



# THE 6 WEEK PLAN

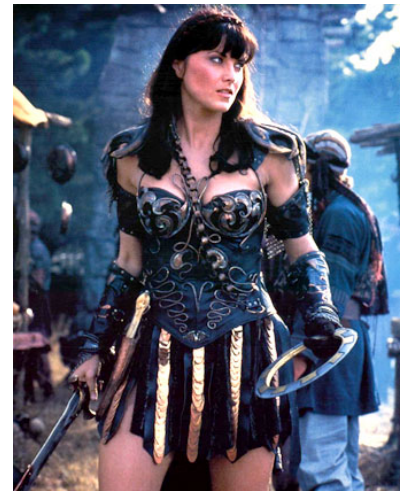
We know, you want to slim down and tone up. You just have a hard time figuring out what you need to be doing in the gym. On top of that, it's hard to eat right. You do alright for a few days and then de-rail. If you only had a plan of what to do, when to do it and how to eat! Say no more—here's the plan. All you need to worry about is doing it! Do what it takes to execute the plan below and you will be a lean, mean foxy fit machine!

Make no mistake, looking fit and feeling good is hard work. Having a plan and sticking to it is key. This plan will gradually work you up to (over 6 weeks) a high level of activity. This program can be done by anyone of any ability—only the exercises and workout length need be adjusted at first. Ask the Wellness Staff if you feel you need additional help.

## The Food

First, the eating part: you have 3 weeks worth of meals below from Susan M.Kleiner's *High Performance Nutrition*. One-week day is as good as any other—mix and match any way you like.

- Eat the snack whenever you like between meals.
- Have a post-workout smoothie as soon as possible after exercise (30 minutes or less). Blend the following items:
  - 8 oz. fat free milk
  - 1 pack of Carnation Instant Breakfast
  - 1 banana
  - 1 table-spoon of peanut butter
- Water: Drink lots of it during the day. It will help you work out longer and harder, wash away toxins, and even help your liver take your stored fat and put it to use for energy. Drink it all day and include at least 1 glass with every meal and snack. You should drink one ounce for every pound of bodyweight each day.
- This is a plan—it was made on the assumption you will be doing the exercises and activity along with it. Please don't contact me with "I don't like blank, can I have blank instead?" Use your head (not your stomach) and come up with replacements.



	Day 1	Day 2	Day 3
<b>Breakfast</b>	Smoothie (blend 1 mashed banana and 1 fat-free skim milk)	1 egg, fried in cooking spray; 1 slice whole-grain toast with 1 tsp. margarine; 1 piece fruit	1/2 whole-grain English muffin, topped with 1 slice baked ham and 1 slice light Swiss Cheese; 1 piece fruit
<b>Lunch</b>	3-ounce hamburger on a whole-grain bun; 1/2 cup coleslaw; 1 piece fruit	Chicken-salad sandwich (1/2 cup chopped chicken mixed with light mayo, 2 slices whole-grain bread, lettuce, tomato); 2 plums	Roast beef sandwich (3 ounces roast beef, hard roll, mustard, lettuce, tomato)
<b>Snack</b>	1/2 bagel	1 soft pretzel	1/2 cup grapes
<b>Dinner</b>	1 medium pork chops; 1 medium baked potato w/ 1 tsp. margarine	1 cup chili; 6 whole-wheat crackers; salad with 1 tbsp. low calorie dressing	1 turkey taco, hard or soft (2 ounces ground turkey, 1/4 cup light cheddar, 1/4 cup salsa, lettuce, tomato)

	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>
<b>Breakfast</b>	1/2 English muffin with 1 tbsp. peanut butter; 8 ounces fat-free milk; 1 banana	4 ounces orange juice; 1 cup oatmeal with 2 tbsp. raisins and 1 tbsp. honey; 8 ounces fat free milk.	2 medium-size pancakes with 2 tsp. margarine and ¼ cup light pancake syrup; 1 banana; 8 ounces fat-free milk.
<b>Lunch</b>	2 slices cheese-vegetable pizza; 2 pieces fruit	Grilled chicken sandwich (3 ounces grilled chicken on 2 slices French bread with 2 tbsp. low-calorie honey mustard dressing); 1 piece fresh fruit	Corned beef sandwich (3 ounces very lean corned beef, 2 slices rye bread, 1 tbsp. spicy brown mustard); ¼ cantaloupe
<b>Snack</b>	3 thick pretzels	½ cup frozen yogurt	½ cup pretzels
<b>Dinner</b>	Spaghetti with sauce (1 cup pasta, 1/2 cup low-fat meat sauce); salad with 2 tbsp. low-calorie dressing	Grilled steak kabobs (3 ounces sirloin, cubed and marinated in 2 tbsp. light Italian dressing; 1/2 cup sautéed onions, peppers, and mushrooms); 1/2 cup rice pilaf	Turkey fajitas (3 ounces turkey breast, cut into strips, sautéed with onions and peppers; 2 flour tortillas; ½ cup salsa)

