drink a day if you're a female or a



The negative effects of over consumption of alcohol, aside from the previously mentioned slowing of fat metabolism are very well documented and include increased risk of many cancers, liver and pancreatic disease, as well as brain atrophy.

A shot of liquor contains 115-200 calories. In comparison, a 4 oz. glass of wine contains 62-160 calories. Mixed drinks are where the calories really add up. Their caloric values could range from 300-800 calories!

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A few words about nutritional supplementation

Nutritional supplements should be used as just that... supplements. They should never be used as a substitute for good whole foods. Nothing beats a well- balanced diet that includes a variety of vegetables, fruits, whole grains and lean meats. With that said there is definitely a place for nutritional supplementation, especially for the busy individual who may be challenged to find the time for or access to a well balanced meal.

The nutritional supplement industry has progressed greatly in recent years. There are a wide array of multi-vitamin / mineral supplements, drinks, and bars that may be beneficial by providing necessary calories and nutrients. There is a lot of scientific research supporting the use of antioxidant supplementation, as well as supplementing with essentials fats and calcium. Below are a list of supplements that have been scientifically accepted beneficial and may be a good addition to your nutrition plan. Consult your healthcare professional to see what supplements might be right for you.

A WORD ON APPLICATION OF HEALTHY EATING:

We all know life is hectic and we're often on the go and making time for breakfast is difficult. Try to avoid sugary breakfast foods, stick with whole wheat breads, egg whites, yogurt, and fiber rich cereals. In a pinch, there is nothing wrong with a pre-packaged meal replacement powder that can be mixed or shaken. They make a great start to the day.

Always try to combine carbohydrates and a protein with every meal, they both assist each other in being processed efficiently in the body and they are not as likely to make you tired and fat when consumed together.

One of the most difficult things with eating on the rush is portion control, 'visions of mom yelling at you to clean your plate' still echoes in our heads. If possible, order a lunch portion or a half portion. Try to order foods that can go with you to be eaten in a few hours, when your food arrives place ½ in a to go box. This will limit how much you can eat. The basic premise still holds true, you can eat bad as long as the portion sizes are small. This of course does not make you healthy, but by limiting your overall caloric intake you will not contribute as much to weight gain.

BAD

Meat Pizza
Plain 'white' bagel
White bread
Mayonnaise
Cookies
Soda
Fried foods
Burger
Fries
Baked potato
White rice
Creamy salad dressing
Roast beef
Ice cream
Cheese
Bacon or Sausage
Milk
Chips
Candy Bar

GOOD

Vegetable Pizza
Whole Wheat bagel
Whole wheat
Mustard
Fruit
Water
Baked-broiled-grilled
GRILLED chicken sandwich
Salad / fruit
Sweet potato / yam
Brown rice
Oil based salad dressing
Turkey or lean ham
Frozen yogurt
No cheese
Turkey Bacon or Sausage
Skim or soy milk
Pretzels
Protein or energy bar or
Raisins

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Tips and strategies to increase your chance of success



All you need to know about what you need to eat!

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Talk yourself thin

Do you remember what you said to yourself the first time you strayed slightly off course? The language you use when talking to yourself can be positive or it can be negative and it inspires your actions. What you say to yourself is what you believe so if you keep telling yourself how fat you feel or how hard it is to lose weight, then losing weight will always be difficult. If every time you see a food that you know is not going to help you get to your goal you say: "that looks so good, I wish I could eat it". Guess what? Your wish will come true. It may not be at that very moment but at some point your actions will obey your minds desire. If you want to change your results change your self talk. If you see a piece of chocolate cake and say to yourself "I am fit and healthy and I make good choices because they make me look and feel great" it will be easier to choose to make good choices at that moment and in the future. It's not the occasional indulgences that sabotage a weight loss program it's the negative self talk that brings on feelings of guilt, despair, and failure. These feelings often bring on emotional eating which brings more negative self talk. This viscous cycle can be stopped before it starts if your inner voice is conditioned to say the right thing. "I know it wasn't the best choice but it won't kill my program"" or "I may have had a few extra calories but I'm looking forward to my next workout and I'm moving forward!" instead of "I've blown it" will allow you to stay positive, avoid emotional eating and keep you moving toward you goal.

