

WEIGHT

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TIPS &
TRICKS

B U D D Y

WEIGHT LOSS BUDDY-50 TIPS AND TRICKS

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Weight Loss Buddy®

WEIGHT

L  S S

B U  D D Y

“We cannot hold a torch to
light another’s path without
brightening our own”

Ben Sweetland





Introduction: What's It All About?

Deciding to be a Weight Loss Buddy

is monumental. More than a friend, a WLB is a motivator, advisor and incentive-builder. You are a lifeline, a rock—an essential part of another person's weight-loss success.

Indeed, research from the University of Pittsburgh School of Medicine shows the power of emotional support in helping people shed pounds. In their study, friends who followed a weight loss program together lost more weight and were more likely to complete their diet program and maintain their weight loss over time.

cont...



As a buddy, you'll make the process of shedding pounds less overwhelming for your buddy by ensuring that their goals are realistic and achievable. You'll help them sustain their motivation and remove the obstacles that trip up even the most committed dieters. Whether you touch base by e-mail, phone, fax or U.S. Mail, you'll be staying in close touch and working hard. Here's your chance to make a real difference in your buddy's life—and in your own as well.





Section 1: The Pre-Game Setup

1

COMMIT TO YOUR BUDDY

The first step is letting your Weight Loss Buddy (WLB) know that you're in it for the long haul. Your buddy needs to know that from this point forward, you'll be there to get her over a hump, give pep talks when she's ready to quit, lend an ear when she needs to vent. You'll share her disappointments and applaud her successes. You'll be her cheerleader, counselor, conscience, support system and friend – every step of the way.



1

TIP:

Ask your buddy to enter into a verbal contract with you. You promise that you'll do your best to help her (or him!) reach her weight loss goal, whether it means dragging her out of bed for a walk on a Saturday morning or skipping dessert together at dinner. Get your buddy to affirm a total readiness to losing weight, to seeing improvements in the mirror and in her outlook on life. Together you commit to hanging in there until those goals are reached.





Section 1: The Pre-Game Setup

2

SET REACHABLE GOALS

Having goals provides clear direction and removes some of the overwhelming feelings involved with launching a weight-loss program. Encourage your buddy to set goals that are specific, realistic and measurable, such as “I will take two exercise classes a week,” or “I will add two minutes to my routine every time.” Don’t let your WLB aim too high or he’ll just get frustrated and give up. Also make sure the goals are within your buddy’s control—he’s obviously not going to look like his body sculpting instructor within six weeks or possibly ever. But your pal can look and feel fantastic if he makes the right goals and sticks to them.



2

TIP:

Have your buddy make a list of five things he'd like to achieve, whether it's to eat better, walk four miles a week or fit into his favorite jeans from college. Now work with your pal to make sure those objectives are SMART—Specific, Measurable, Achievable, Realistic and Timeframed. For example, instead of simply aiming to “eat better,” have your WLB vow to eat at least one green vegetable at lunch and dinner every day.





Section 1: The Pre-Game Setup

3

GET A CLEAN BILL OF HEALTH

One of your first tasks as a buddy is to make sure your WLB goes for a full physical exam. Anyone starting a diet and exercise program should be in good health and physically able to take on the commitment. High blood pressure, a heart condition, Type II diabetes, injuries or pain might affect a weight loss program or limit exercise. And an inherent medical condition such as hypothyroidism, for instance (which can be treated very easily once diagnosed), could hamper your buddy's ability to lose weight. A clean bill of health is the first step in starting a weight loss program.



3

TIP:

Before the MD appointment, have your buddy make a list of aches and pains, family medical history and personal health concerns. You should have a copy of this list, too, so you know the medical factors motivating and worrying your pal. You also need to know what the doctor recommends. Not every MD is an expert at nutrition, but if possible, have your buddy ask the doctor to calculate the number of calories she should be burning per day to lose the amount of weight she wants.





Section 2: Starting Out

4

LOOK THE PART!

The right clothes can provide instant motivation. Have your buddy indulge a little and buy some new exercise gear, something she's excited to wear for working out at the gym or just walking around the block. Encourage her to choose what makes her feel most comfortable—whether that means a sleek Lycra top and leggings or loose shirts and worn-in sweats.



4

TIP:

Exercise gear should be snug, but not tight-fitting, to avoid chafing. (You can also suggest your pal apply baby powder or petroleum jelly to areas that tend to get irritated from rubbing.) Encourage your buddy to take advantage of the new fabrics that wick away perspiration. Women should wear a supportive sports bra, and everyone needs good walking shoes or cross-trainers and socks that fit comfortably.





