

Simple Guide to Weight Loss and Fitness

Four Easy Steps

**Improved Digestion
Eating a Slimming Healthy Diet
Exercise as a Part of Daily Life
Stress Reduction**

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Section 1 FOUR EASY STEPS

FOUR EASY STEPS

If you've ever tried to lose weight or get in shape, then you know that it can be an uphill battle. There are diets to consider and exercise programs to consider, not to mention all the discipline it takes to stick to one single plan. Sounds awfully difficult, right?

Well, relax. What you may not know is that studies now show that making small yet consistent changes to your digestion, diet, exercise, and level of stress will help you lose more weight and become more fit than any radical diets or heavy exercise regimens.

The key to remember is "Keep it simple." Pick one or two things you want to change in each of the four areas mentioned above, and stick to them. Radical changes in lifestyle can be very disruptive and stressful, which can actually lead to weight gain. Small changes that are consistent can really boost your energy and improve the way you feel on a daily basis.

Just remember these four ways you can improve your level of health and fitness:

- Improving your *digestion*
- Eating a slimming healthy *diet*
- *Exercising* as a part of daily life
- Reducing *stress*

In this short booklet, we'll give you many simple ways to make small yet powerful in each of these areas of your life. Ready to get started? Let's go!

Section 2 IMPROVING YOUR DIGESTION

IMPROVING YOUR DIGESTION

Your digestion is one of the cornerstones of a fit, lean, and healthy body. Why? Because your digestion is the process by which your body turns the food you eat into energy you can use. If your digestion isn't functioning efficiently, you might:

- Gain weight
- Feel tired or sleepy
- Suffer from indigestion, acid reflux, or gas after eating
- Get less benefit from exercise
- Have dull skin or skin problems
- Develop allergies

The key to digestion is efficiency. What you eat should enter your body, get processed for maximum energy output, and leave your body—all within 18 to 24 hours. Now, how can you tell how fast food goes through your system? Try the beet test.

THE BEET TEST

The Beet Test

To find out how fast food travels through your system, use some beets. Beets have a very distinctive red color that will show up in your bowel movements. Eat a beet or two, then monitor how long it takes for your bowel movements to turn red. If it takes more than 18 to 24 hours, then your digestion is sluggish and not operating at top efficiency.

THREE STEPS TO IMPROVED DIGESTION

Three Steps to Improved Digestion

If your digestion isn't up to snuff, don't worry. There are some simple ways to help it get up to speed. Using nutritional supplements at therapeutic levels is one of the best ways to quickly improve digestion with little or no side effects. Here's how:

- **Take Enzymes:** Because most of our foods no longer contain the enzymes necessary for proper digestion, it's necessary to take extra enzymes at mealtimes. Enzymes are the first stage of the digestive process.
- **Add Probiotics:** Probiotics are the beneficial bacteria that live in our intestines, and finish out the digestion process. Probiotics include bacteria such as acidophilus and bifidus, as well as many others. Probiotics are crucial since much of our weight gain results from not having probiotics, which causes food to stay (and rot) in our guts.
- **Add Naturalight:** Naturalight is a unique herbal combination that helps move "waste" from poor digestion out of the blood, intestines, and other areas of the body. It also kick-starts the metabolism so you get more out of your exercise.

Section 2
IMPROVING
YOUR
DIGESTION

You can get top quality enzymes, probiotics and Naturalight exclusively from Cell Tech, a company specializing in organic, whole food nutritional supplements. If you don't want to take each of these items separately, consider taking their Weight Management Essentials or Digestive Essentials, convenient daily packs that have combinations of these products.

For more information or to order, please contact the person who gave you this booklet!

Section 3 EATING A SLIMMING HEALTHY DIET

AMERICAN HEART ASSOCIATION DIET

EATING A SLIMMING HEALTHY DIET

With so many diets out there—including Atkins, The Zone, Slim-Fast, and Eat Right For Your Blood Type—it can be really hard to figure out what to eat these days. Even fast food chains are now offering low-carb meals and entrees, but are they really good for you? What is actually good to eat?