In all aspects of life whether its career, family, social life, or health and wellness, self talk is very powerful and it has a direct effect on your present and future situation. It may take some time to condition you inner voice, especially if you are one who is hard on yourself or a little on the pessimistic side. Practice being positive and exercise your attitude. In terms of successful long term health and wellbeing this is every bit as important as exercising your body. A good way to start to change self talk is through personal daily affirmations. Write out a few sentences that you will say to yourself upon waking and before falling asleep (at these times it is easier to get to the subconscious mind) and at various times throughout the day. The following are some tips for effective affirmations and self talk.

*Make it positive and proactive. – Instead of telling yourself what you won't do, tell yourself what you are doing. Example; Instead of saying "I won't eat sweets or fried foods" and "I won't be lazy" say "I eat only healthy food that makes me look good and feel great." and "I am exercising and it makes me feel great."

*Make it in the present not the future. Let the future be now as if the goal is already being achieved. Future tense "I will" leaves room for doubt. It is best to describe the goal as being achieved right now. "I am eating right and exercising, I look and feel great"

*Include feelings and strong desire. You should feel and believe that what you are saying is already true. Feelings and emotions give life to your words. Example: "I am proud of the choices I make." "I workout everyday because it energizes me and keeps me feeling strong and healthy"

*Be certain of your success. Words like "try" and "hope" really mean "maybe" or "I might". "I will try to eat right and exercise," has the hidden message of "maybe I will or maybe I won't" or "I can't" or "I don't want to." Be certain "I am making the right choices to be healthiest I can be."

Remember, self talk affects all aspects of life. If you want to make a change in your life, family life, your social life, your career or financial situation apply these tips to those goals. It may sound hokey or simplistic but it does work it. To get that fit healthy body you desire (or anything else in life) simply talk yourself into it and the results will follow.

Adjust Caloric Intake to Meet Your Goals

Achieving or maintaining a healthy weight is imperative for optimum wellness. **In order to lose fat the body must achieve a negative calorie balance. That is, the body must burn more calories than it consumes. The best way to achieve this is by simply eating fewer calories and increasing activity levels.** Since 3500 calories equals approximately 1 lb. of fat, a negative calorie balance of 500 - 1000 calories per day is needed to lose weight at a safe rate of 1 to 2 pounds per week. After reaching your goal, you will need to find your caloric needs to maintain your desired weight. Monitor your weight while gradually adding 100-200 calories to your daily intake until your weight stabilizes.

Conversely, in order to gain weight the body must achieve a positive calorie balance. For muscle building, more than the daily requirement of calories is needed. It is estimated that 1 lb. of muscle equals 2,270 - 3,630 calories. Therefore, an addition of approximately 350 - 500 per day of good nutritious calories combined with solid strength training, is generally required to build one pound of muscle a week.

If you do the crime you must do the time -if you eat the foods that you should not eat you must budget time to burn off the excess calories that you consumed. Weight loss is simple, burn off more calories than you consume and weight loss becomes simple math. Take the stairs when you can, every time you can.

Don't Skip Meals

Skipping meals deprives the body of vital energy and nutrients, often leaving one feeling both physically and mentally fatigued. Depriving the body of needed energy (calories) is also very disruptive to one's metabolism. Skipping meals causes your body to store more fat and robs your body of the ability to build muscle and strengthen joints. Skipping meals is one of the biggest reasons individuals fail to reach the weight loss goals.

