

Down a Pound

NEWSletter

Special points of Interest

- Daniel's Top 3 Favorite Stanzas
- Julie's Top 3 Favorite Stanzas
- Down a Pound's 100 Best Weight Loss Tips, part 2

Volume 1, Issue 12

August 19th, 2011

Daniel's Top 3 Favorite Stanzas

1. **Chest Press Crunch Combo/Bicycles on Elbows**
"This exercise is one of my favorites because I am always looking for an opportunity to stretch the shirt on the top, but not on the bottom".
2. **Push Ups/Mountain Climbers**
"This exercise is a great workout and very efficient, a great one to throw in after meal times".
3. **Squats/Jump Squats**
"This exercise ramps up the metabolism".

Julie's Top 3 Favorite Stanzas

1. **V-Crunch/Tricep Dips**
"This is an exercise that almost every girl loves because it firms both the abs and the back of the arms".
2. **Arm Curls/Stability Ball Squeezes**
"This exercise helps keep you looking good in both a tank top and shorts!"
3. **Chest Fly/Bridge Extensions**
"This stanza gives you both glute/lower ab and upper body work all in one tolerable exercise".

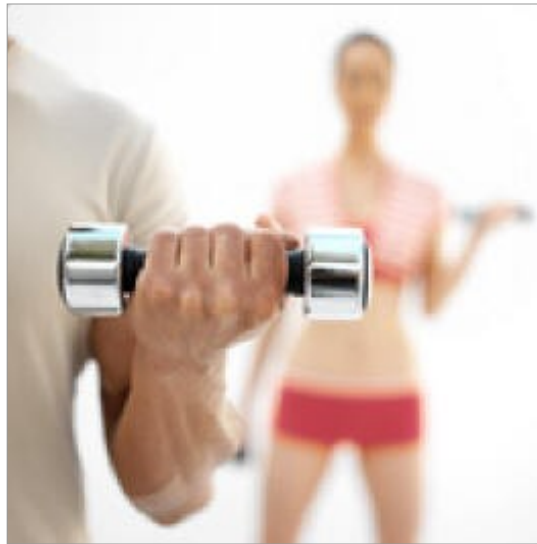
Down a Pound's 100 Best Weight Loss Tips, part 2

51. Attempt to understand what triggers you to overeat and fit it with ways besides eating.
52. Try going for a run when you are stressed out.
53. Try training on 4 different cardio routines (12 minutes on each) during your cardio workout to make time go by faster and avoid boredom. Example: treadmill, elliptical, stationary bicycle, and stair stepper.
54. Try jumping rope; it is an excellent workout and tons of fun!
55. Strengthen your core by holding plank position for one minute. Complete 3 sets.
56. Try something new for "muscle confusion." Add some new moves to your routine or hire a trainer to teach you some cutting-edge workouts.
57. Weather permitting, ride your bike to work. Even doing this one day a week will be effective.
58. Make new workout goals for yourself constantly.
59. Add squeezed lemon juice to your water to flavor it. Lemon water is a natural diuretic and helps with water retention.
60. Make it a point to run or jog outside a few times a week to get some fresh air and break things up.

"No matter how slow you go, you are still lapping everybody on the couch."

- 61. Take up a seasonal activity like ice skating in winter or biking in summer.
- 62. Pick a cardio exercise you enjoy. It's no fun to exercise when you hate it and you won't keep it up for very long.
- 63. Make sure you stay hydrated during your workouts.

- 64. Leave a set of hand weights near your TV so you can do a quick arm routine as you watch your favorite show. You may be compelled to throw in a few sets of squats and toe touch crunches.