	<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>
<b>Breakfast</b>	4 ounces orange juice; omelet (1 egg and 1 egg whites, ¼ cup tomato, ¼ cup mushrooms); 1/2 English muffin with 1 tsp. margarine.	4 ounces orange juice; 1 cup bran cereal; 8 ounces fat-free milk; 1 slice whole-grain toast with 1 tsp. margarine.	4 ounces orange juice; 1/2 whole-grain bagel with 1 tbsp. light cream cheese; 1 container light yogurt; 1 banana
<b>Lunch</b>	1 cup chicken-vegetable soup; 1/2 roll with 1 tsp. margarine; medium salad with ½ cup of chickpeas and 1tbsp. light dressing; 1 piece fruit	Chef's salad (medium bowl of salad; 1 ounce each turkey, ham and provolone cheese; 2 tbsp. light dressing); 1/2 roll with 1 tsp. margarine; 1 piece fruit	1 cup chili; 6 whole-grain crackers; ½ cup coleslaw; 1 cup grapes
<b>Snack</b>	1 slice angel-food cake with strawberries	½ cup pudding	1/2 soft pretzel
<b>Dinner</b>	1 slice meatloaf ( slice should be the size of a deck of cards); 1 ear of corn, spread with 1 tsp. margarine each ear; 1 cup steamed carrots with 1 tsp. margarine.	Chicken parmesan (3 ounces chicken breast, ½ cup spaghetti sauce, 1 slice mozzarella); 1/2 cup rigatoni with spaghetti sauce; 1 cup snap peas	Pasta with seafood (1 cup pasta, 1 cup shrimp or crab cooked in herb/clam broth); 1 cup steamed broccoli; 1 cup fruit salad

	<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>
<b>Breakfast</b>	2 waffles with 1 tsp. margarine and ¼ cup light pancake syrup; 1 banana; 8 ounce fat-free milk	1 egg, fried in cooking spray; 1/2 bagel with 1 tbsp. margarine; 1 piece fruit	1 slice whole-grain toast topped with 1 slice light American cheese; 1 banana; 8 ounce fat-free milk
<b>Lunch</b>	Smoked-turkey sandwich (3 ounces turkey breast, 2 slices whole-grain bread, light mayo, mustard, lettuce, tomato); 1 piece fruit	6-inch hoagie (1 ounce each ham, turkey, and provolone cheese; ½ hoagie roll; lettuce, tomato, and mustard); 1 piece fruit	Roast beef sub (3 ounces roast beef, 1 ounce provolone, 1 small hoagie roll, lettuce, tomato, spicy brown mustard); 1 piece fruit
<b>Snack</b>	1 individual-size bag light popcorn; 1 plum	½ cup frozen yogurt	1 NutriGrain bars
<b>Dinner</b>	2 slices cheese-vegetable pizza, salad with 2 tbsp. light dressing	3 ounces flounder sautéed in light margarine; 1 medium baked potato; 1 cup steamed carrots and peas	Chinese stir-fry (4 ounces skinless chicken breast and 2 cups of vegetable stir-fried in 2 tsp. oil and light soy sauce); 1/2 cup steamed rice