Section 2: Starting Out

5

GET OUT YOUR POM-POMS

Motivation is half the battle, and here's your chance to get your WLB charged up and ready to go. The positive reinforcement you give — the “yes, you can’s” and the “good job’s!” — will make a real difference. Do everything you can to help your buddy go from “Can I do it?” to “I know I can!” Yes, people need to listen to their bodies and not push beyond what's good for them. So your job is to encourage, cajole and applaud—and occasionally let them off easy.



5

TIP:

Encourage your WLB to take baby steps in the beginning. Take only short walks in the first couple of days, maybe even in the first couple of weeks. And don't set a pace that has her huffing and puffing after only a few minutes. You want your pal to feel successful right away. If the walk is too long, or the workout too tiring, she won't want to do it again tomorrow – or maybe ever. Start slow and build up gradually.





Section 2: Starting Out

6

DRINK UP!

It's critical to stay hydrated, so remind your WLB to drink lots of water — in winter as well as summer. Water constantly evaporates off every part of our bodies, and we lose some every time we breathe. Even very mild dehydration can make you feel dizzy and zap your motivation. Get your WLB in the habit of drinking at least 12 ounces of water half an hour before exercising, and at least six to eight more 8 ounce glasses throughout the day.



6

TIP:

Ease your WLB off soda and carbonated drinks, which contain lots of empty calories and unhealthy chemicals. Some also contain caffeine, which signals your body to lose water! If drinking plain H₂O is too boring, add a slice of lemon or a little orange juice, drink herbal tea, or try a flavored “fitness water” (such as Aquafina or Propel) instead. You and your WLB should both get in the habit of carrying a bottle of water with you all the time — when you exercise, in the car, and in your pocketbook or briefcase. Hint: Have your buddy drink up before each meal so she’ll feel fuller and eat less!





Section 2: Starting Out

7

WARM UP, STRETCH OUT

Have your buddy warm up and stretch before any exercise to heighten flexibility and prevent injury to the muscles and tendons. Your buddy can stretch using the exercises below, or simply take five minutes to walk leisurely, climb a few flights of stairs or just tidy up the playroom.



7

TIP:

Two simple moves to stretch out before a walk or run.

For calves: Stand on a curb or bottom step of a staircase, facing the stairs, with your right foot firmly on the step and the heel of your left foot over the edge. Gently lower your left heel until you feel the stretch in the back of your lower leg; hold for 30 seconds. Switch sides. Repeat 3 times.

For hamstrings (back of the upper leg): Standing up straight, put your right leg in front of you and flex your foot (toes up, heel down). Now bend the left leg at the knee and lean forward, keeping your back straight, until you feel the pull in the back of your right leg. Hold for 30 seconds. Switch sides. Repeat twice.





Section 2: Starting Out

8

BREATHE, BABY, BREATHE

Lots of people are intimidated by exercise, so before they've set one foot outside, they've hunched their shoulders and tensed their muscles — a sure recipe for discomfort and even injury. Spend some time focusing on breathing. It can make exercise a form of meditation, a truly stress-reducing experience. By consciously taking longer, deeper breaths, your WLB will absorb more oxygen, increase circulation, relax and have a better workout.



8

TIP:

Physiotherapist and personal coach Robert Rudelic advises this pre-workout exercise: Place the tip of your tongue on the roof of your mouth and breathe in slowly through your nose. Then pause, release your tongue and exhale through your mouth as if blowing out a candle. Have your WLB do this exercise for two to three minutes before each workout to stay focused, lower blood pressure and prepare the body for activity.





Section 2: Starting Out

9

BUILD A ROUTINE

Building exercise into your daily routine ensures that it doesn't get squeezed out of the schedule. Especially if your WLB is super busy (and who isn't?), get her to make working out a priority by scheduling specific exercise "appointments" for at least a full month in advance. People who exercise regularly look forward to working out and feel deprived when they miss it. That's a great goal to strive for.



9

TIP:

If your WLB is struggling to find time for exercise, take a look at her schedule together and see if you can help identify less important activities to postpone or drop altogether. Remind your WLB that exercising makes people more energetic, so the time spent on the treadmill will actually boost her efficiency during the rest of the day.





Section 2: Starting Out

10

JOURNAL THE JOURNEY

Tracking your progress provides written proof of how far you've come. Have your WLB create a special workout journal or notebook. It may be small enough to carry in a back pocket or fancy enough to become a treasured keepsake. Your pal will find it enormously helpful to keep a record of his activities, time spent working out or number of repetitions completed, and how he felt afterward—probably relaxed and energized. This journal may yet become your buddy's biggest source of inspiration.



10

TIP:

Gently remind your WLB that it's important to keep up with the entries even if he feels frustrated or like he's making minimal progress. At those times, you can shore up your pal's resolve by having him show you evidence of progress he has made, which should help revive his passion.





