

EXERCISE AND WEIGHT CONTROL

Don't underestimate the importance of regular exercise in your reducing plan. A moderate amount of regular exercise can do as much for your weight loss as a diet. Together they are a great combination.

If you take a brisk 30-minute walk every day, you'll burn up 150 calories a day more than you normally would. In a year's time, that amounts to 15 pounds of fat. A nutritional plan that includes exercise and moderate dieting is much better for your health, and produces lifetime results.

THE "MAGIC FORMULA" FOR WEIGHT LOSS"

There is only one way to lose weight and keep it off—make the necessary dietary changes and exercise. Even truckloads of pills, elixirs, diet foods, crash or fad diets or any other quick fix don't recognize that simple fact.

For a successful diet, first check your personal habits by keeping a food diary. Analyze your diet for variety, moderation, balance, serving sizes, and fat and sodium content. Start with gradual changes that you can maintain for life.

Don't be impatient. If you set an unrealistic weight loss goal you will not be successful. Over 90% of dieters regain 97% of their weight. If a diet offers a quick fix, it won't work. The recommended weight loss rate is 1 to 2 pounds a week, at the most.

Plan to exercise on a regular basis, weekend warriors can injure themselves and delay their success. Plan on 30 minutes, most days of the week. Do an activity that you enjoy so you can remain consistent. Workout to obtain a cardiac benefit by raising your pulse rate to a target heart rate range. Be realistic in your expectations and don't give up.

