

Down a Pound

NEWSletter

Special points of Interest

- Surviving Summer BBQ
- Recipe of the week
- Work, Train and Win!

Volume 1, Issue 5

July 1st, 2011

Special Edition: Summer Diet Survival Survive Summer BBQ Season with these Healthy Diet Tips

DaP Diet Tip #1: Veg Out

Instead of sitting down to a plate of high-calorie ribs as your first course, load up on salad and veggies before you hit the grilled meats. You'll not only get a healthy, low-calorie dose of antioxidants, you'll be less likely to overeat the higher calorie foods. Make eating your veggies convenient and grill them in aluminum foil alongside the other grilled foods.



DaP Diet Tip #2: Hydrate, Hydrate, Hydrate

Drinking a large glass of water before eating a meal will slow you down and help reduce your caloric intake. It can also help you avoid dehydration, which can sap your energy and cause false-hunger signals.

DaP Diet Tip #3: Go Skinless

Before eating, remove the skin from chicken and turkey. Additionally, choose skinless ground poultry meat for your burgers. Be sure to check the label and choose the poultry that is lowest in fat.

DaP Diet Tip #4: Watch Your Alcohol

Cold beers on a hot day go

down fairly easily-but that doesn't make them calorie or carb-free. If you're indulging in alcohol, it's important to watch your carbs. To help reduce your alcohol intake, drink a glass of water in between each serving of alcohol. Also, to balance out the carbs, eat a few bites of protein for every beer or glass of wine you drink.

DaP Diet Tip #5: Don't Let The Name "Salad" Fool You

Avoid potato and macaroni salads-they are loaded in saturated fats, carbs, and starches-unless you know they are chockfull of chopped veggies and have been made with a low-fat dressing. Even still, don't

overindulge on the carb-heavy fare.

DaP Diet Tip #6: Use Whole Wheat Buns

In addition to choosing whole wheat buns over white, eat your burger open-faced (one half of a bun) to even out your protein and carbohydrate ratio. You can also substitute pita bread for hot dog and burger buns.

DaP Diet Tip #7: Use Your Hand to Determine Portion Control

Just because your plate is full doesn't mean you need to eat it all. Use this guide to control your portion sizes:

Size of hand: Carbohydrates

'You don't have to be great to start, but you have to start to be great.'

(complex carbohydrates like whole grain buns, pasta, brown rice, etc.)

Size of palm: Protein including chicken, fish, beef, turkey, egg whites, low fat cheeses, and tofu.

Size of thumb: Fats and oils, nuts, avocado and olives.

DaP Diet Tip #8: Think Fish

Grilling is actually a low-fat way to prepare food, but only if you choose lower fat foods. Beef burgers, hot dogs and ribs, which are

typical barbecue fare, are high in fat and calories. Fish, on the other hand, is high in heart-healthy omega-3s ("good for you" fats) and typically lower in calories. Try tuna steaks and salmon fillets – they hold up to grilling and are packed with lean protein.

DaP Diet Tip #9: Don't Deprive Yourself

If you're craving a cheeseburger, make a small meat patty and eat your burger open-faced with

healthy sides like salad and grilled veggies.

DaP Diet Tip #10: Get Moving

When you're finished eating, get up and play! Stepping away from the picnic table will keep you from mindlessly munching and eating when you aren't even hungry. A game of horse-shoes, Frisbee or bocce ball will help you burn extra calories and give you a fun way to bond with your family and friends.

Recipe of the week: Summertime Drinks

Watermelon Orange Booster



2 Servings

For Best Results: Drink half of this shake 15 minutes before your workout, and reserve the other half for right afterwards. The watermelon contains citrulline, which your body converts into nitric oxide, a compound that relaxes blood vessels, allowing better oxygen flow to your heart and muscles. Oranges add a touch of glycogen-boosting carbs and whey protein supports your body's ability to build muscle.

INGREDIENTS:
2 cups seedless, ripe watermelon

3 orange segments
1 cup unsweetened almond milk
1 scoop vanilla whey protein powder
Ice cubes

Blend all ingredients until you achieve the desired consistency.

Calories: 140 Fat: 3g Carbohydrates: 18g Dietary Fiber: 2g Protein: 12g

antioxidants increases the number of calories you burn by approximately three percent over 24 hours. What's even better is that some of these calories might come from stored fat. Torching extra calories, even when you're at rest, means that you can lose that extra layer of flab faster than non-tea drinkers!

INGREDIENTS:

4 ½ cups water
8 rooibos or green tea bags
1 large ripe peach, sliced (about 1 cup)
1 cup sliced strawberries, plus 4 berries for garnish

Strawberry-Peach Tea



4 Servings

Fitness Benefits of Tea: Tea revs up your fat burn! The mix of caffeine and

1. In a medium saucepan, bring water to a boil.
2. Turn off the heat, add tea bags and steep for 5 minutes.
3. Add peach and strawberries to a pitcher. Discard tea bags and add tea.
4. Chill for 2 hours or up to 1 day. Serve over ice and garnish with a strawberry.

Calories: 31 Fat: 0g Carbohydrates: 8g Dietary Fiber: 1g Protein: 0g

Work, Train, and Win... The Fit Working Professional Really Can have it All!

We asked DaP participants what major challenges kept popping up at work, and now here are tips to help you get over them:

Challenge #1: Finding Time to Make Healthy Lunches

- Cook in batches once a week, it may take you three to four hours, but it's more efficient than cooking one hour of everyday.
- Get past the stereotype that it's "taboo" to bring your lunch. Don't be embarrassed to be healthy. Think of the cash you're saving!

Challenge #2: Finding Time to Work Out

- New Beginnings Health and Fitness has a convenient location and hours of operation that work with a corporate schedule.
- Don't worry about what people say is the best time to train. Do what works for you because that's when you'll work the hardest.
- Pack your gym bag the night before so you have fewer excuses.
- Be efficient with your time and pre-plan a couple of quick workouts.
- Think quality over quantity and aim for intense rather than long workouts.

Challenge #3: Networking Events Make it Hard to Stay on Track with your Fitness Goals

- For business lunches, research healthy restaurants in your area and suggest them as alternatives.
- For catered events, look at the menu ahead of time so you aren't tempted to order something bad. Your DaP coach can help you plan for success.

Challenge #4: Work Stress and Boredom

- Know the difference between being bored and being hungry.
- If your feeling stressed, don't snack; go for a walk or drink a glass of water with refreshing lemon or lime wedges.