	<b>Day 13</b>	<b>Day 14</b>	<b>Day 15</b>
<b>Breakfast</b>	4 ounces orange juice; ¾ cup bran cereal; 8 ounce fat-free milk; 1 slice whole-grain toast with 1 tsp. margarine	½ Whole-grain English muffin with poached egg and 1 slice American cheese; 1 piece fruit; 8 ounces fat-free milk	½ cup OJ 2 slices French Toast 1 tbsp. Syrup 1 cup skim milk 1 cup coffee
<b>Lunch</b>	Ham sandwich (2 slice ham on 2 slices rye bread with lettuce, tomato, light mayo, spicy mustard); 1/3 honeydew melon	Chicken-salad sandwich (1/2 cup chopped chicken with light mayo, 1 pumpernickel roll, lettuce, tomato); 1 piece fruit	Swiss Cheese sandwich on wheat bread w/ 1oz. of cheese Carrot sticks 1 apple 1 nature valley granola bars (1 package)
<b>Snack</b>	1 soft pretzel	1 oatmeal cookie; 8 ounce fat-free milk	¼ cup dried apricots 3 graham cracker squares
<b>Dinner</b>	3-ounce turkey burger on a whole-grain bun, with lettuce, tomato, light mayo; 1/2 cup roasted potatoes; ½ cup coleslaw	4 ounce grilled steak; 1/2 cup rice; 1 cup steamed vegetables; salad with 2 tbsp. low-calorie dressing	1 tossed salad 2 tbsp. salad dressing ½ cup pineapple rice 1 cup cooked broccoli 1 tsp. butter or margarine 1 slice crispy French bread 1 cup frozen yogurt topped with strawberries

	<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>
<b>Breakfast</b>	1 Bran Muffin 1 cup skim milk ½ cup OJ	1/2 bagel 1 tbsp. cream cheese 1 cup skim milk ½ cup OJ	2 pancakes 1 tbsp. maple syrup 1 cup skim milk ½ cup OJ
<b>Lunch</b>	1 cup fruit yogurt 2 large squares corn bread 1 cup cold cooked broccoli w/1 tbsp. Italian dressing	Mexican Restaurant/fast food 1 bean burrito Tossed salad 1 tbsp. salad dressing	Turkey sandwich on hearty whole wheat bread w/ 1 oz turkey Celery sticks 1 pear 1 Nature Valley Granola Bar
<b>Snack</b>	3 oz. or 1 ½ cups pretzels 2 tbsp. dry roasted peanuts	1 cup fruit yogurt	3 cups microwave popcorn
<b>Dinner</b>	1 cup gingered rice Small tossed salad 1 tbsp. salad dressing 1 cup skim milk 2 small oatmeal raisin cookies	1 cup steamed zucchini and mushroom sprinkled with Parmesan cheese 1 cup skim milk	Tossed Salad 2 tbsp. Light salad dressing 1 corn on the cob 1 slice whole grain bread 2 tsp. butter or margarine 1 cup skim milk ½ cup frozen yogurt 2 small oatmeal raisin cookies

	<b>Day 19</b>	<b>Day 20</b>	<b>Day 21</b>
<b>Breakfast</b>	Omelet (1 egg 2 egg whites) with 2 veggies 1 fruit ½ cup OJ	1 cup oatmeal (with raisins and nuts) 1 whole wheat toast 1 cup skim milk ½ cup OJ	½ cinnamon-raisin bagel 1 cup skim milk ½ cup OJ
<b>Lunch</b>	1 slice pizza with cheese Tossed salad 2 tbsp. light salad dressing 1 slice garlic bread 1 cup skim milk	Peanut butter and jelly sandwich on whole wheat 1 apple 1 cup skim milk	1 cup skim milk
<b>Snack</b>	1 apple 1 cup skim milk	1/2 cup vanilla/coffee/lemon yogurt	2 Fig Newtons ½ cup grapes
<b>Dinner</b>	Grilled Chicken Breast Steamed Green beans Tossed salad 1 tbsp. salad dressing	Enjoy a restaurant meal complete with dessert.	Tossed Salad 2 tbsp. salad dressing ½ cup frozen yogurt

***Option 2: Instead of using the meal plans provided, you can use a low-carb food-serving framework. You pick the foods.***

### **Food Serving Plan**

Ladies will go with 1400 calories per day.

- 4 servings of grains
- 4 servings of vegetables
- 3 servings of fruit
- 5 servings of protein --dairy/meat/eggs/nuts

Watch out for processed sugars. Feel free to reduce grain servings and bump up the veges, fruits and protein instead (trade serving for serving).