Section 2: Starting Out

11

FUEL UP FOR A GOOD WORKOUT

Just as cars are made to run on gasoline, your body prefers high-performance fuel. Before a workout, choose foods high in carbohydrates for energy and low in fat for quick digestion. Instead of a sugary energy or cereal bar, try fresh fruit and yogurt, a turkey sandwich, or low-fat string cheese and a glass of juice.



11

TIP:

After a workout, avoid the urge to eat anything and instead, drink lots of water to feel full until the next meal. If it happens to be mealtime, however, you'll want to replace some of the carbohydrates you used up and eat lean protein to help repair and rebuild your muscles.





Section 2: Starting Out

12

BLAZE NEW TRAILS

For a truly pleasurable exercise, encourage your WLB to skip the treadmill and instead, explore the neighborhood, local parks and hiking trails. When traveling for business or on vacation, ask the hotel desk for the best (and safest) places to walk, jog or ride a bike. Whether your WLB is in a big city, small town or in the country, there will always be interesting and challenging routes to follow.



12

TIP:

Determine what works best for your WLB—variety and excitement or an unvarying routine—and then map out some walking routes together. Try finding places to walk that include a bit of hill climbing, a ramp or some stairs. You'll build up stamina, work the leg muscles that much harder, and burn more calories.





Section 2: Starting Out

13

SAFETY FIRST

Most of us don't think about sports injuries until we get one, but many accidents are avoidable. We've already talked about warming up, which prevents tearing of muscles and ligaments, but you can keep your WLB injury-free by advising these precautions: If you're new to a sport or activity, invest in a coaching session to learn how to enjoy it safely; always use safety equipment—such a helmet for biking; and make sure to wear the right sneakers for your exercise—both to protect your foot from the impact of landing and also to correct errors in the way you move.



13

TIP:

Don't let your WLB overtrain any one muscle group. Keep the body balanced by cross-training in a number of different activities. If your pal likes to run, for example, suggest adding a session of cycling, stretching and weight-training every week to get fit without overworking the muscles and joints involved in running.





Section 2: Starting Out

14

MIX IT UP

You don't have to change a routine radically to keep it interesting. Have your WLB try walking backward. "It's more challenging—I have to focus on coordination, balance and skill," says exercise physiologist Carol Espel. "I also work different muscles groups and actually burn more calories."



14

TIP:

Just fifteen minutes of walking backward (it's easiest on a treadmill) burns as many calories as 20 to 25 minutes of walking forward, Espel says. You can also try walking sideways to work the inner and outer thighs.





Section 2: Starting Out

15

BOOST CALORIE-BURN

Sneak exercise into your day to burn extra calories almost effortlessly. Have your WLB skip the elevator in favor of the stairs—it will do wonders for her butt, thighs and that most important muscle, the heart. Recommend that she park at the far end of the lot, or walk to work if it's manageable. At home, vacuum, dust and straighten away an extra 42 to 50 calories every 10 minutes.



15

TIP:

Suggest that your WLB buy a pedometer, a pager-size device that tallies the steps you take, to help her reach a daily minimum of around 10,000 steps. Have her check it periodically throughout the day; if she's running short, she'll know she needs to squeeze in more activity before bed, or do more the next day. Seeing numeric proof that she's met or exceeded her goal will be inspiring and motivating.





Section 2: Starting Out

16

PLAN FOR RAIN

Nasty conditions can keep even the most ambitious walker indoors, so outsmart mother nature by having a backup plan. If it's too rainy for an outdoor walk, exercise tapes offer a terrific substitute. Have your WLB keep a few easy-to-follow workout tapes or DVDs on hand just for these times.



16

TIP:

As an incentive-builder, tape a few exercise programs—check your local TV guide for listings—and give them to your WLB as a surprise gift. Or give her a full schedule of channels and times, with exercise program highlighted, to make it easier for her watch them on her own.





Section 2: Starting Out

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STAY TOASTY

Cold is no reason to skip a walk—so long as you're well-insulated. Encourage your WLB to buy lightweight, water-resistant and waterproof thermal exercise-wear and to dress in layers that can be shed or added as needed. It's also important to wear a hat, since body heat escapes through the head. Choose one made from polyester and wool knit or fleece, which retain heat but allow the head to breathe. Finally, keep hands warm by wearing stretch acrylic gloves under mittens, or thermal glove liners that wick away moisture.



17

TIP:

If it's below zero or snowing like mad, have your WLB go to the nearest mall. Many shopping centers open for "mall walkers" at 6:30 a.m. Since stores don't open until much later, there are no crowds to avoid or shopping temptations to compete with the workout.





Section 2: Starting Out

18

BUST A PLATEAU

Working hard but the weight won't budge? That's because the body adapts to a workout over time. Give it a new challenge with interval training, which involves varying the intensity within a workout. It boosts metabolism, burns extra calories, improves stamina and adds interest to a tired routine.



