

# The Biggest Loser Club!

This program can help you achieve your Goal!

## Hello Everyone:

This is the time for all of us to push ourselves, NO excuses... either commit or quit!

Some of the problems we are facing are:

- Getting rid of the bad eating habits, and committing to some form of exercise for at least three days a week. Here are some "Words of Wisdom" regarding what to eat and how to exercise at home or at work:
  - ❖ If it grows out of the ground, or you can pick it off a tree, chances are that it's good for you.
  - ❖ Eliminate the problem. Get rid of temptation foods in your house. Don't even bring them in.
  - ❖ If you don't have measuring cups available, use your fist to figure out correct portions. From chicken breasts to veggies to fruit, just about every portion you'll eat is the size of your fist.
  - ❖ Make dining a pleasant ritual. Sit down and enjoy your food rather than eating on the go.

If you don't have transportation to get to the gym, workout at home!

- 30 minutes a day is good enough if you do it regularly
- Dance, turn on the music and dance for 15 minutes, hard! Take a short break and dance again for 15 minutes... make sure you are elevating your heart beat and sweating a little or a lot too.
- Yard work is great form of exercise, especially in the summer time.
- Walk to the post office, mail box, or wherever you are going, walk, walk, walk...

If you are creative, you don't need to come to the gym. You can have the same results or better at home!

We hope you are still in it... it is very easy to say: I can't do it or I have too much to do. I am too busy or simply blame it on a number of things that have nothing to do with the fact that we can NOT commit to bettering our health and life style...

If you need additional assistance on creating an at home or at work workout plan, or additional help with your diet... contact us, we are here to help and to support you!