Your typical day may look like this:

- Breakfast: 1 servings of grain, 1 servings of fruit, 2 protein
- Snack: 1 fruit
- Lunch: 2 grain, 3 veges, 2 protein
- Snack: 1 fruit
- Dinner: 1 grain, 1 veges, 1 protein

Experiment. Below I have included some standard USDA food group and serving size info:

### **Bread, Cereal, Rice, and Pasta**

These complex carbohydrates make up the base of the pyramid. They provide B-vitamins, minerals, and fiber. Try to steer clear of the more highly processed carbohydrates such as white bread and sugary cereals. Choose whole grain products whenever possible. They have more

vitamins, minerals, and fiber than products made from processed white flour. They also hit your bloodstream more slowly, giving you a longer lasting source of fuel.

*1 serving = 1 slice of bread, 1/2 bagel or bun, 1 ounce dry cereal, 1/2 cup cooked cereal, 1/2 cup cooked rice, 1/2 cup cooked pasta.*

### **Vegetables**

Vegetables are a fantastic source of vitamins and fiber. They're also naturally low in fat and calories. Deep-yellow, or orange vegetables, like carrots and squash, are a great source of vitamin A. Veggies from the cabbage and pepper families (broccoli, Brussels sprouts, cabbage, bell peppers) are surprisingly rich in vitamin C.

*1 serving = 1 cup raw leafy greens, 1/2 cup any other chopped vegetable, 3/4 cup vegetable juice*

### **Fruits**

Fruit makes a great snack or healthy dessert. It's high in carbohydrate energy and potassium, low in sodium, and full of vitamins. Strawberries, watermelon, and citrus fruits (like oranges and grapefruit) are full of vitamin C; apricots and other orange-colored fruits have lots of vitamin A; and cantaloupe, mangos and papayas have both vitamins A and C. Try to avoid juices sweetened with sugar or canned fruit in heavy syrup.

*1 serving = 1 medium apple, banana, or orange; 1/2 cup chopped fruit or berries; 3/4 cup fruit juice.*

### **Proteins: Milk, Yogurt, and Cheese**

We've all heard that milk products are rich sources of calcium, but did you know that they're also loaded with protein? A glass of milk or a cup of yogurt has high-quality protein equal to an ounce of meat or cheese or to one egg.

*1 serving = 1 cup milk or yogurt, 1-1/2 ounces of natural cheese, 2 ounces of processed cheese.*

### **Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts**

This group is a major source of protein. Cooked beans are high in protein and fiber and low in fat. Tofu and white beans provide calcium. Almonds are good sources of vitamin E. Beef contains highly absorbable trace minerals like iron, zinc, and magnesium. Poultry and seafood contribute vitamin B6, and pork is a rich source of thiamine.

*1 serving = 2-3 ounces of cooked lean meat, poultry, or fish; 1 egg; 1/2 cup cooked beans, 2 tablespoons peanut butter, nuts, or seeds.*










### **Fats, Oils, and Sweets**

#### **Use sparingly**

This group includes butter, oils, margarine, sour cream, soda pop, candy, and sweet desserts. Remember, not all fats are created equal. You want to minimize saturated fats found in animal products like meat and dairy, and trans-fats found in margarine or fried snack foods (look out for "partially hydrogenated" anything). Focus instead heart-healthy unsaturated fats such as those found in olive oil, nuts, seeds, and avocado. Sweets should be minimized as well. It's generally better to enjoy a really extravagant dessert once in a while than to fill your daily menu with "fat-free" sugary treats. These sweets still tend to be high in calories and pretty much devoid of nutritional benefits. One possible exception may be molasses, which provides a rich source of iron.

Most people really have a hard time distinguishing between a serving and a helping. Here is a little added help by the way of a visual guide to serving sizes. This is a critical mistake people make when trying to change their eating habits. We live in a grossly distorted, Super-sized society of giant, greasy food choices and giant people to go along with them. Learn what a real serving is—it will help you immensely!

The following visual cues can help you develop good "portion" sense.