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TIP:

Have your WLB add intensity in short bouts. For example, she might walk easily for two blocks, then speedwalk for one block and repeat. Or she might run for five minutes, then sprint for one minute and repeat. On a treadmill, your WLB can alternate walking or running on the flat setting and on the hill setting for five minutes each. Timing intervals or picking visual goals (“I’ll run till the last tree in the row”) will help your pal work harder and make the workout fly by.





Section 2: Starting Out

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MAXIMIZE YOUR MOVES

Now that your buddy's working hard at exercise, help take him or her to the next level. These insider tips will turn any workout into a mega-calorie blaster.



19

TIP:

Sizzle off 10 percent more calories by adding weights to a walk—not hand or leg weights, which can compromise your form, but a weighted vest of no more than 20 percent of your body weight. Boost the burn by 10 percent on a treadmill or elliptical trainer by pumping your arms at your sides instead of leaning on the handles. Lastly, break your usual workout into brief morning and evening sessions so you can put more power into each segment. Remember: Extra energy into your exercise means more energy (calories) out!





Section 3: The Emotions

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LAUGH IT UP

Did you know that laughing is like “internal jogging” —it increases your heart rate and circulation, lowers blood pressure, reduces muscle tension, helps fight pain and aids digestion? And because it circulates more oxygen to the brain and body, laughing increases alertness and creativity. So get your WLB to lighten up and laugh a little; it’ll bring you closer and motivate you to stay in contact.



20

TIP:

Send your WLB jokes, comics, a T-shirt with a corny inspirational message or whatever else you think will lift spirits and make it easier to stay the course. The more fun you can make the workout, the less it will feel like work. Check out www.jesthealth.com and these joke web sites:

www.jokes.com
www.jokesnjokes.net
www.workjoke.com





Section 3: The Emotions

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OFFER INSPIRATION

Walt Disney said, “If you can dream it, you can do it.” The novelist Eudora Welty wrote “All serious daring starts from within.” Offer these empowering ideas to your WLB, and look for similar quotes to keep your pal motivated and inspired. As Charles M. Schulz, creator of the Peanut cartoons, so cleverly pointed out: “Life is like a 10-speed bike. Most of us have gears we never use.”



21

TIP:

There are wonderful sources for inspirational quotations. Try *The Book of Positive Quotations*, *The Harper Book of Quotations* and *The Quotable Woman*. Or surf the web for quotes. Useful sites include:

www.quotationspage.com

www.creativequotations.com





Section 3: The Emotions

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DIG DEEP

What sets your WLB off? What triggers binge eating, voracious snacking or blowing off exercise? Often, emotional issues are behind these slip-ups, and you can help your WLB work through them by being a good listener and offering heartfelt support.



22

TIP:

If your WLB seems depressed or frustrated with the program and is starting fights with you, nit-picking over details or procrastinating, suggest that she make a list of troubling concerns and fears. What seemed serious at first may not look nearly so terrible once it's spelled out. But be prepared to suggest professional counseling if you feel your WLB's problems are deeper than your caring concern can cope with.





Section 3: The Emotions

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COUNTER YOUR EXCUSES

There will always be a reason to splurge (“it’s Mom’s birthday!”) or skip your workout (“My college roommate’s in town!”). They’re called excuses, and we make them all the time. How to stop? Bruce Cohen, an exercise physiologist at AreUFit, a wellness and fitness company in Malvern, Pennsylvania, recommends that you anticipate your top cop-outs and come up with solutions ahead of time.



23

TIP:

Help your WLB identify the excuses she tends to make regularly and figure out ways to counter them. For example, if your pal raids the vending machine every day at 3 p.m. because there are no healthy foods available, suggest she keep dried fruit and nuts or other nutritious snacks in a desk drawer. If your WLB skips those postwork jogs because he tends to work late, have him consider exercising in the a.m. or at lunch, before his schedule backs up.





Section 3: The Emotions

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MAKE IT ALL ABOUT YOU

The most successful weight loss goal is based on improving your personal best, not about being thinner or fitter than your friend. Comparing yourself with others will only set you up to fail, says sports psychology consultant Jennifer Carter, Ph.D., at the Ohio State University Sports Medicine Center. For example, vowing to have a better body than your spinning instructor will only leave you frustrated and defeated, since it's impossible (you probably have different body types and she likely works out like a fiend), and you can't chart your progress.



24

TIP:

For maximum personal satisfaction, have your WLB choose specific, measurable goals over which he has direct control—switching to skim milk, for example, or tacking five extra minutes to his workout. To ensure a goal is reachable, ask if he could check it off a to-do list. If not, it may not be realistic.