- 65. Aim for *your* best body—not someone else's.
- 66. Bring your heart rate up and down. Anaerobic training burns fat all day long, even after you are finished working out.
- 67. The more lean muscle you have, the more fat you will burn. Be sure to have sufficient resistance training in your program.
- 68. Try a Zumba class.
- 69. Keep a journal of your workouts and progress so you can look back at what worked and what didn't.
- 70. Sit down and come up with a concrete food and meal plan. The more prepared you are, the better your results will be.
- 71. Throw away all the junk food in your refrigerator and cabinets. Out

of sight, out of mind! Restock with healthy snacks.

- 72. Buy a nice gym outfit or two to motivate you to work out.
- 73. Find a gym buddy to push you. But find it in yourself to workout when your partner can't make it.
- 74. No excuses!

75. Make sure to do a light stretch before and after every workout.

76. Drink a recovery shake or at a low-carb/protein rich snack within 20 minutes after completion of your workout to assist recovery.

77. Don't waste your calories on drinks like lattes and soda. It isn't

worth it! Learn to love water.

- 78. If you feel hungry, try drinking a large glass of water, the re-assess. You may have actually been thirsty. Hunger and thirst are easy to confuse.
- 79. Turn off your cell phone! You have limited time to work out and you should not waste it by being distracted. Workout time is your time. Be in the moment.
- 80. Low calorie/non-caloric sweeteners are not the answer to weight problems—drop sodas and other sweetened beverages—they're loaded with sugar and chemicals.
- 81. All whole grains should be considered high-starch foods. When you have whole grains, you shouldn't have starchy veggies (ex. Potatoes) in the same meal.

82. Limit cooked high-starch grains and starchy vegetables to 1 cup a day. Fill up with raw and lightly cooked vegetables first.
83. Alcohol reduces your body's ability to produce fat burning hormones. Cut it out for one month and see how much your body changes!
84. Your body produces leptin (the hormone that tells you when you are full) when you sleep, so skimping on sleep can drastically lower levels.
85. There's a reason why people exercise to their favorite music—listening to external stimulus takes your mind off of the physical activity. That's the secret to making "exercise time" fly.
86. Balance the "youth" hormone HGH by cutting carbs before bed, getting plenty of sleep, eating plenty of foods high in B vitamins, and exercising regularly.
87. When lifting, the better your form the better the results. Focus on the muscle being worked, not the weight.
88. When grocery shopping, shop the perimeter. All the good for you food is on the outside of the store.
89. To break a plateau, avoid the ABCs: Alcohol, Bread, and processed Carbs.
90. Avoid packaged foods whenever possible.
91. Mix it up. Don't stick to the same workout routine for too long, or your body will adjust to the stress level and you won't be getting an effective workout. For strength training. Change your routine every few weeks. For cardio, it's best to cross train rather than to run every time.
92. **All weight is not equal.** Muscle weighs more than fat, but the last thing you want to lose is muscle!
93. Anytime you feel called to your "vulnerable" foods (ones you have trouble controlling) say the word FLAB to yourself - am I eating this because I am frustrated? lonely? angry? anxious? bored? If the answer is yes to any of these, eating a cupcake won't make the feeling go away and it may even make it worse. Put the food down and find another more useful way to deal with the feeling.
94. Everyone has his or her favorite treats. Simply allow yourself a little indulgence, but watch out for the frequency and the quantity. Having a small treat once in a while can be rewarding to your weight loss experience. Cutting too much of your favorite treats usually lead to an early relapse.
95. Buy a pedometer and try to achieve at least 8000 steps in a day.
96. Working out does not mean that you can eat whatever you want - remember, you can't out train a lousy diet.
97. Park a few blocks away from work. If it takes you 5 minutes to walk from your car to your desk and another 5 minutes back, then that's ten minutes of exercise a day right there.
98. Do simple exercises such as jumping jacks, sit-ups, pushups, etc. during the commercial breaks of your favorite program.
99. Take the stairs instead of the elevator. This can be particularly effective if you bounce from floor to floor quite often.
100. Don't drive around the grocery store parking lot until you find the closest spot. Purposely park at the farthest away spot and walk.