Each person is different and has different diet, weight loss, and fitness goals, so it's hard to make generalized suggestions that apply to everyone. But the American Heart Association does have some recommendations for how to have a healthy diet. Their guidelines are acknowledged by most diet plans to be moderate, safe, and healthy. Here's what they suggest:

- Meals that average between 20-30% of the calories from fat, with no more than 10% of the fat calories from saturated fat.
- The bulk of the calories (50-60%) come from complex carbohydrates, such as whole grains and whole-grain breads, fruit and vegetables.
- The rest of the calories (20-25%) come from protein sources.
- They also suggest limiting sodium intake for certain classes of people.

To help you create and stay on a healthy diet, we offer you some practical, easy to use information in the following areas:

- Calories
- Water and Weight Loss
- Portion Control
- Healthy Eating Tips
- Dining Out Healthy
- Snacking Slim

CALORIES

Calories

To maintain a slim, healthy figure you need to watch the number of calories you eat. Since so many people are watching their weight these days, it's much simpler than it used to be to count calories, as most foods are now labeled. Even fast food restaurants have calorie guides for their entrees.

Here are some facts about calories that you may or may not know:

- It takes a deficit of at least 3,500 calories to lose a single pound.
- While some fad diets may claim that you can lose weight by

Section 3 EATING A SLIMMING HEALTHY DIET

combining foods in certain ways without counting calories, this simply isn't true!

- Fat free doesn't mean calorie free. Sometimes fat-free cookies and foods have *more* calories than other foods.
- A calorie is a calorie is a calorie. If you eat it, you have to burn it off with exercise otherwise it will be stored in your body as fat!

WATER AND WEIGHT LOSS

Water and Weight Loss

Water is a crucial element of safe and steady weight loss. Water is so important to your body for many regular body functions, plus it can actually boost your weight loss over time. Here's what water does for your body:

- As you diet and exercise, removes toxins and waste from your system, cushions and lubricates your joints, and protects your major organs and your spinal cord from damage.
- Replaces fluids lost during exercise or as your diet changes (some foods cause you to lose more water than others).
- Increases and maintains circulation, which is required for healthy digestion and organ function, as well as increased fitness.
- Assists in the digestion & absorption of food, and in transporting oxygen and nutrients to the cells.
- Helps maintain healthy skin and consistent muscle tone.
- Is a natural appetite suppressant. Studies show that if you drink too little water, your body will deposit more fat on your body. More water consumption leads to less fat deposits.
- Assists in every enzymatic and chemical reaction in the body. Also helps the body utilize protein and enzymes more efficiently, helping you lose more weight.
- Assists the body's circulation of fluid and blood, which also increases metabolism.
- Increases muscle contractions, which means more fitness and less fat.

Drink water anytime you feel thirsty. In fact, anytime you feel hungry, drink some water first. Because we are no longer in touch with our bodies' intuition, we often mistake thirst for hunger. The usual formula for the amount of water to drink per day is 8 cups or 64 ounces per day, but always trust your own intuition and results. If you have difficulty drinking large quantities of water, try adding a little sea salt or a squirt of lime juice to make it more palatable. Also try warm or room temperature water. Drink the purest water you can find, since chlorine and other additives to our water tend to cause weight gain. Use spring water or artesian well water wherever possible.

Section 3 EATING A SLIMMING HEALTHY DIET

PORTION CONTROL

Portion Control

One of the simplest ways to reduce the number of calories you eat every day is to reduce the size of the portions you eat. Eating smaller portions more frequently can actually increase your metabolism, since your body feels that there is plenty of food so no need to store fat, and can help you feel more satisfied. For instance, you'll increase your metabolism and lose more weight if you eat 6 small meals a day instead of 3 large ones.

Portion control is also important because the meals we eat keep getting bigger and bigger. It's no surprise considering that popular fast food restaurants like McDonald's are constantly offering us the choice to "super size" our meals.

A study conducted by researchers at the University of North Carolina at Chapel Hill (published in the Journal of the American Medical Association) indicated that portions of most popular foods except pizza increased both inside and outside the home between 1977 and 1996.

