

# Down a Pound

## NEWSletter

### Special points of Interest

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**“If you are bored with life, if you don't get up every morning with a burning desire to do things—you don't have enough goals.” - Lou Holtz**

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### Eat More to Lose Weight

Since being on Down a Pound, you have learned that losing weight isn't about cutting your daily caloric intake to an extremely low amount. Extremely low calorie diets are not successful because they slow down your metabolism, and this causes your body to enter a “starvation” mode. In starvation mode, the body burns very few calories because it is attempting to store the few calories it is being fed for energy. These diets cause extreme fatigue and hunger.

Successfully losing weight is a learning process. It involves making healthy food choices, paying attention to portion size, and eating small frequent meals throughout the day. Since you have a recommended calorie amount per day, you can divide the calories into five or six small meals per day. By eating goods high in protein, and decreasing your

consumption of fats and complex carbohydrates at each of your five or six meals, your metabolism will become extremely efficient at burning calories.

To maximize the metabolic aspects of your food intake, you should incorporate five or six



evenly portioned meals throughout the day. The first meal should be within one hour of waking up, and each subsequent meal should be spaced two to three hours apart for the remainder of the day. You have to abandon the thought process of three meals a day: breakfast, lunch, and dinner. Instead, get into the habit of adopting a nutritional pattern of Meal 1, Meal 2, Meal 3, etc.

So how does splitting your daily caloric intake into five or six small meals a day increase your metabolism? The human body's metabolism is like a furnace. If you eat three meals a day, the furnace will begin heating up at breakfast then die down until lunch. By eating five or six small meals a day, the furnace will continue burning throughout the day without the cooling down periods. This means your metabolism is functioning at an increased rate all day with little fluctuations.

Another way that eating small meals frequently will help contribute to weight loss is by the mechanism called the thermic effect of food. When you eat a meal, the body begins a process of digestion, and this process requires the use of energy. The body actually burns calories while it is digesting food. This is sometimes the reason why people's body temperature increases when they eat.

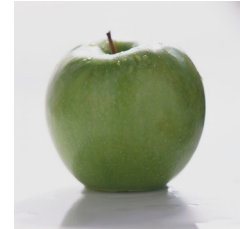
## Eat More to Lose Weight, *cont...*

It makes sense that if the body has to digest more frequent meals throughout the day, then the daily caloric expenditure will be increased.

Yet ANOTHER advantage of eating small meals frequently throughout the day is it will help balance blood sugar

levels and prevent hunger attacks. Frequent meals regulate insulin levels, which is necessary for muscle growth and glycogen storage. One of insulin's roles in the body is to transport glucose and amino acids into the muscle cells, where they can be used for energy and lean

muscle growth. Adopting this lifestyle will require a bit of meal planning and preparation, but it is certainly worth it.



## Sample Plan for 5 Meals per Day

### Day 1

- Meal One: 1 cup cooked oatmeal (try Starbucks Perfect Oatmeal if on the go), 8oz. skim milk, 1 scoop whey protein and ½ cup blueberries.
- Meal Two: 1 medium apple, 6oz. nonfat Greek yogurt
- Meal Three: 6 oz. grilled chicken, 4 slices fresh tomato, 2 cups salad greens.
- Meal Four: ½ cup fat-free cottage cheese and 12 almonds
- Meal Five: 6oz. baked salmon, 1 cup butternut squash, 1 cup steamed asparagus

### Day 2

- Meal One: 4 egg whites, 1 cup cooked cream of wheat
- Meal Two: 1 scoop whey protein mixed with 8oz. skim milk and 1 cup fresh strawberries.
- Meal Three: 6oz. tuna, ½ whole wheat pita bread, low-fat mayonnaise, 1 medium apple
- Meal Four: 2 pieces of string cheese and 12 almonds
- Meal Five: 6oz. grilled chicken, 4oz. baked sweet potato, 1 cup steamed broccoli

## Down a Pound's 100 Best Weight Lost Tips, part 1

1. Going on and off diets promotes a sudden slow down of the metabolic rate, resulting in irregular weight fluctuations and weight gain.
2. Eating foods that are rich in nutrients and fiber and low in calories makes you feel full and prevents you from overeating.
3. Studies show that the link between thinness and longevity and obesity and a shorter lifespan is concrete.
4. Green vegetables are extremely low in calories and are rich in fiber and nutrients. The more you eat them, the more you will lose weight.
5. Have 5-6 meals a day to increase your metabolism and lose weight.
6. Plan and prepare your meals the night before so you are set and ready to go the next day. This way you won't be forced to eat out.
7. Select high protein foods to provide a constant supply of amino acids. This prevents a catabolic state,