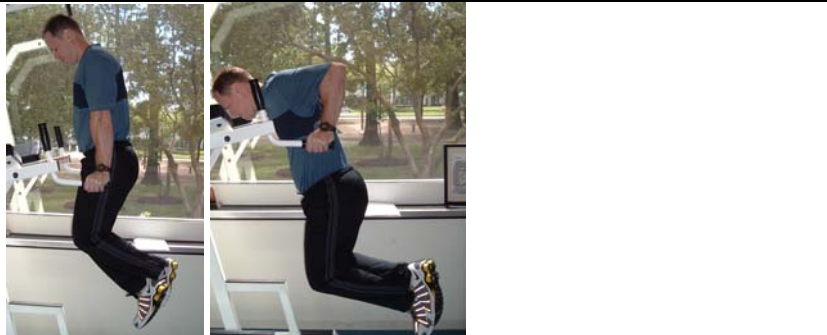
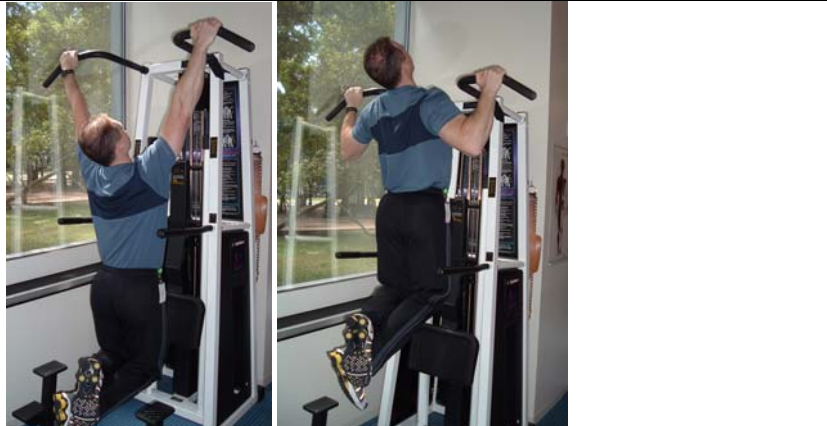
Visual Cue	Approximate Portion Size (Food* = One FGP Serving of these Food)
 Baseball or Woman's Fist	<b>About 1 cup</b> Food*: Green salad, frozen yogurt, medium piece of fruit, baked potato
 Rounded Handful	<b>About 1/2 cup</b> Food*: Cut fruit, cooked vegetables, pasta, rice
 Large Egg or Golf Ball	<b>About 1/4 cup</b> Food: Dried fruit* (e.g. raisins)
 Cassette Tape	<b>About 3 oz.</b> Food*: Meat, Poultry
 Checkbook	<b>About 3 oz.</b> Food*: Grilled Fish
 Six Dice	<b>About 1 1/2 oz.</b> Food*: Natural cheese
 	<b>Rounded Handful</b> Approximate Size: 1 oz Food: Pretzels or Snack Food
	<b>1 Die</b> Approximate Size: 1 tsp. Food: Margarine, spreads
	<b>Thumb Tip</b> Approximate Size: 1 Tbsp. Food: Mayonnaise, oils, dips


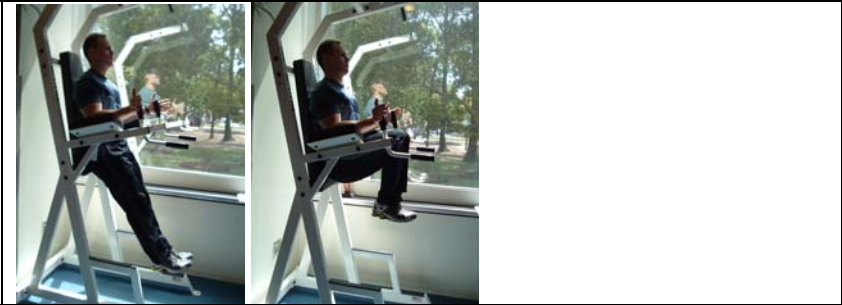



**Strength Training:** Your two workouts are designed to work your entire body in two sessions.

- Sets and reps: Do 2-3 sets of 8-10 repetitions of each exercise.
- Exercise groups: The exercises are grouped in pairs. You will alternate between the two until you have completed 2-3 sets of each.
- Rest: At least 60 seconds—a better idea would be to time how long it takes you to complete the entire workout. Keep the time length the same or shoot for a little less each time.
- Weights: Choose the heaviest weight you can handle for 10 strict repetitions. Be able to get at least 8 reps on subsequent sets. Decrease the weight if you need to.
- Progress: Try to work with more weight on the first set of each exercise each week. Shoot for a 5% increase in weight each week.