Aside from disrupting metabolism skipping meals often leads to extreme hunger which can lead to "binge" type eating. The body can only process and utilize so much food at a time. It doesn't matter if you're only eating one or two meals a day. If you eat too much at any given meal, much of what the body doesn't utilize will be stored as fat.

Again, we would recommend getting most of your nutritional needs met through good whole foods. However, life can get hectic and getting five or six meals is often not a realistic option. There are plenty of healthy meal replacement drinks and bars that can help keep you on track. Be sure to read the labels and avoid products high in sugars and hydrogenated oils.

Break the fast and loose the weight!

When you go without eating for an extended period of time (**like from dinner or evening snack until lunch the next day**) your body goes into "starvation" mode and metabolism slows. Then, when you finally eat again, in preparation for more food deprivation your body stores calories in the form of fat. So, not eating can actually lead to weight gain. And if you think your cutting calories by skipping breakfast, think again.

A 2005 study examined how skipping breakfast altered the participants' daily caloric intake. During the two-week interval when participants skipped breakfast, they actually consumed 100 more calories than during the two weeks when they ate breakfast.

Pay Attention to Serving Sizes

Pay attention to serving sizes, it's easy to over load. Weighing and measuring food is a good way to assure you are taking in the proper amount of calories and nutrients. This is especially important if you are on a weight loss or a weight gain program.

Grain Products Group (bread, cereal, rice and pasta)

- 1 slice of bread
- 1 ounce of ready-to-eat cereal
- 1/2 cup of cooked cereal, rice, or pasta

Vegetable Group

- 1 cup of raw leafy vegetables
- 1/2 cup of other vegetables – cooked or chopped raw
- 3/4 cup of vegetable juice

Fruit Group

- 1 medium apple, banana, orange
- 1/2 cup of chopped, cooked, or canned fruit
- 3/4 cup of fruit juice

Milk Group (milk, yogurt, and cheese)

- 1 cup of milk or yogurt
- 1-1/2 ounces of natural cheese
- 2 ounces of processed cheese

Meat and Beans Group (meat, poultry, fish, dry beans, eggs, and nuts)

- 2-3 ounces of cooked lean meat, poultry, or fish
- 1/2 cup of cooked dry beans or
- 1 egg counts as 1 ounce of lean meat.
- Two tablespoons of peanut butter or
- 1/3 cup of nuts count as 1 ounce of meat.

Most restaurant portions are easily 2-3 servings of food served at one time. When eating out it's very hard to take food with you, and mom taught you to finish all your food. If it does not travel well leave at least half behind or that's where it may end up.

Eat 5 - 6 Smaller Meals a Day

Infrequent and unbalanced meals are two ways to gain weight. When the body is deprived of food for a long period of time starvation mechanisms are triggered physiologically though we deny that our bodies are starving. This leads to more problems because the body will limit the amount of food used for immediate energy and store the rest as fat.

The idea behind smaller meals throughout the day is to fulfill the daily nutrient intake required by the body, while maintaining a level of satiety, and in turn allowing the body to burn more fat. The meal plan usually consists of breakfast, a snack (fruits, vegetables, or yogurt) three hours after breakfast, lunch, another snack two-three hours after lunch, and dinner three hours after the last snack.

If your goal is weight loss, this is a great way to reduce calories without losing energy or feeling hungry. If you are looking to gain a little lean muscle mass, eating more frequent meals will allow you to take in an increased number of calories without feeling stuffed. This will also insure that the vital nutrients will be available when your body needs them. Regardless of your fitness goals, eating 5 - 6 smaller meals a day will get your metabolism firing on all cylinders and give you the energy to keep you at the top of your game.

Eat Slowly and Chew Food Thoroughly

Chewing food thoroughly aids in digestion, thus reducing the time it takes for vital nutrients to become available for use by your body. Eating slowly gives your stomach the time it needs to tell the brain it is full. Taking your time to eat your meal is especially helpful if you are on a reduced calorie diet. It will allow you to eat less, yet still feel satiated.