Section 3: The Emotions

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SEE YOUR SLIMMER SELF

We often have trouble achieving our goals because we tend to replay over and over the images of our failures. The solution is to change the mental movie: Try imagining yourself staying on the treadmill for the full 30 minutes, passing up the office cookie plate or just striding confidently down the street looking trim and fit. Include as many details as possible—the more elaborate your daydream, the more likely it will become a reality.



25

TIP:

Help your WLB make the dream come true. If his fantasy involved strutting down the beach in a bathing suit, have him set a date for a beach vacation and use it as a weight-loss goal. Let it motivate him to choose fruit instead of ice cream and hoof it up the stairs instead of riding the elevator.





Section 3: The Emotions

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FOCUS ON RIGHT NOW

Knowing that something will benefit you in the future may not be the best motivator. Studies show that people who maintain any regimen successfully learn to shift their focus from the future (“I will look fabulous in a bikini in July”) to the present (“Running will make me feel energized, relaxed and alert this afternoon.”) When you’re in tune with how great you feel every time you work out or resist dessert, that feeling will make you want to do it again and again.



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TIP:

Help your WLB make the rewards of weight loss more immediate by finding reasons to enjoy diet and exercise. Talk together about how exercise makes your pal feel. If the answer isn't "great," it may be time to reevaluate her regimen and find new, more rewarding ways to work out.





Section 3: The Emotions

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APPLY COURSE CORRECTIONS

You and your WLB have probably cooked up a grand plan for losing weight, and that's great. But as it progresses, it becomes clear that some things aren't working out as expected, and there's no need to stick with them. In fact, if certain things are hateful, inconvenient, too expensive or plain old not working, they're likely to hinder the weight-loss effort.



27

TIP:

Once a month, step back and reevaluate. Does your WLB have an exercise class she hates and dread in advance? Have her drop it and try something else. Can your pal simply not live without croutons? Have him eat them, but then sneak in five more minutes of exercise to compensate. A good plan is one your WLB can stick to, so change is not only acceptable, it's encouraged.





Section 4: Eat Well, Live Healthy

28

KEEP A FOOD JOURNAL

It's amazing how much people eat without paying any attention, especially while watching TV. Research shows that the best way to curb the tendency is to keep a food diary, writing down everything you eat and when. At the end of the week, have your WLB take a look: Is he making healthy choices? Does she eat the most at night? Keeping a food diary can help your pal see where to might make critical changes, and also keep from overeating! Your WLB will think twice before splurging when it has be written down.



28

TIP:

The more information your WLB is willing to include—things like: “felt bummed about work,” “ate alone,” “had a fight with my...,” “so tired I binged on everything in sight”—the easier it will be to see where and how changes can be made.





Section 4: Eat Well, Live Healthy

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SHOP SMART

To prevent over-indulging or I-can't-believe-I-ate-the-whole-bag syndrome, buy single-serving-sized portions or divide food into individual servings when you get home. Food shopping can be overwhelming when you're on a diet. To make the situation manageable, suggest that your WLB always go to the market with a grocery list—and stick to it! Don't go when hungry; it's a recipe for impulse buying. Start in the produce section and stock up on fruits and vegetables. Don't even walk down the aisles with cookies and candy, and breeze right past the freezer section full of ice creams.



29

TIP:

To prevent over-indulging or I-can't-believe-I-ate-the-whole-bag syndrome, buy single-serving-sized portions or divide food into individual servings when you get home.



Section 4: Eat Well, Live Healthy

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DO A KITCHEN MAKEOVER

If you've got tasty, fattening treats in the house, you'll probably eat them! So send those temptations packing: Go through your food cabinets and remove caloric snacks such as cookies and potato chips, and high-fat pre-prepared foods such as instant mashed potato mix, commercial stuffing and boxed macaroni and cheese. Pack them up and bring them to a friend or better yet, a local soup kitchen or shelter. But don't leave the cupboards empty! Stock them with canned beans—chick peas, black beans, refried beans—peanut butter, tomato sauce, cans of tuna, whole-grain cereals including oatmeal, low-fat soup mix, sweet potatoes, onions, spices, dried fruit, and for snacks, graham crackers, fig bars and pretzels.

30

TIP:

Don't forget to fill the fridge: Choose pre-sliced fruit and vegetables for healthy snacking, lots of lean meats, fish, eggs, low-fat cheeses and yogurts. Also have your WLB buy a variety of healthful frozen meals. When's there's no time to prepare a balanced meal from scratch, your pal can pop an instant dinner into the microwave and avoid the temptation of takeout or fast food.





Section 4: Eat Well, Live Healthy

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RESTAURANT SAVVY

Restaurant food is designed to look good and taste great, so it's way more fattening than home-cooking. But if your WLB has to eat out frequently, suggest the "BSBR" rule: Choose entrees that are broiled, steamed, braised or roasted to keep foods low in fat and calories. Also save an amazing number of calories by ordering salad dressing, sauces and toppings on the side, and spooning on just enough to flavor the food.



