

Tips for Healthy Living

Prepared by Michelle Hulett

Formatted: Font: 24 pt

Formatted: Centered

Formatted: Font: 16 pt

Table of Contents

Start a Diet Journal -----	23
Why Do You Want to Lose Weight -----	23
Fighting Fatigue -----	23
You Are What You Eat -----	23
“Water is the only drink for a wise man.” Thoreau -----	23
“The Bible Tells Me So” -----	23
Quick, Change -----	23
It’s Child’s Play -----	23
Call the Salvation Army -----	23
Know your Onions -----	23
Assume the Position -----	34
Running On Empty -----	34
Take the Time -----	34
Flying the Friendly Skies -----	34
The Perimeter Principle -----	34
Gradual Withdrawal -----	34
Lovely to Look At -----	34
Lose Weight While You Sleep -----	34
“I was determined to know beans..” Thoreau -----	34
Be My Guest -----	34
Out of Sight, Out of Mind -----	45
“Let them eat cake.” Marie Antoinette -----	45
The Calorie Conscious Kitchen -----	45
President’s Day -----	45
Take Tea and See -----	45
Get Out the Kinks -----	45
Herbal Weight Loss -----	45
In Plain Sight -----	45
Count on Cabbage -----	45
Exercise is Good Medicine -----	45
Salad Bar Smarts -----	56
The Personal Trainer -----	56
The Buddy System -----	56
Cut Cost and Calories -----	56
Salad Dressing Sabotage -----	56
Index -----	67

Formatted: Font: 16 pt

Start a Diet Journal

Keep a daily record of your weight and the foods you've eaten. Study your journal to become aware of your eating behavior. It will tell you when you're eating too much or if you're eating the wrong foods.

Why Do You Want to Lose Weight

Write a list of reasons in your diet journal and refer to it often to sustain your motivation. Good health, good looks, more self-confidence, and new romantic possibilities are only the beginning.

Fighting Fatigue

Paradoxically, the more you do, the less tired you'll feel. Regular balanced exercise will speed up your metabolism, burn calories more efficiently, raise your energy level, and lift your spirits.

You Are What You Eat

Foods laden with fat, salt, and sugar leave you feeling lethargic and depressed. They set you up for more overeating. A nutritious low-fat diet has the opposite effect. You feel energized, revitalized, and happier.

"Water is the only drink for a wise man." Thoreau

Water is the perfect weight loss beverage. It fills your stomach, curbs your appetite, and cleanses your entire system. Add a twist of lemon or lime to improve the taste and drink eight glasses every day.

"The Bible Tells Me So"

Cholesterol was not in their vocabulary, but the Biblical prophets knew the dangers of animal fat consumption. "Ye shall eat no manner of fat, of ox, or of sheep, or of goat." Leviticus 7:23

Quick, Change

Simply changing into your workout clothing and shoes might be all the motivation you need to psyche yourself up for exercise. Display them prominently to remind yourself to just do it!

It's Child's Play

Have fun with your kids. Jump rope, play catch, take a walk in the park, or bicycle around the neighborhood. You burn calories while you spend quality time with your children.

Call the Salvation Army

Once you've achieved your desired weight loss, donate your "fat" clothes to charity. You thereby commit yourself to permanent low fat eating and lifestyle physical activity. There's no going back to the old ways!

Know your Onions

Raw, broiled, shredded, sliced or diced, the onion adds a powerhouse of flavor to any dish. Onions regulate your blood sugar and lower your cholesterol. The sweet Vidalia is magnificent in salads!

Formatted: Body Text

Formatted: Body Text

Formatted: Body Text

Formatted: Body Text

Formatted: Body Text

Formatted: Body Text

Formatted: Body Text

Formatted: Body Text

Formatted: Body Text

Assume the Position

Head up, shoulders back, stomach in! By simply improving your posture, you look five pounds thinner and radiate self-confidence. You also strengthen the muscles in your back and abdomen.

Formatted: Body Text

Running On Empty

Never skip breakfast. Like a car, your body needs fuel to perform efficiently. Don't stall out! Eating breakfast quick starts your metabolism and helps you avoid overeating later in the day!

Formatted: Body Text

Take the Time

Foods that require more time and effort to consume will slow you down and fill you up faster. Peel an orange and remove the seeds instead of gulping down orange juice. The pulp provides extra nutrition too.

Formatted: Body Text

Flying the Friendly Skies

The airline industry offers a wide variety of menus to accommodate passengers dietary requirements. Call ahead and order a low fat or vegetarian meal. It's generally tastier than the standard meal.

Formatted: Body Text

The Perimeter Principle

Shop the outside aisles where fruits, vegetables, baked goods, dairy, fish, meats, and poultry are located. Avoid the inside aisles where processed, canned and packaged food products are sold. These items are generally high in fat, refined sugar and sodium.

Formatted: Body Text

Gradual Withdrawal

Don't go "cold turkey" If you're put off by the taste of "fat-free" substitutes, switch first to the "reduced fat version." Accustom your taste buds to the lighter flavor. Then graduate to "fat-free."