Keep it Natural

The gigantic and often strange words listed as ingredients (where food items are supposed to be!) are various concoctions used to color, stabilize, emulsify, bleach, texturize, soften, preserve, sweeten, add or cover smells, and flavor! In case you were wondering just how many of these little chemicals were sneaking into your mouth each year, current statistics say that the FDA lists approximately 2800 international food additives and about 3,000 chemicals, which are deliberately added to our food supply. When considering the number of chemicals used in the process of growing and processing food, by the food to the time it reaches our stomach we have consumed between 10,000 and 15,000 chemicals a day! (1)

If you can't pronounce a word on the label, don't eat it! If you can't pronounce a word on a food label, chances are very good it is a chemical that your liver will have to work to detoxify, and most likely, your liver won't like it!

If it's a non-food, don't eat it! The more non-foods you eat, the more likely your body is to go bankrupt! Remember, food manufacturers are NOT required to prove that their products sustain life. Pretty much every research dollar they spend is to determine how to make foods cheaper, increase shelf life and how to trick you into buying them.

The longer it lasts on the shelf, the worse it is for you! Most things in nature will not last more than a few days once picked or killed for consumption. Increasing a product's shelf life means stripping it of anything that can eventually go bad or rancid out of it, such as enzymes, vitamins, minerals and ultimately it's life force! Many of the foods you eat today are so full of chemicals and pesticide residues you can leave them sitting on the kitchen counter for days on end and the ants won't even touch them! The bugs are smarter than we are.



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Never eat anything with “hydrogenated” or “partially hydrogenated” oils / fat! These are cooked fats that have been altered in a way that make them very hard to digest, as well as being damaging to the body. This form of fat does not occur naturally in nature and in fact, chemists say the molecular structure of hydrogenated fats more closely resembles plastic than food! Read your food labels and you will likely be surprised at how much hydrogenate fats and oils you are eating!

Never eat any food product that has been “enriched”! The only reason food manufacturers “enrich” foods is because they have completely killed and stripped them in processing, leaving the foods so void of nutrition and life-force that they must add things back to them so they don’t kill off all their customers! Food manufacturers generally purchase the cheapest possible synthetic vitamins possible and they often apply them to foods (i.e. cereals) on the way in the oven! Any nutrition expert will tell you that most vitamins can’t withstand high heat and most of the rigors of processing. There is also plenty of literature suggesting that some synthetic vitamins may be toxic to the body!

Avoid eating anything that has been genetically modified or genetically engineered.

Currently, almost ALL processed foods contain genetically modified organisms. This is an entire topic unto itself, but eating any genetically modified food is a risk that you may want to seriously consider if you value your health.

Don’t eat food sweetened with High Fructose Corn Syrup!

This highly processed inexpensive corn sweetener has become a staple of the food industry and our health is suffering. Fructose is converted to fat much easier than any other sugar and raises triglycerides and LDL (bad) cholesterol. In addition unlike other natural sugars high fructose corn syrup does not stimulate insulin secretion or enhance leptin(a hormone linked to in appetite regulation) production. Because insulin and leptin act as key signals in regulating how much food you eat and body weight, this suggests that eating high fructose corn syrup may lead to increased appetite and weight gain

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Get Plenty of Good Sleep and Manage Stress

Leptin and Grehlin are hormones that help the body control appetite and weight gain and loss. Leptin suppresses appetite, while Grehlin increases appetite and may prevent a person from losing weight. When lack of sleep becomes a chronic problem, levels of Grehlin increases, causing greater appetite, and levels of Leptin decrease. Regardless of diet and exercise, it's possible that some obesity is caused, or made worse, by sleep deprivation. Lack of sleep causes cortisol (the stress hormone) to rise. Too much Cortisol can slow metabolism and lead to excess fat storage.