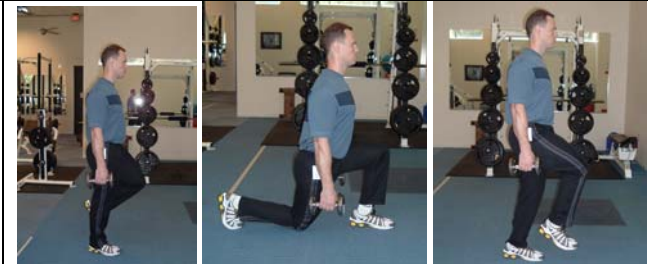
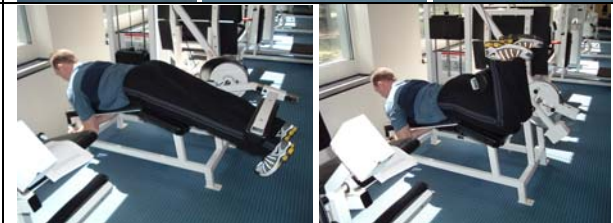
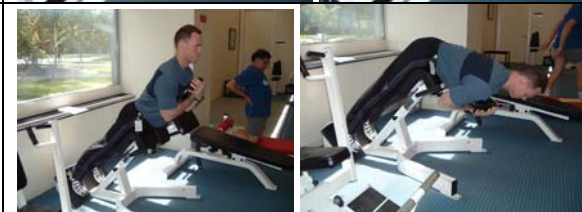

**Workout A**

A. Bench Press	
A. Low Row	
B. Dips (perform with assist)	
B. Overhand Chins (perform with assist)	

C. Squat	
C. Calf raise	
D. Leg Raise	
D. Ball Crunch	

**Workout B**

A. Curl and Press	
A. Lying DB Extension	

<p>B. Cable Lateral Raise</p>	
<p>B. Underhand Chins (perform with assist)</p>	
<p>C. Walking Lunge</p>	
<p>C. Leg Curl</p>	
<p>D. Hyperextension</p>	
<p>D. Woodchop</p>	

**Daily Bodyweight Drills**

Do these drills on your cardio days or 12 hours before or after your weight workout. Consider it a little extra activity to keep the metabolism revving high. Move from one to the next quickly. Start off with relatively low reps and work your way up gradually. Try to eventually work up to 3-4



circuits. The idea is to keep your heart rate up and lightly work the muscles (think calisthenics) not a full-blown workout.

Bulgarian Squats	
Push-ups	
Side-lunge	
Inverted Row	
Tricep Dives	
Bicycle	

## Exercise Schedule

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
	Interval training: 7-8 1 min. intervals/2 min. recovery	Workout A	Interval training: 10-12 30 sec. Intervals/90 sec. recovery
<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
No Exercise	Workout B followed by 15-20 min steady cardio	Sprints: 8 at 10 seconds each.	No exercise

<b>Week2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
	Interval training: 9-10 1 min. intervals/2 min. recovery BW drills	Workout A followed by 15-20 minutes of steady cardio	Interval training: 13-14 30 sec. Intervals/90 sec. recovery
<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
No Exercise	Weight Workout B followed by 15-20 minutes steady cardio	Sprints: 8 at 10 seconds each BW drills	No Exercise

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
	Interval training: 6-7 1-1/2 min. intervals/3 min. recovery BW drills	Workout A followed by 20-25 minutes of steady cardio	Interval training: 15-16 30 sec. Intervals/90 sec. recovery
<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
BW Drills	Weight Workout B followed by 20-25 minutes steady cardio	Sprints: 12 at 10 seconds each BW drills	No Exercise

<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
	Interval training: 8-9 1-1/2 min. intervals/3 min. recovery BW drills	Workout A followed by 20-25 minutes of steady cardio	Interval training: 15-16 30 sec. Intervals/90 sec. recovery
<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
BW Drills	Weight Workout B followed by 20-25 minutes steady cardio	Sprints:14 at 10 seconds each BW drills	No Exercise

