

START Fitness™

New Year Resolutions



OPERATION DIET DISSECTION™

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“I WAS GOOD TODAY!”

You might think food is “good” or “bad” by the way people speak about it in society. The truth is, food isn’t good or bad; it is a carbohydrate, a protein, and a fat that is used as fuel in the body. It isn’t unusual to hear someone say, “I was good today.” I propose we change the dialogue we have surrounding food and exercise, and get down to the key issues. If eating habits could be broken down into parts, you might find the source of the last nagging 10 pounds. When a balanced diet is coupled with a steady workout regimen (including regular cardiovascular endurance exercise), you will have the opportunity to continue weight loss and keep the weight off.

Mike writes:

I read your articles in *GX* and will be trying some of them. I have to make weight for OCS; I leave in January, PT Test in a month. I’m 10 pounds over and coming off a torn ankle ligament and dislocated shoulder that kept me on the mends since March. I started working out again about a month ago and lost 10 pounds quickly, but the next 10 is a struggle along with getting in good shape and a body I like. I saw the ‘strong to the core’ workout in the latest *GX* and thought I’d go at it.



DIET DISSECTION TIME

In order to determine whether you are on the right track, simply ask yourself the same two questions I asked Mike.

Question One: What do you eat from the time you wake up until the time you go to sleep? Include the time you wake up, the time you go to sleep and your average daily food items. Remember to include daily supplements, liquids and portion sizes if possible.

Mike’s task from me was to make a simple Diet Journal. The following is Mike’s diet in his own words:

- 7:30 a.m.**—Cereal, toast or oatmeal and apple (carbohydrate and fiber).
- 11 a.m.–1p.m.**—Peanut butter and jelly sandwich or turkey sandwich with a little Mayo, lettuce and onion. Chips or cracker chips (fat, carbohydrate and protein).
- 4 p.m.**—Granola bar or pretzels (carbohydrate).
- 7 p.m. and 10p.m.**—Pasta, hamburger helper (97% lean beef), or grilled/broiled meats typically (carbohydrate and protein).

His remarks:

With dinner, I'll usually have 2% milk (carbohydrate), and water the rest of the day. IF I have a soda, I'll have no more than one Coke (carbohydrate). I'm drinking at least 64 oz. water a day.

My feedback for Mike:

Cut out the following while you are trying to lose weight:

- Peanut butter (saturated fat)
- Mayo (saturated fat)
- Chips (saturated fat and carbohydrate)
- Red Meat (fatty protein)
- Coke (carbohydrate)

Add in:

- Vegetables (carbohydrate and fiber)
- Fruit (carbohydrate and fiber)
- Water

Question Two: What do you do for a workout Monday-Sunday?

His remarks:

I work out three times/week for an hour each day, but I want to increase that. I work full-time for the National Guard at our state HQ, and we have a small weight room upstairs we can utilize. These workouts are midday during work; Wednesday is our group workout day.

My suggestions for Mike:

- Workout schedules should directly correlate with eating habits. Additionally, exercise after eating increases calorie burn.
- To keep the weight off, maintain a balanced diet (the input) and workout schedule (the output).
- Eating 4-5 smaller meals per day will increase weight loss.
- Maintaining a steady blood sugar by spacing out small meals throughout the day can accelerate weight loss.
- Increase your cardiovascular activity throughout the week (meaning, add more cardio to your workout schedule).
- Take advantage of more walking opportunities, even if you have to go around the armory. Walk at a brisk speed. Jog if you are able, but don't jog through pain (he was on profile).
- Begin doing cardiovascular endurance training for 20 minutes and then try to gradually increase your time to an average of 45-60 minutes each time.

One week later Mike wrote me back:

I dropped 5 lbs., down to 191 at 10 a.m. on Thursday.

Congratulations, Mike, for losing five pounds in one week! Good luck on losing the other five.

All the best,

WARNING: Always seek the advice and guidance of a qualified health provider with any questions or concerns you may have prior to commencing a fitness program. This article should not be relied on or substituted for professional medical diagnosis or treatment. The exercises presented are for suggestion only. Participate at your own risk. Stop if you feel faint or shortness of breath.