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TIP:

Restaurant portions tend to be huge. Before your WLB digs in, have her push aside one third to one half of the food on the plate and have it packed up to go. It'll make a great lunch or dinner the next day.





Section 4: Eat Well, Live Healthy

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PORTION-CONTROL TRICK

It's easy to get carried away at a salad bar or buffet, where a smorgasbord of tempting goods are just waiting to be eaten. To keep portions in control, imagine that your plate is divided like a pie. Now fill it half with vegetables, maybe one cup of broccoli, spinach or zucchini. Fill a quarter with whole grains, such as a sweet potato, a slice of whole-grain bread or half to one cup of cous cous. Fill the final quarter with three to five ounces of lean protein such as fish, chicken breast or lean red meat.



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TIP:

A good guideline for estimating a three-ounce serving of meat is to choose a piece that's roughly the size of your palm and the height of a deck of cards. One that extends from your palm to your first knuckle is about five ounces.





Section 4: Eat Well, Live Healthy

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END EMOTIONAL EATING

Many people get into the habit of eating when they're exhausted, bored or depressed. It may give them an immediate sense of comfort but soon the need arises again. After a while, they can't distinguish between real hunger and emotional yearnings, so they fill themselves up with empty calories—and then feel bad about themselves.



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TIP:

Advise your WLB: Before you rip into the Krispy Kremes, ask yourself: What's really going on here? Am I stressed? depressed? bored? Then think about how to deal with that emotion—maybe you can adjust your work situation or manage relationships better. To combat emotional eating, you have to be physically, emotionally and spiritually in touch with your needs—and then you have to satisfy those needs directly.





Section 4: Eat Well, Live Healthy

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RESIST TEMPTATION

Good old fashioned will power is great, but we're not all lucky enough to have it. Most of us, at least occasionally, need some extra help choosing the fish over the steak or passing up the office cookie plate.



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TIP:

Suggest that your WLB try this technique from Ohio State University psychologist Robert Arkin, Ph.D. When you're confronted with temptation, say aloud, "stop and go." That suggests that you not only stop what you're doing (reaching for the butter, for example), but that you consciously focus your attention on something else, like making a phone call or running an errand. He's found that the strategy really does take your mind off the unhealthy activity.





Section 4: Eat Well, Live Healthy

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PILE ON THE PROTEIN

There's more and more scientific evidence that eating a high-protein diet is the key to maintaining muscle while losing fat. Researchers at the University of Illinois at Urbana-Champaign recommend getting an ample daily supply of leucine, an amino acid that helps you retain lean muscle during weight loss.



35

TIP:

Since calcium is also vital for bone health, have your WLB aim for 1,000 milligrams per day, the U.S. Recommended Daily Allowance. That might mean 8 ounces of low-fat milk (297 mg.), 8 ounces of calcium-fortified orange juice (225 mg.), an 8 ounce yogurt (345 mg.), and 3 ounces of salmon (203 mg.). Just don't exceed 2,500 mg a day, because it can lead to irritability and headache and raise your risk of developing kidney stones.





Section 4: Eat Well, Live Healthy

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GOT MILK?

Recent research suggests that upping your intake of calcium can help you lose weight. According to Purdue University researchers, it temporarily suppresses a hormone that regulates fat storage, discouraging fat from being stored in your cells. It also appears to increase fat burning. In the Purdue study, women who consumed the most calcium and ate fewer than 1,900 calories a day lost the most weight over the course of two years, even without changing their diet or exercise habits.



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TIP:

Good choices for the carbohydrate are whole wheat toast, a cup of whole-grain, high-fiber cereal or a piece of fruit, and for the protein, a hard-boiled egg, cup of skim milk or plain yogurt.





Section 4: Eat Well, Live Healthy

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MAKE IT A BREAK-FEAST

Breakfast really is the most important meal of the day. If you eat a hearty, balanced morning meal, you won't be ravenous and more likely to stuff yourself at lunch. Have your WLB start the day with a combination of a high-fiber carbohydrate, which makes you feel full and reduces cravings, and a protein, which takes longer to digest and keeps you feeling full longer.



37

TIP:

Divide each meal in half and finish the second half about one and a half to two hours later. For example, you might eat half a tuna on whole wheat bread sandwich and a small salad at noon, then eat the remaining half-sandwich and an apple at 2 p.m.





Section 4: Eat Well, Live Healthy

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GET ALL-DAY FUEL

If your body doesn't get fed regularly, it goes into starvation mode and slows down the rate at which it burns through its fat stores. Feed the body often and it becomes an efficient calorie-burning machine! Have your WLB consider ditching the three-square meal plan in favor of five or six smaller meals eaten throughout the day. It will keep her metabolism in high gear and eliminate the energy dips that tempt people to snack.