- promotes an anabolic state and keeps your metabolism high.
8. Reduce your intake of high-density carbohydrates to avoid a rise in blood sugar and insulin levels.
  9. Try balanced lifting. Instead of having exercises where you are sitting down, try doing them standing up, on one leg, or on a stability ball. These types of exercises force you to balance yourself while lifting, which brings your core muscles into play.
  10. Do cardio on an empty stomach in the morning to burn more fat.
  11. Perform weight training 2-5 days per week, to increase lean muscle and metabolism.
  12. Once a week, indulge in a “cheat meal” that consists of higher calories and carbohydrates to increase thermogenesis.
  13. Perform at least 30-60 minutes of cardio 4-6 days per week.
  14. Find a workout/weight loss buddy to help motivate you.
  15. Downsize your dinner plates. Studies show the less food put in front of you, the less food you’ll eat.
  16. Focus on portion control. The worst trend of the past few decades has been the increase in serving sizes. Cut servings in half when eating out, or order a half-portion.
  17. Avoid white foods. Large amounts of simple carbohydrates from white flour and added sugar can wreak havoc on your blood sugar and lead to weight gain.
  18. Eat 90% of your meals at home (or self-prepared meals). You are more likely to eat more when you eat out than when you eat a self-prepared meal.
  19. Look for sugar-free varieties of foods such as ketchup, syrup, mayonnaise and salad dressings.
  20. Substitute a handful of raw almonds instead of a sugary snack. Eating portion-controlled moderate fat snacks are helpful in weight loss.
  21. Try the VTX Storm compound exercises. Instead of isolating your muscles with exercises such as a bicep curl, you can maximize the time you spend in a workout by doing exercises that work out multiple muscle groups at once.
  22. Don’t eat in front of the television. Studies show that people tend to consume more calories when they eat leisurely in front of the TV instead of at the table.
  23. Switch from regular milk to 2%. If you already drink 2%, go down a notch to 1% or skim milk. Eat step downward cuts the calories by about 20 percent.
  24. Order wine by the glass and not by the bottle. This will help you be aware of how much alcohol you consume.
  25. Brush your teeth after every meal. If your mouth is clean and minty fresh, you will be less inclined to continue eating.
  26. Capsaicin, the ingredient in hot peppers, also helps to reduce your appetite.
  27. Drink green tea. Green tea contains polyphenols and catechines, which contribute to the increase of metabolism and fat loss.
  28. Do not get on the scale daily. Body weight can fluctuate hourly, so weighing yourself everyday can cause more confusion than clarity.
  29. Never crash diet to lose weight. When you lose weight rapidly, your body is typically only losing glycogen (carbohydrate) and water weight, not fat.
  30. Do one ab stanza upon waking up in the morning, and one before you go to bed.
  31. Substitute foods instead of eliminating them.
  32. Order a kid’s meal when eating out. In this way, you keep the calories low and the quantities consumed under control.
  33. We need to eat foods with adequate nutrients to avoid eating excess empty calories to meet our nutrient requirements.
  34. Adopt the standards of the Mediterranean diet. It is a fact that the Mediterranean diet is a standard to any form of diet. The ingredients are simple. Use olive oil as much as

- possible, preferably in salads with fresh vegetables, eat legumes one to two times a week and replace meat with fish.
35. Do not “pick” while you prepare! It was discovered that the calories people recruit during cooking touch the 300 mark!
  36. Add 3 sets of 12 push-ups every morning to your “getting ready” routine.
  37. Eat a healthy breakfast of whole grains, lean protein, and fresh fruit to jumpstart your day.
  38. Drink a large glass of water before every meal so you do not overeat.
  39. Choose white lean protein over red meat.
  40. Fill half your plate with fresh vegetables.
  41. Take classes at the gym to add variety.
  42. Eat fewer carbs at night.
  43. Wean yourself off of sugar and any sugary drinks.
  44. Push yourself to new limits with every workout.
  45. Take a day off from working out every week to recover.
  46. Buy a “goal outfit” in the size you aspire to be and hang it where you can see it everyday for inspiration.
  47. Do not eat foods that are full of preservatives and sodium. You will retain water and feel sluggish during workouts.
  48. Cook for a few days and store food in portion-control-sized containers and Ziploc bags so you are prepared when you are hungry.
  49. Add a bodyweight or strength training circuit to your routine to tone up and build lean muscle.
  50. Try carb cycling to break plateaus, switch between eating lower carbs for a few days and higher carbs for a few days.

## Best Chest/Flat Ab Exercises



### Thursday

10-1: Chest Press Crunch  
Combo  
1-10: Bicycles on  
Elbows

### Friday

10-1: Push Ups  
1-10: Butt Elevations

### Saturday

10-1: Chest Flyes  
1-10: Bridge Lifts

### Sunday

Rest

### Monday

10-1: Bench Press or  
Chest Press  
1-10: Reverse Crunch

### Tuesday

10-1: Sit to Balance  
Tricep Extension  
1-10: Balanced Goblets

### Wednesday

Rest