<b>Week 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
	Interval training:8-9 1- 1/2 min. intervals/2 min. recovery BW drills.	Workout A followed by 20-25 minutes of steady cardio	Interval training: 11-12 60 sec. Intervals/2 min. recovery
<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
BW Drills	Weight Workout B followed by 20-25 minutes steady cardio	Sprints:14 at 10 seconds each BW drills	No Exercise

Week 6	Monday	Tuesday	Wednesday
	Interval training:8-9 2 min. intervals/2 min. recovery BW drills	Workout A followed by 20-25 minutes of steady cardio	Interval training: 13-14 60 sec. Intervals/2 min. recovery
Thursday	Friday	Saturday	Sunday
BW Drills	Weight Workout B followed by 20-25 minutes steady cardio	Sprints:15 at 10 seconds each BW drills	No Exercise

### The Cardiovascular Program

You'll be doing 2 types of aerobic training—steady state and interval workouts—and you will also do sprints (anaerobic exercise). The intensity of your aerobic exercise will be dictated by your maximum heart rate(MHR). This can be calculated/measure a few different ways. For this program, use 220 – your age (for an unconditioned person) or 205 – ½ your age (if you are more active). You can choose whatever type of aerobic exercise you like—running, rowing, skating, cycling etc.

- For the steady state exercise stick to 70-75% MHR.
- In the first 2 weeks of interval workouts, warm-up for 5 minutes at an easy pace, then do 1 minute of exercise at 85-90% MHR, followed by 2 minutes of recovery at 70 % MHR.
- During the second 2 weeks, warm-up and do 1 ½ minutes at 85-90% followed by 3 minutes of recovery at 70% MHR
- In the 5<sup>th</sup> and 6<sup>th</sup> weeks, you'll warm-up and do 2 minutes at 85-90% followed by 3 minutes of recovery at 70% MHR.
- Finish your interval workouts with a 5 minute cool down
- Your sprints will last 10 seconds, followed by 50 seconds of slow jogging. Always start with a warm-up and finish with a cool down. Again, use whatever cardio equipment you have—or get creative if you can't run and have no equipment. Skip rope, do calisthenics and walk for recovery. See one of the staff—we have lots of good ideas.

### Sleep

You've got to sleep to have the energy and hormone levels to get fit and lose weight. 8 hours is a great start, some people may need more. If you run out of steam in the middle of the day—look at your sleep habits. If you're a person who habitually shorts themselves on sleep (4-6 hours per night), try to add in ½ hour per night for starters. Do your body and brain a favor.

- Turn down the thermostat – your body temp needs to drop in order for you to sleep. If you're too hot, you won't sleep soundly.
- Turn down the lights – Light excites the brain (even TV and computer monitors). Start turning the lights down ½ to 1 hour before bed to get your brain to relax.
- Go to the bathroom –You don't want your bladder waking you up.
- Skip the buzz –Avoid caffeine after dinner.

Try to get into a groove of going to bed and waking up at the same time every day. I know, work and the family just doesn't allow you to get to bed before midnight. Have that etched on your tombstone. Those fit healthy, lean people you see—they get their 8 hours of beauty sleep. Oh yeah, they also work and have families too.

### Trouble Shooting

Below I have included a great article from Men's Health you can use to review many of the key behaviors associated with weight loss.

## 8 Reasons You're Still Fat

### 1. You're Starving

Slashing too many calories, particularly protein calories, pushes the body to conserve calories rather than burn them. It also forces your body to break down muscle tissue to fuel its vital operations. But that muscle is the key to your metabolism, or the speed at which you burn calories. More muscle means a faster metabolism and less body fat.

**Solution:** You do need to cut calories to lose weight. (Cut 500 today by eliminating one can of beer, 30 chips, and one Oreo from your diet.) But you need to make sure you're eating at least 1,400 to 1,800 calories each day to keep your metabolism from shutting down. And never cut protein during a diet. If you're a sedentary 200-pounder, you need about 75 grams of protein (about two chicken breasts) a day for muscle preservation. If you're lifting weights, aim for twice that much. Doing aerobics? Pick a number in between.

### 2. You Inhale Food

If you were a rat, you'd chow down for about 15 minutes, feel full, and stop eating. But you aren't. You probably eat so fast that your stomach hardly has time to alert your brain to tell your mouth to quit chewing before your stomach explodes.