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TIP:

Help your WLB calculate the number of calories that make up 10 percent of his daily diet. That's 250 for someone who takes in 2500 calories a day, for example, which will buy you a candy bar, 25 potato chips, a handful of peanuts or a cup of ice cream.





Section 4: Eat Well, Live Healthy

39

GET BINGE INSURANCE

Denying yourself your favorite foods will make you feel deprived, which can easily lead to bingeing. So don't have your WLB ban junk food altogether. Instead, recommend this advice from nutritionist Joy Bauer, author of *The 90/10 Weight Loss Plan* (Renaissance Books): Every day, eat 90 percent nutritious fare and 10 percent of whatever you want, whether it's a scoop of pistachio ice cream or extra cheese on your pizza.



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TIP:

Your WLB can more easily avoid late-night fridge raids by brushing his teeth after dinner, brewing a big pot of herbal tea to sip from for the next few hours, and planning engaging non-kitchen-related activities, such as calling friends, visiting the WLB web site, writing in a journal or taking a bath. Also have your pal keep bright lights on, since dimmer lighting lowers your inhibitions and leaves you more vulnerable to your bad habits.





Section 4: Eat Well, Live Healthy

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END LATE-NIGHT FRIDGE RAIDS

The body's digestion machine takes a siesta while you sleep, so extra calories you take in just before bed are more apt to be stored as fat than converted to energy. Have your WLB set a kitchen curfew—no eating two and half hours before sleep. This will ensure that the bulk of the calories your pal takes in during the day are burned efficiently.



40

TIP:

Anyone with a windowsill can grow herbs. Some supermarkets and most garden centers offer already potted seedlings that will thrive on a little sunshine and regular watering. Basil is easy to grow and works wonders for tomato dishes. Mint, which grows like the weed it is, can turn iced tea or lemonade into an exotic beverage.





Section 4: Eat Well, Live Healthy

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GET A GREEN THUMB

Gardening is terrific exercise—and it will encourage your WLB to eat those nutritious home-grown herbs and vegetables. Vegetables are filling, low in calories and good sources of fiber; they help boost immunity and contain lots of vitamins and minerals, including the antioxidants that help fight cancer and heart conditions. Herbs fight disease, too, plus they turn low-fat foods into gourmet treats, making healthful eating a pleasure.



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TIP:

Have your WLB shift the focus of workouts regularly to gain more strength and lose more body fat. That might mean spending two weeks strength-training with a body sculpting class, then spending the next two weeks increasing endurance with an aerobics class. Shifting the focus often will keep any fitness routine rut-free.





Section 5: Keep it Fresh

42

BUST A FITNESS RUT

Sweating through the same old workout can not only get boring, but after a few months, it stops being as effective. That's because your muscles adapt to the demands of the regular activity and if you don't mix it up, you'll gradually stop seeing improvements. To keep boredom at bay and challenge the body in new ways, encourage your WLB to take some exercises classes. Suggest that your pal try an activity that requires concentration—such as having to learn a dance routine, which keeps you mentally stimulated as well as physically engaged.



42

TIP:

Make a workout soundtrack together, devising musical categories for each stage of the workout: slow, meditative new age music for stretching, and top 40 or '80s tunes for walking. Or suggest that your WLB keep workouts fresh and fun by listening to a different era of music each day—disco on Monday, '60s songs on Wednesday, show tunes on Friday. But whatever you're WLB listens to, make sure he pays extra attention to where he's walking if he's wearing a headset, especially if he's on the street (facing traffic, of course).





Section 5: Keep it Fresh

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TURN UP THE VOLUME

The right music can pump up your workout and make time fly. Encourage your WLB to use a Walkman or MP3 player, and help him find the music that keeps his energy high.



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TIP:

Have your WLB invest in one of the new sport watches, which can make timing walks and runs easy. A simple stopwatch can cost less than \$20, but also check out the ones that combine a stopwatch with a pedometer or heart rate monitor. Some models will sound an alarm when you reach the upper and lower limits of your target heart rate. Other models have faces that can be seen in both bright sunlight and darkness so you can read it easily at any time of day.





Section 5: Keep it Fresh

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CHANGE OF PACE

Have your WLB challenge her own best time to keep workouts interesting. Help her figure out how long it takes to walk or jog a designated route. Next time, have her shave a minute or two off that time. After a week, aim to beat the new time. The greater speed not only adds an edge to the workout but also raises your heart rate and gives your metabolism a boost.



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TIP:

To find a race near you, check the Roadrunner's Club of America web site, www.rrca.org or pick up any running magazine. Notices about upcoming races are often posted on the bulletin board at health clubs, at the local Y and even on the notice board in the front of the supermarket.