Uncontrolled stress can be hazardous to your health and can wreak havoc on a weight loss program. We already talked about the stress hormone Cortisol's effect on metabolism and fat storage. In addition, people who have high levels of uncontrolled stress are more prone to food cravings and emotional eating.

There are many effective stress management techniques to choose from such as deep breathing and meditation. One of the best techniques available is exercise. It is a powerful stress management tool with the added benefit of burning calories!

Exercise Often

The weight loss and general long term health benefits of exercise are numerous, very well documented and indisputable. The question for many is “how much exercise do I need”

For weight loss, the American College of Sports Medicine recommends 200-300 minutes or 2000 calories per week. This translates into 60 minutes of daily activity and burning around 300-400 calories per exercise session.

Include strength training in your exercise program. Strength training will not only give you stronger muscles, bones, and joints, but will also boost metabolism for greater calorie burning.

The following values are the number of calories a 154-pound person will burn performing the listed activity. Those who weigh more will use more calories, and those who weigh less will use fewer.

Moderate physical activities:	In 1 hour	In 30 minutes
Hiking	370	185
Light gardening/yard work	330	165
Dancing	330	165
Bicycling (less than 10 miles per hour)	290	145
Walking (3 ½ miles per hour)	280	140
Weight Lifting (general light workout)	220	110
Stretching	180	90
Vigorous physical activities:	In 1 hour	In 30 minutes
Running/Jogging (5 miles per hour)	590	295
Bicycling (greater than 10 miles per hour)	590	295
Swimming (slow freestyle laps)	510	255
Aerobics	480	240
Walking (4 ½ miles per hour)	460	230
Heavy Yard Work (chopping wood)	440	220
Weight Lifting (vigorous effort)	440	220
Basketball (vigorous)	440	220

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(Source: USDA-GOV)

Keep a Food Journal

Speaking from both personal and professional experience, nutrition journals are by far most valuable tool in any weight loss program. But unfortunately they are also the most underutilized. Be diligent in your use of the wellness tracking sheets included in the back of this manual and your success will be inevitable. A study, was published is in the August 2008 issue of the *American Journal of Preventive Medicine* followed almost 1,700 men and women who were either overweight or obese. The study results showed that participants who kept logs lost twice as much weight as those who did not.

Write down everything you eat and drink. Include serving sizes along with the number of calories, as well as the amount of macronutrients (fats, proteins and carbohydrates). This will make you conscious of everything you eat while you become educated on the components of a healthy diet. If you are not making satisfactory progress towards your goals, your food journal can provide valuable information needed to make necessary adjustments.

Here are a few more helpful tips:

- The average index finger would be the size of 1 oz. of meat.
- Your closed fist would equal a 4oz. Skinless chicken breast on the bone.
- Most women's fists are the size of 1 cup.
- Most men's fists are the size of 1 1/2 cups.
- A can of soda is 12oz. and full of empty calories from sugar.
- A pint of food from a Chinese restaurant is equal to 2 cups; which is the perfect serving size for pasta!
- 2 pats of butter as in a restaurant, is greater in calories than a plate of pasta!
- A deck of cards or 1 McDonald's hamburger patty equals the size of 3oz. of meat.
- When ordering from a deli, you can tell them how much ham, turkey or roast beef you want (3-4 oz.) on your sandwich. They can easily measure it for you.
- If "supersizing" is an option...don't make it one.
- Don't choose anything fried, or for that matter anything prepared with mayo.
- "Fat-free" often means high-sugar.
- Choose wheat or whole grain bread over white bread.
- Choose sweet potatoes over white potatoes and avoid the butter and sour cream.
- Try wheat or spinach pastas. Choose tomato based sauces over cream sauces.
- Mustard, barbecue sauce, salsa and tomato sauces are great toppings.