Formatted: Body Text

Lovely to Look At

Always create an attractive setting at mealtime. Set your table with pretty china and cloth napkins. The simplest dishes become "gourmet delights" when elegantly displayed.

Formatted: Body Text

Lose Weight While You Sleep

The fat bellied Japanese Sumo wrestler got that way by eating his biggest meal of the day just before bedtime. Accelerate your weight loss by avoiding snacks before you go to sleep.

Formatted: Body Text

"I was determined to know beans.." Thoreau

Beans and legumes are low in fat and high in dietary fiber. Save money and fat calories by substituting beans for beef or chicken. Try adding garbanzo, lima, pinto or red kidney beans to your soups and salads.

Formatted: Body Text

Be My Guest

Prepare and serve "lighter" dishes. Chilled shrimp, fresh vegetable and fruit platters, low fat cheeses and whole grain crackers make lovely hors d'oeuvres. When the party is over, you won't have to contend with fattening leftovers!

Formatted: Body Text

Out of Sight, Out of Mind

Remove temptation. Diet-proof your home. Free your pantry and refrigerator shelves of high fat snack foods. If you must keep some problem foods around, store them in opaque containers in closed cabinets.

Formatted: Body Text

“Let them eat cake.” Marie Antoinette

You can have your cake and eat it too if you choose the fat-free versions. Eat these products in moderation and watch your portion size. The carbohydrates that replace the fat contain calories that can add up to weight gain.

Formatted: Body Text

The Calorie Conscious Kitchen

Low fat, nutritious food preparation requires a well equipped kitchen. The blender, non-stick frying pan, microwave, vegetable steamer, vegetable juicer, roasting rack, measuring cups, and spoons are excellent gadgets which help cut calories!

Formatted: Body Text

President’s Day

The president makes time in his busy schedule to work out. Thomas Jefferson called walking the best of all exercises. Harry Truman was an avid walker. Nixon bowled. Ike and Ford played golf. FDR swam even though he was crippled with polio. Do you get the idea?

Formatted: Body Text

Take Tea and See

Green tea lowers your cholesterol level. Camomile tea has a soothing and cleansing effect on your body. Peppermint tea refreshes. Raspberry tea stimulates the kidneys and helps wash out wastes.

Formatted: Body Text

Get Out the Kinks

Stretching is a relaxing and enjoyable way to maintain flexibility and ease muscle tension. It prepares your body for movement and improves your circulation. Stretching elongates the muscles and makes you look slimmer!

Formatted: Body Text

Herbal Weight Loss

Herbal supplements are a combination of stimulants, laxatives, and diuretics. They may cause adverse reactions in many people and do not promote a healthy and permanent weight loss. They may be natural, but that’s no guarantee that they’re safe. The tobacco plant is a clear example!

Formatted: Body Text

In Plain Sight

Store low fat nutritious foods in the front of your refrigerator. Fruits and vegetables are the snack foods you want to reach for first. Don’t hide them away in the drawers!

Formatted: Body Text

Count on Cabbage

Raw or cooked, cabbage is low in calories and high in nutrition. It helps cleanse your system, flushing out fatty deposits. Cabbage stimulates your immune system and may prevent ulcers and certain types of cancer.

Formatted: Body Text

Exercise is Good Medicine

Shed those pounds and reduce the risk of cardio-vascular disease, stroke, osteoporosis and other disorders. Physical activity diminishes stress, fatigue, and depression. Take a daily dose of exercise!

Formatted: Body Text

Salad Bar Smarts

Stick to the fresh vegetables, fruits, and low fat dressings. Avoid the prepared fat-laden salads, croutons, cheeses, bacon bits. They are sure to undermine your best weight loss efforts.

Formatted: Body Text

The Personal Trainer

If you've made the move and joined a fitness club, take it one step further. Work with a personal trainer who can design an exercise program that suits your individual needs. It's worth the investment!

Formatted: Body Text

The Buddy System

Establish a regular on-going relationship with a diet buddy. Make daily contact for support and encouragement. Share strategies and exchange menu ideas. Don't look to compete. Encourage one another.

Formatted: Body Text

Cut Cost and Calories

Save money and lose weight. Fresh fruits, vegetables, and grains cost far less than processed, convenience foods and snacks which are laden with fat, sugar, sodium, and unnecessary chemical additives.

Formatted: Body Text

Salad Dressing Sabotage

Salad dressing is the single biggest source of fat in the diet of American women. Avoid the pitfall! Use fat-free dressings, or lemon juice. When dining out, bring your own or order dressing "on the side" so you can control the amount.

Index

[Diet, 2, 5](#)
[Exercise, 2, 5](#)
[Fat, 2, 3, 4, 5](#)

[Metabolism, 2, 3](#)
[Vegetables, 3, 4, 5](#)

Formatted: Heading 1

Formatted: Number of columns: 2

Formatted: Section start: Continuous,
Different first page header