

## JANISE'S TIPS FOR LOSING WEIGHT

- Have a reason! Maybe it's a reunion, a trip, a child's wedding. Or invent a reason! Make an appointment for a boudoir photography session or book a trip somewhere where you will need to wear a bathing suit.
- Create a visual. Buy the bathing suit you want to wear and hang it up in the kitchen, or hang up a picture of a person's body you admire by your treadmill or on your bathroom mirror.
- Count calories! Find out what calorie input you need to maintain your current weight and then keep a journal tracking your daily intake. Remember you must reduce and/or burn off 3500 calories to lose one pound, so a daily reduction of 500 calories will result in the loss of approximately 1 pound per week. Check out <http://www.hpathy.com/healthtools/calories-need.asp> or [http://www.weight-loss-center.net/daily\\_calorie\\_calculator.html](http://www.weight-loss-center.net/daily_calorie_calculator.html). It is not healthy to go below 1200 calories per day for woman and 1800 per day for men. My PERSONAL goal is to reduce my caloric intake by 500 calories per day and burn off 500 calories per day.
- Increase physical activity. If you really want to burn off fat, do cardio twice a day when you can, even if it is just an evening walk with your dog. And lift weights if at all possible because muscle, even resting, burns more calories. To determine how many calories you burn per activity, check out <http://www.healthstatus.com/calculate/cbc>. This calculator determines the calories you burn based on your weight.
- Determine to do a cardio workout 6 out of 7 days. Try to lift weights 3 times a week. Give yourself one day off on the weekend, either Saturday or Sunday.
- Get yourself some nice workout gear. Baggy old T-shirts and old sweats do not help you feel good about how you look. If you have \$\$, buy some Lulu Lemon. If not, Joe Fresh from Superstore has some nice gear for less money.
- Eat smaller meals 4-5 times a day, rather than 3 big meals. You'll be less likely to snack or binge.
- If you have trouble meal planning when you are dieting, like I do, buy a bunch of those Lean Cuisine or Smart Weight Watcher meals. Be careful though as some of them might be over 400 calories, so be careful what you pick.
- Plan your snacks. If you reduce your calorie intake, you can guarantee you will get hungry, so plan what you are going to eat when you get hungry. Decide before you are starving what you will snack on ... a piece of fruit, a few almonds ... something healthy. Take it to work with you.
- Have lots of sugar-free gum handy for those cravings. Try some of the great new fruit flavours or pick your favourite spearmint or cinnamon gum.
- If you MUST have something sweet (as I do once in a while), buy those small portion bars that are only 80 or 100 calories per treat. My favourite is little Kit Kats or the chocolate covered pretzel packs. I guess I like crunchy with my chocolate. If you are tempted to eat the whole box, have your spouse hide them and only give you one!
- Set a small goal, say 5 pounds, to start. When you reach it, celebrate by buying yourself something small to spoil yourself ... a magazine you love, a new lipstick, a bouquet of tulips from the grocery store.
- When you get discouraged and want to quit, keep those jeans handy that are too tight. Try to pull them on and walk around the house in them. That will get you back on track in no time!
- Have a back-up plan for the gym. If you can't get to the gym, have a piece of exercise equipment at home or a fitness DVD. Try not to miss one cardio day. Remember, you get one day off on the weekend.



- Get a dog or borrow one. Your neighbor would love you! Dogs must be walked and therefore forces you to get out in the fresh air and move your body. There are lots of adorable dogs at the Humane Society and other animal shelters who are hoping for a new home.
- Add new foods or healthy treats to your diet that have lots of flavor or crunchiness that you weren't including before like herbal tea, almonds, or no-fat yogurt, as a treat for being on a diet.
- Drink lots of water. I can't stand plain water so I buy the Nestle Pure Life flavoured water. It still has 0 calories and helps me get that water down.
- Take vitamins! If you are reducing your caloric intake, often you are also reducing nutrition and you don't want to send your body into "survival mode" when it is not getting enough nutrition, so be sure to take a good-quality multi-vitamin to feed your body.
- Keep sweets, chips and whatever else might tempt you out of the house! Don't even buy them! If you have to go out and get it, it is way harder to indulge. Empty out the pantry and the freezer before you start. The kids and your hubby don't need it anyways! Put out a bowl of fresh fruit instead.
- Be careful about salads. Some salads, such as a Thai chicken salad from a restaurant, have as many calories as a hamburger (over 1000) ... and personally, I would rather eat the hamburger if I am going to eat that many calories!
- When eating at a restaurant, order a Caesar salad but ask them not to bring the garlic toast so you won't be tempted. Follow that with a steak and veggies, or chicken and veggies.
- Reduce alcoholic intake because drinks are loaded with sugar! Treat yourself to a glass of red wine once every two weeks, for example. Again, decide when and what you are going to cheat on and stick to it.
- Weigh yourself only once a week! Weight fluctuates daily. Don't drive yourself crazy worrying about it every day. Also, the week of your period you might gain some water weight so you might avoid weighing yourself altogether that week!
- **IMPORTANT NOTE:** Be sure to check with your doctor before starting any fitness program or weight-loss program.

#### NOTES OF ENCOURAGEMENT

- The first 2 days are the hardest and the first week is the hardest.
- Once you cut out the refined sugar, your cravings will decrease every day. I promise!
- I love this quote ... "Nothing tastes as good as skinny feels."