**Solution:** Try this drill during your next meal. On every bite, chew, swallow, put down your fork, and take a sip of water. See how long it takes you to eat. Now, during subsequent meals, take just as long to eat, only without the drill. Another meal-prolonging trick for men with regular dinner partners: Turn off the TV, put down the Daily Racing Form, and actually have a conversation.

### 3. You're Too Refined

Most processed breads and cereals contain little fiber, the calorie-free component of plant foods that fills you up, not out. Plus, foods rich in fiber help control blood glucose and insulin levels.

**Solution:** I never thought I'd say this, but it may be a good idea to cut back on potatoes in any form (especially the fries, fellas). Experts say potatoes raise blood-glucose concentration quickly, as do snack chips, white bread, low-fiber breakfast cereals, and breakfast bars. Whole-grain cereals, nuts, and beans are blame-free, if not calorie-free.

### 4. Your Eyes are Wide Open

Sleep deprivation decreases the odds of shedding blubber and keeping it off. Researchers found that healthy men who snoozed only 4 or 7 hours a night for 6 nights in a row had higher glucose and insulin levels in their blood. This is a terrible state of metabolism for a man who's trying to lose weight, because surplus insulin boosts body-fat storage.

**Solution:** Hit the sack for 8 hours each and every night. And try to hit it for the same 8 hours. That is, establish a regular bedtime and waking hour. Pick the time you have to wake up on most days, and make sure you're in bed at least 8 hours before. Company is optional.

## **5. You Think Fitness Trumps Fatness**

Exercise alone won't make you thin. A recent study of military personnel who increased their exercise during a 3-year period found that they gained weight despite their extra efforts. Why? Food, most likely. They simply ate more than they burned off.

**Solution:** The last thing you want to hear, especially from a female, is that size matters. But trust me on this: Controlling portion size is absolutely essential to weight loss. And the best way to control portion size is to limit how often you eat out. According to the Tufts University Health & Nutrition Letter, a single restaurant meal often could feed an entire family. A pasta dish at an Italian restaurant might include eight 1-cup servings. A rib dish might have a pound of meat—more than five servings. A side of fries might include 70 of the little devils, which is seven servings. And a nut-filled cinnamon bun in a mall food court could total 1,100 calories—more than half the calorie intake on a typical weight-loss diet. Which brings us to our next point...

## **6. You Lack Basic Food-Preparations Skills**

So you took wood shop instead of home ec. I understand—a man needs to master power tools to feel complete. But unless you find a way to make your bird feeder edible, you need to master weight-loss tools, too. A man whose only kitchen skill involves the speed dial to Domino's is condemned to a diet of grease, salt, white bread, and sugar.

**Solution:** Step into the kitchen. (That's the room with the oven, sink, and refrigerator.) Open your freezer. You should see frozen berries and vegetables, which are as good as fresh but last many times longer. Look in your cupboards. You should see some canned vegetables, hearty low-fat soups, dried fruit, and slow-cooking oats. These foods help you lose weight because they're filling but low in calories. Best of all, you don't need much more than a can opener and a microwave to make them edible. (Dishes are optional.) This leaves you more time for your power tools.

## **7. You're Dry**

Have another one, bud. Another tall, ice-cold...glass of water. When you're trying to lose weight, water is your workout partner. You need it to flush the waste products your body makes when it breaks down fat for energy, or when it processes protein. You need it to transport nutrients to your muscles. You need it to help digest food and keep your metabolism clicking along. And water keeps you from overheating during intense exercise on hot days.

## **8. You're Cocky**

I've seen it many times: Guy drops 10 or 20 pounds and starts thinking he's Joe Weight Loss. Next thing you know, he's back to beer and pizza—and his original weight.

**Solution:** Remember that scene in Patton when George C. Scott refuses to pull his troops back, saying he doesn't like to pay twice for the same real estate? Okay, you're Patton, and every 10 pounds of fat you shed is real estate you own outright. Don't give it back. With each 10 pounds you drop, sit down and reassess your diet and exercise program. If you calculated your food intake and exercise volume when you started, run a new set of numbers, based on your new weight and activity level.



Now either go back on the offensive, aiming to conquer the next 10 pounds, or dig in and defend the 10 you've lost. But if you have to take back the pounds you've lost, you've wasted a lot of brave effort.