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Sample Meal Plan 2200 calories

Breakfast

Amount	Item	Protein	Carbs	Fats	Calories
1 cup	coffee-w/caffeine	0.40	1.40	0.00	8.00
1.5 cup	cottage cheese - 1% fat	42.00	9.00	3.00	246.00
1 tbps	half and half	0.44	0.65	1.73	19.55
0.5 cup	fruit cocktail	0.51	29.76	0.09	114.40
Total:		43.35	40.80	4.82	387.95

AM Snack

1 each	apple-medium with peel	0.30	21.10	0.00	81.00
1 each	Banana-medium 8 inch	1.20	26.70	0.60	105.00
Total:		1.50	47.80	0.60	186.00

Lunch

1 each	apple-medium with peel	0.30	21.10	0.00	81.00
2 each	bread whole wheat-slice	6.00	24.00	2.00	140.00
2 cubic inch	cheddar cheese	8.47	0.44	11.27	136.88
.15 cup	mayo	0.32	8.47	11.77	137.37
3 ounce	turkey breast/white meat	25.50	0.00	0.60	114.75
Total:		40.58	53.96	25.64	610.00

PM Snack

2 each	bread-slice rye 7 grain	10.00	72.00	4.00	180.00
4 tsp	jelly-any fruit flavor	0.00	16.00	0.00	56.00
2 tbps	peanut butter	8.00	7.00	16.30	190.00
Total:		18.00	95.00	20.30	426.00

Dinner

4 ounces	chicken breast/ white meat	35.20	0.00	4.00	187.00
1.5 cup	rice-brown	9.00	93.00	0.00	246.00
4 tbps	Thousand island-reduced cal. Kraft	0.00	12.00	4.00	80.00
0.25 cup	croutons-plain	9.00	5.50	0.50	30.50
1 small	salad-sm. Garden w/tomato, onion	1.30	9.50	0.40	49.00
Total:		54.50	120.00	8.90	592.50

Grand Total: 157.93 357.56 60.26 2202.45

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Sample Meal Plan 1600 calories

Breakfast

Amount	Item	Protein	Carbs	Fats	Calories
1 cup	coffee-w/caffeine	0.40	1.40	0.00	8.00
1 cup	Milk	8.00	11.00	5.00	120.00
1 tbps	half and half	0.44	0.65	1.73	19.55
1.5 cups	cheerios	4.50	34.50	3.00	165.00
Total:		12.98	46.26	9.73	305.22

AM Snack

1 each	apple-medium with peel	0.30	21.10	0.00	81.00
Total:		0.30	21.10	0.00	81.00

Lunch

2 each	bread whole wheat-slice	6.00	24.00	2.00	140.00
1 each	orange-medium	1.10	17.40	0.30	69.00
.15 cup	mayo	0.32	8.47	11.77	137.37
2 oz	turkey breast/white meat	17.00	0.00	0.40	76.50
8 oz	Unsweetened tea or h2o	0.00	0.00	0.00	0.00
Total:		24.42	49.96	14.47	422.87

PM Snack

1 each	banana-med.	1.20	26.70	0.60	105.00
Total:		1.20	26.70	0.60	105.00

Dinner

5 ounces	Halibut - broiled	37.50	0.00	5.00	198.75
1 cup	rice-brown	6.00	62.00	0.00	164.00
1 tbps	Thousand island-reduced cal. Kraft	0.00	3.00	1.00	20.00
1 spear	broccoli	4.50	7.90	0.50	42.00
1 small	salad-sm. Garden w/tomato, onion	1.30	9.50	0.40	49.00
Total:		84.50	82.40	10.90	660.75

Grand Total: 123.39 226.42 35.70 1574.84

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Sample Meal Plan 1300 calories

Breakfast

Amount	Item	Protein	Carbs	Fats	Calories
1 cup	coffee-w/caffeine	0.40	1.40	0.00	8.00
1 each	Bagel-plain,	8.00	42.00	2.00	210.00
2 tbsp	Peanut butter	8.60	5.70	16.40	190.00
1 tbsp	half and half	0.44	0.65	1.73	19.55
Total:		17.44	49.74	20.12	427.55