Here are some other tips to help with portion control:

- Don't "super size" anything when you go to a fast food restaurant. Super sizing can add as much as 400 calories to your meal.
- Dine on small plates when you eat at home—it will make your food look more appetizing and filling.
- If you get a big portion at a restaurant, divide your meal and half and put it in a doggie bag—before you start eating. Or, share your entrée with your companion to save calories and money!
- Pay attention when you eat. Studies show that when we read, watch TV, or talk when we eat, we tend to eat larger portions. Chew your food carefully and enjoy every bite!

HEALTHY EATING TIPS

Healthy Eating Tips

Once you've got your portions under control, check out these seven simple changes you can make to your diet to shed the pounds and increase your metabolism. Remember, you want to make small, simple changes that are not difficult to implement. Eating just a little healthier over a long period of time can do more for weight loss than any sort of drastic diet plan, which often resorts in yo-yo weight loss and gain.

- Use spices liberally. Ginger, cayenne, jalapeno peppers and Tabasco sauce can boost your fat-burning ability by up to 25%, according to a researcher at Kyoto University in Japan.
- Cut certain fatty foods in half. At breakfast, put less butter on your toast, at lunch use less dressing or mayonnaise, and at dinner, use less oil when you cook.
- Include some protein in at least 2 meals of the day. This might

Section 3 EATING A SLIMMING HEALTHY DIET

include eggs, yogurt, eggs, chicken or fish. Protein satisfies hunger and gives you some long-term energy during the day.

- Eat plenty of fruits and veggies. They aren't calorie-free, but they are filled with good vitamins and minerals, and also fiber, all of which help with weight loss. They also make great snacks!
- Plan ahead for snacks. If you bring healthy snacks to work or school, you'll be less tempted to eat chips or other fatty alternatives.
- Limit sugar intake. If you eat one candy per day, drop it to 3 per week. Sugar increases cravings and derails your metabolism.
- Eat whole grains with as many meals as possible. Whole grains give your body useful carbohydrates that it can quickly convert to energy.

DINING OUT HEALTHY

Dining Out Healthy

It can be hard to stick to a healthy eating plan when you're dining out. The good news is that most restaurants now offer slim and healthy entrees that will fit in with your weight loss and fitness goals. Here are some simple ways to get the most health out of your dining experience at restaurants:

- **Control the Fat:** Ask for dressing, butter, and other condiments on the side so you can control the amount of fat you eat. Avoid entrees that are "au gratin" (with cheese), creamed, stuffed, crispy and crunchy—those are all substitute words for fattening. Go for entrees that are baked, broiled, grilled, poached or stir-fried.
- **Get Veggies:** Most restaurants let you choose or substitute items that come on the side. Instead of eating a plateful of fries, order fresh or cooked vegetables, or even a baked potato (just be careful what you put on that potato!).
- **Don't Get Sidetracked:** Lots of restaurants serve bread baskets, chips, or tortillas. Eat small portions of these and don't get carried away when everyone at the table starts talking—remember your weight loss and fitness goals!
- **Get Prepped:** If you know you're going to be dining out, have a healthy snack 1-2 hours before you arrive at the restaurant. This will keep your appetite in check and help you make healthy choices.
- **Order Smaller:** Bigger is not better when it comes to restaurant entrees. Many restaurants now offer half-sized portions for less money, so go small and stay lean.

Section 3
EATING A
SLIMMING
HEALTHY
DIET
SNACKING SLIM

Snacking Slim

Eating healthy snacks is a great way to lose weight and get fit. Here are some great healthy snack suggestions to get you started. Just remember to maintain portion control when you snack!

Crunchy Snacks

Baked potato, tortilla and corn chips with salsa; pickles; pretzels; roasted peanuts; air-popped popcorn; flavored rice cakes; sliced veggies like carrots, celery, red and green pepper and nonfat yogurt dip.

Dairy Snacks

Nonfat or low fat yogurt; ice milk; sugar-free/fat-free ice cream and frozen yogurt; low-fat or reduced-fat cheese; smoothies made with nonfat milk and fresh fruit; sugar-free/fat-free hot chocolate; nonfat/sugar-free pudding.

