



Weight Loss

At Home

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Video #2

The ABCs of Weight Loss

A is for 'Attitude'



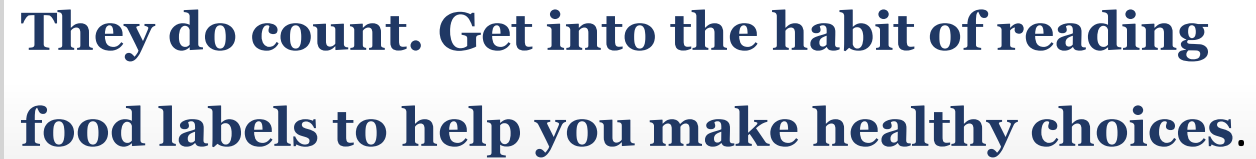
Attitude will help you get over the inevitable hurdles of weight loss. Anticipate slip-ups that happen.

But instead of letting them disrupt your weight loss efforts, learn from them and get right back on track.

B is for 'Breakfast'



It really is the most important meal of the day. Don't leave home without eating something nutritious to get your metabolism perking and give you energy for the day ahead.



D is for 'Diet'

Diets don't work. Eating crazy food combinations or eliminating food groups is not the way to keep weight off. Instead, choose a nutritionally balanced plan with enough calories to keep you from feeling famished.



E is for 'Eating'



Eating regular meals is essential. Experts agree that you should go no longer than 4 to 5 hours between meals. Otherwise, intense hunger can trigger a binge.

F is for 'Fiber'

Fiber is nature's weight loss aid. It comes in two forms, soluble and insoluble. Both are important to good health. Both forms of fiber swell in the stomach and help to create a feeling of fullness.



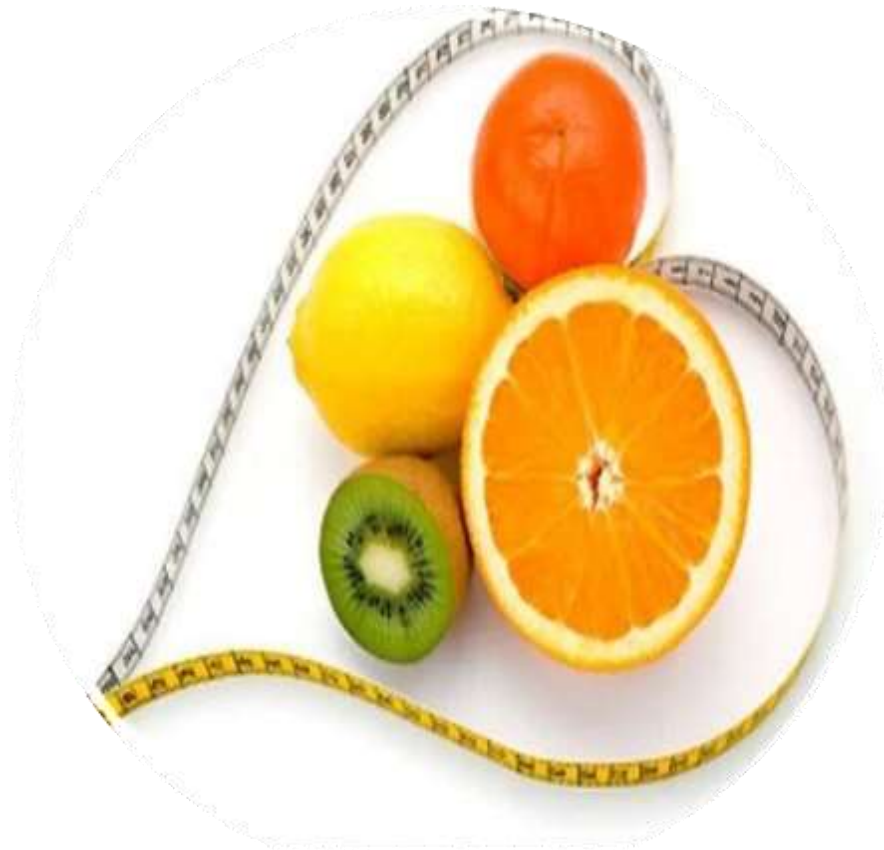
G is for 'Gum'

Gum chewing may
be just what the
dentist ordered.



Chewing on a piece of sugarless gum
can help cleanse the mouth of bacteria,
satisfy a sweet tooth, and reduce the
urge to eat.

H is for Heart-Healthy Foods



Heart-healthy foods should fill your pantry, refrigerator, and freezer. Choose foods that are low in saturated and trans fats.

I is for 'Invest'

Invest in a pedometer and track your steps each day.



Every step counts; to improve your fitness level.

Challenge yourself to increase your steps each day, even if you can't get up to 10,000.

J is for 'Just Do It'

Just do it! Get into a routine that includes regular physical activity.

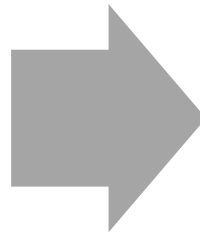


Not only does exercise energize you, it burns calories, improves balance and coordination, and relieves stress.



K is for Key to Effective Exercise Plan

Key to an effective exercise plan is variety. Try something new -- maybe Pilates, yoga, or water aerobics.



Starting your day with activity is one of the best ways to make sure it does not get squeezed out of your schedule.