AM Snack

1 each	apple-medium	0.30	21.10	0.0	81.00
Total:		0.30	21.10	0.0	81.00

Lunch

3 oz	chicken breast	26.40	0.00	3.00	140.25
12 oz	Water or tea	0.00	0.40	0.00	0.00
.25 cup	Croutons-plain	9.00	5.50	0.50	30.50
1 large	Salad-lrg. Garden w/tomato and onion	2.60	19.00	0.80	98.00
4 tbps	Thousand island-reduced cal. Kraft	0.00	12.00	4.00	80.00
Total:		38.00	36.90	8.30	348.75

PM Snack

1 each	apple-medium with peel	0.30	21.10	0.0	81.00
Total:		0.30	21.10	0.0	81.00

Dinner

3oz	chicken breast/white meat	26.40	0.00	3.00	140.25
1 cup	pasta, whole grain	3.68	39.07	1.07	176.40
1 small	salad-sm. Garden w/tomato, onion	1.30	9.50	0.40	49.00
2 tbps	thousand island-reduced cal. Kraft	0.00	6.00	2.00	40.00
Total:		31.38	54.57	6.42	405.65

Grand Total: 87.43 183.42 34.85 1343.95

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QUICK REMINDERS:

Portion size trumps all, never over eat, you are better off to under eat 6X a day.

Eat 4 -6 small meals per day.

Always try and eat a carbohydrate with a protein.

Water!... drink it.

BEWARE the 5 WHITE EVILS...1) *sugar* 2) *flour* 3) *pasta* 4) *rice* 5) *potatoes*

If you do the crime you must do the time. It's OK to splurge once in a while. Make good choices and budget the time to burn off those calories.

Identify what your 'comfort foods' are, they have their time and place but try to find healthier alternatives.

We have included 30 days of "Wellness Tracker" worksheets to get you started; be diligent in making your daily journal entries. **Be sure to write the date at the top of each sheet.**

Stay consistent and at the end of these 30 days you'll be Looking, Feeling, and Playing Better and well on your way to a lifestyle of health and fitness!

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Daily Wellness Tracker

Nutritional Supplements Taken:

Breakfast: **Time eaten**_____

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Total glasses or ounces of water today: _____

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Daily Wellness Tracker part 2

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___ Very well rested and ready to take on the day

Today's overall energy level was:(Check one)

___ low

___ moderate

___ high

Today's I exercised for:

___ Less than 20 min

___ 20 - 30 min

___ 30-1hour

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___ I did no exercise today

Today's exercise included:

___ Interval training

___ Strength training

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___ Flexibility Training

Today's stress level :

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___ Moderate Stress

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___ Very High Stress

Techniques I used to manage today's stress:

___ Gritted my teeth and lived with it

___ Exercise

___ Deep breathing

___ Guided imagery / meditation

___ Other

Did I meet today's goals :

___ Yes

___ No

Tomorrows goals are:

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About the Authors:



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Bill Scibetta is a licensed Registered Nurse as well as a National Strength and Conditioning Association – Certified Personal Trainer and the owner of two successful personal training and performance centers in the Charlotte, NC area. After spending years practicing in the specialty of Orthopedics and Sports Medicine, Bill founded Precision Fitness-Personal Fitness, Inc. Bill has dedicated his career to helping individuals and organizations identify and overcome obstacles that stand in the way of optimal wellness and peak human performance.

As a recognized expert in the field of corrective exercise and performance, Bill has contributed to numerous publications and industry websites and has co-authored several books on fitness and performance. Bill has enjoyed helping improve the performance of clients that range from the professional athlete (NFL, PGA, NASCAR, PBA) to fortune 500 Executives.

Bryan Fass

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Feel Better...

Play Better....

Guide to Healthy Eating
And
Daily Wellness Tracker



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