Sweet Snacks

Ice milk and fat-free/sugar-free ice cream; nonfat and low-fat frozen yogurt; Fig newtons; gingersnaps; Lorna Doone cookies; frozen fruit bars; nonfat whipped topping; hard candy; fresh fruit; sugar-free gelatin.

Drinks

Sparkling water with fresh lemon/lime; diet soda; wine spritzer; "light" beer; unsweetened iced tea; herbal tea; decaffeinated tea; decaffeinated coffee; water.

Section 4 EXERCISING AS A PART OF DAILY LIFE

EXERCISING AS A PART OF DAILY LIFE

Exercise is the third of four keys to weight loss and fitness. Exercise, combined with good nutrition, a sensible diet and low stress, can lead to permanent weight loss and great fitness. Most experts agree that we need 30-60 minutes of moderate physical activity every day. Examples of moderate physical activities for healthy adults include:

- walking briskly (3–4 m.p.h.)
- home care, general cleaning
- mowing lawn, power mower
- home repair, painting
- jogging
- cycling, moderate speed (≤ 10 m.p.h.)
- swimming (moderate effort)
- conditioning or general calisthenics
- table tennis
- golf (pulling cart or carrying clubs)
- fishing, standing/casting
- canoeing leisurely (2–4 m.p.h.)
- dancing

QUICK WAYS TO EXERCISE

Quick Ways to Exercise

If exercise just isn't "your thing," don't despair. There are many great ways to exercise as part of your daily routine. Check out some of these simple ways to make exercise part of your day:

- Take the stairs instead of the elevator. Even better, take two steps at a time when you climb stairs. Skipping a step will force your leg and buttocks muscles to extend and work harder. Plus, this movement releases endorphins that will make you feel great!
- Turn on some music and dance. If you spend a lot of time in traffic, turn on your radio and work your abs. Alternately tighten and release your abdominal muscles in time with the music! It also helps release lower back tension.
- Work your butt. When you're in the car or standing in line, contract your buttocks for fifteen second intervals. Tighten your muscles as you breathe in and then breathe out and release. It not only firms your butt, but relieves stress.
- Walk to lunch instead of driving. Walking, especially if you get outside, will invigorate you and quell cravings for junk food.
- Burn calories while doing housework. Do several chores at one time. For instance, make the bed, put laundry in the dryer, run upstairs to fold clean clothes and put them away. When you're making the beds, keep your shoulders back and pretend you have a book on your head. While you're dusting, roll up on the balls of your feet to work your calves.

Section 4
EXERCISING
AS A PART OF
DAILY LIFE
GETTING INTO
YOUR TARGET
HEART RATE

Getting Into Your Target Heart Rate

If you're more serious about exercise, and want to really crank up your metabolism and weight loss, then you need to make sure you're getting up into your target heart rate at least 3 times a week for at least 20 minutes at a time and up to 60 minutes at a time. Getting into your target heart rate will make sure you get the most out of your work (both in terms of muscle strength and cardiovascular fitness) while not pushing yourself too hard.

Your target heart rate is 50-85% of your maximum heart rate, and is the safe range for exercise according to the American College of Sports Medicine. You can quickly determine if your intensity is too high by taking the "talk test"; if you cannot maintain a conversation with your exercise partner while exercising, then your intensity is too high.

An easy method for determining your target heart rate is by subtracting your age from 220 and then multiplying that number by .50 and .85. This will provide you with your target heart rate range.

At this more serious level of exercise, the American College of Sports Medicine recommends the following guidelines

- Perform physical activity three to five times each week for 20 to 60 minutes at a time.
- The activity should involve the large muscle groups (e.g., walking, running, cycling, and swimming).
- The level of intensity (target heart rate) for this physical activity should be at least 55% to 65% of your maximum heart rate.
- Include muscular strength and flexibility training in your exercise program. If you are not currently exercising, please consult your physician before beginning any exercise program.
- Consistency is the key to success in any exercise program; choose an activity that you enjoy and are likely to continue throughout your adult life.