Section 5: Keep it Fresh

45

READY, SET, GO!

Join your WLB in a short race or “fun run.” Don’t laugh! The point is not to win, but to feel the incredible sense of accomplishment that comes from crossing the finish line and knowing you did it! There are one, two and five-mile races for beginners and longer ones for the more seasoned athlete. Preparing for the race is a great way to build confidence and enthusiasm because suddenly, your WLB’s workout is a training session with an immediate, tangible goal.



45

TIP:

Advise your WLB to build take rest and recovery days every week, and to vary the exercise schedule, alternating challenging exercises with easier ones, or aerobics with strength training. Your pal could power-walk on Monday, use light weights on Tuesday, rest on Wednesday, take a long hike or bike ride on Thursday and take Friday off. Just don't miss three or more days in a row, or you could easily fall out of the habit.





Section 6: Easy Does It

46

GET YOUR R&R

If you really want to get fit, you have to take time off from exercise. It may sound illogical, but it's when your muscles rest and recover from all the hard their work that they actually build strength. "Without a break, you risk damaging muscles and tendons, reducing performance and even lowering your immune system," says fitness trainer Jenny Hadfield. "Resting is how your body gets stronger."



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TIP:

Advise your WLB to take rest and recovery days every week, and to vary the exercise schedule, alternating challenging exercises with easier ones, or aerobics with strength training. Your pal could power-walk on Monday, use light weights on Tuesday, rest on Wednesday, take a long hike or bike ride on Thursday and take Friday off. Just don't miss three or more days in a row, or you could easily fall out of the habit.



Section 6: Easy Does It

47

DON'T SKIMP ON ZZZ'S

Most of us love a full-night's slumber, but few of us get it. More than 70 million people in this country are sleep-deprived, which can cause stress and anxiety, poor concentration and memory, vulnerability to illness and an overall decreased quality of life. If your WLB is burning the midnight oil, offer these suggestions to get your pal back in the sack: (1) Ban caffeine after noon to prevent late-night jitters and go easy on alcohol, which can interrupt your sleep. (2) Create a good sleep environment in your bedroom by keeping it dark, quiet and a cool 68 degrees. (3) Keep a consistent sleep and wake schedule, even on weekends, to train your body to snooze at those times.

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TIP:

Prepare mind and body for sleep by taking a hot bath, which will help ease tense muscles and melt stress. Add some relaxing essential oils such as lavender or cucumber, which have been shown to aid drowsiness.





Section 6: Easy Does It

48

TIME TO PLAY

Playtime may appear unproductive, but it's more profitable than we realize. Whether you're shooting hoops, doing a crossword puzzle, playing the guitar or going for a drive in the country, playing is important for healthy mental, physical and emotional growth, and can help your WLB feel relaxed, flexible and open to change.



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TIP:

Encourage your pal to participate in regular leisure activities with other people. Knowing that others are counting on you makes you more likely to keep the commitment. Suggest joining a softball team, bowling league, pinochle game or book group. What's important here is not the type of activity but the pleasure and relaxation it provides. The good feelings it generates will carry over into both workday and workout time.





Section 6: Easy Does It

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CELEBRATE PROGRESS

They don't call it a "workout" for no reason. Exercising takes a lot of effort! Encourage your buddy to reward herself either every week, every month or each time she reaches a small goal. It will make her feel good about her progress and keep her motivated for even greater challenges. Just steer clear of food or alcohol-related rewards, which defeat the purpose and can set up bad habits.



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TIP:

Need suggestions for great rewards? Have your pal get a professional massage, which boosts circulation, and is both physically and mentally relaxing; splurge on some new gear—sleek bike shorts, yoga pants or even just a new pair of socks; or, you can be a real sport and take your buddy to a movie—her choice!





Section 6: Easy Does It

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HOORAY FOR YOU!

For a feel-good buzz, spend a little time reviewing together the evidence of your WLB's success. Compare workout ability now to what it was at the beginning of the program, or current weight to what it was then. Look at memorabilia from the races you've done together, and old photos compared to what the mirror shows. "Aside from increasing self-esteem, it proves that a person can accomplish something worthwhile and monumental," explains Dr. Jana Klauer, a fellow at NY Obesity Research Center. "It's visual evidence of how far you've come, and how much farther you can go."



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TIP:

Once you celebrate the goals that have been reached, sit down together and make new ones. Help your WLB create new challenges to overcome, new personal bests to achieve. Write them in the journal, along with goal dates by which to meet them. This will keep the relationship—
104and the process—going strong.



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- Restore your sense of worth
- Share your disappointments
- Make you laugh
- Inspire you
- Hold you accountable
- Take away the loneliness
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