L is for ‘Low Blood Sugar’

Low blood sugar is often the cause of between-meal cravings, especially for sweets.



Eating meals and small snacks that contain lean protein and fiber every few hours helps keep blood sugar levels steady.

M is for 'Mindful'

Mindful eating means taking time to savor every bite. Turn off the distractions, and concentrate on the aroma, texture, and flavor of food.

Becoming more mindful when you eat will give you more pleasure from your meals.



N is for 'Nighttime Snacking'

Nighttime snacking, for most of us, is a habit that can undermine weight loss success. That's because the calories we eat after dinner tend to be empty ones, from chips, cookies, etc.



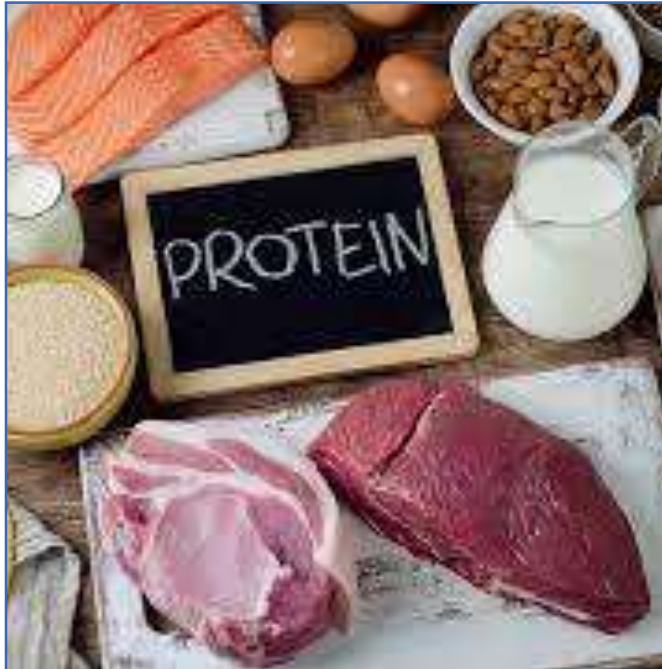
O is for 'One more Scoop'

One more scoop, one more cookie -- "just one more" can add lots of extra calories. Controlling portions is fundamental to weight loss success.

**not
one
more.**

You don't need to give up your favorite foods, but you do need to keep track of your portions.

P is for 'Protein'



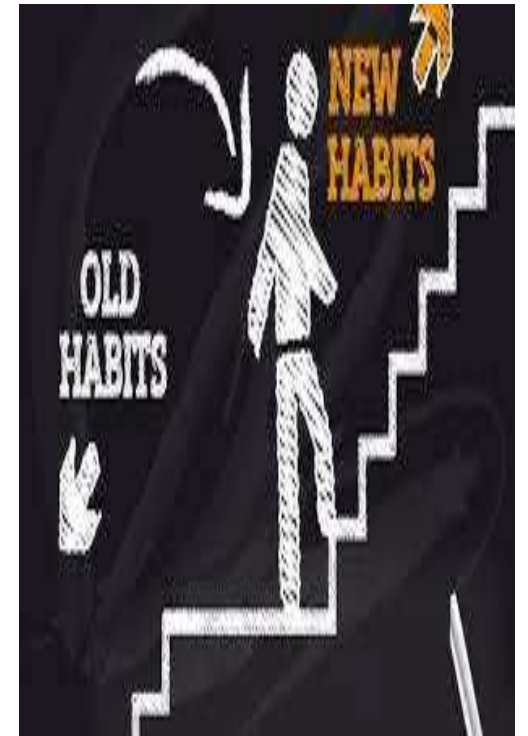
Protein is the "secret sauce" to weight control include a source of protein -- lean meats, low-fat dairy, beans, or nuts -- in all meals to assist in keeping you feeling full for hours.

Q is for ‘Quit Old Habits’

Quit those old habits that caused you to gain weight, and replace them with healthier ones.



Simple changes – like switching to light mayonnaise, avoiding fried foods can help create healthier eating patterns foster weight loss.



R is for 'Rely'



Rely on friends, family, or an online community to help you in your weight loss efforts. Your motivation is at an all-time high when you start a weight loss program and you need your supporters to help you get through the rough times.

S is for ‘**S**upplement’ **T** is for ‘**T**rack’

- **Supplement** your healthy eating plan with a once-daily multivitamin for nutritional insurance. Taking a multivitamin will help fill in the gaps.



Track your eating patterns and physical activity every day will help you to lose weight.



U is for ‘Useful’

Useful dietary guidelines promise to make us happier, healthier and thinner.



V is for Volumetrics

Volumetrics is the art of eating foods high in volume, or high-water foods.

Fruits, vegetables, and soups are all examples of high-volume foods that are super-nutritious, satisfying, and low in calories.

W is for 'Water'

Water is your body's preferred form of fluid. It is thirst-quenching and naturally delicious without one single calorie.



X is for 'EXcuses'

Excuses are need to stop and start finding reasons why you can't start moving a healthier lifestyle, and start listing all the reasons why you should.



Y is for Yogurt

- Yogurt used to be thought of as health food.
- It's portable, convenient, full of nutrients, and it makes excellent mini-meal.



Z is for Zip Your Step

Zip in your step is what you'll get once you start eating more healthfully and getting regular exercise, which will help you to improve your health.



**Thank You for Watching.
See you in the next video lesson.**