Section 4 REDUCING STRESS

REDUCING STRESS

Did you know that stress can actually make you fatter? When you are stressed, your brain releases a substance known as, corticotropin-releasing-hormone, or CRH. CRH, in turn, causes the production of insulin, the fat storage hormone, is also dramatically increased. Insulin overrides signals from adrenalin to burn fat, and instead, encourages the body to store fat (for future use) in the abdominal region. CRH also triggers the release of cortisol, which causes you to feel hungry.

The net result is that when you are under chronic stress, your body will tell you to not only eat more, but also to store all those excess calories as fat on your belly and butt!

HOW TO GET RID OF STRESS WEIGHT

How to Get Rid of Stress Weight

There are three ways to get rid of the weight caused by stress:

- Exercise
- Antioxidants
- Meditation to Remove Stress

Exercise

Exercise is effective against fat in three ways. First, exercise burns calories and utilizes stored body fat as fuel. Second, working out increases the amount of lean muscle mass your body must provide with fuel on a 24 hour a day basis. More muscle means less fat. Third, exercise can offset the negative effects of cortisol and insulin. See the exercise section on guidelines for designing an optimum exercise program to meet your weight loss and fitness goals. Exercising regularly and after stress will help keep your weight low.

Antioxidants

Antioxidants such as beta-glucan (found in brewer's yeast), beta carotene, wheat sprouts, Vitamin C and others are highly effective against the effects of cortisol and insulin. Paired with exercise, antioxidants can keep the weighty effects of stress off your body! Cell Tech currently carries a number of antioxidant products, including Antioxidant and Weight Management Essentials, which can assist you in this area. Ask the person who gave you this booklet for more information.

Meditation to Remove Stress

Meditation and other stress reducing practices can also be a beneficial part of your daily regimen. Even sitting and breathing deeply for 5 minutes can counteract the negative effects of stress. Most community colleges also offer classes in yoga, meditation, tai chi, and pilates. Check around to see what you can find in your area.

Section 5

KEEP IT SIMPLE CHECKLIST

KEEP IT SIMPLE CHECKLIST

We've gone through a lot of easy and practical suggestions in this booklet for weight loss and fitness. Now the key is to keep it simple. Choose 1 or 2 items from each section that you can easily do daily to lose weight and stay fit. To make it easier for you to remember, we've included a simple checklist below. Use it to help you create a simple daily plan you can stick to.

DIGESTION

Digestion*

- Eat enzymes with your meals
- Add probiotics such as acidophilus and bifidus to your daily regimen
- Take Naturalight, an herbal weight management supplement

*all these products can be ordered from Cell Tech—ask the person who gave you this information.

DIET

Diet

- Count calories and remember that fat free doesn't mean calorie free!
- Drink water whenever you're thirsty (most experts recommend 64 oz. per day for adults)
- Portion control—keep your portions small. Don't supersize. Split entrees with another person. Pay attention when you eat.
- Eat healthy: replace fatty condiments like mayonnaise with spices, include protein in at least 2 meals per day, eat plenty of fruits and veggies, plan ahead for snacks, limit sugar, eat whole grains.
- Dine out healthy: ask for condiments on the side and use sparingly, order veggies for sides, eat appetizers sparingly, order half-portions, eat a little before you go out so you won't be too hungry.
- Snack on slim foods: veggies, popcorn, pretzels, low fat yogurt, nonfat pudding, fig newtons, fresh fruit, hard candy, herbal tea, lemonade and water to name a few!

EXERCISE

Exercise

- Get 30-60 minutes of moderate exercise per day
- Quick exercise: take the stairs, walk to lunch, do housework, tighten stomach and butt muscles in the car or standing in line
- Get into your target heart rate for 20 minutes at least 3 times a week.

Section 5
KEEP IT
SIMPLE
CHECKLIST
REDUCE STRESS

Reduce Stress to Lose Weight

- Exercise to reduce fat and stress
- Take antioxidants to reduce the fat-building effects of stress from cortisol
- Meditate to remove stress from your life.