

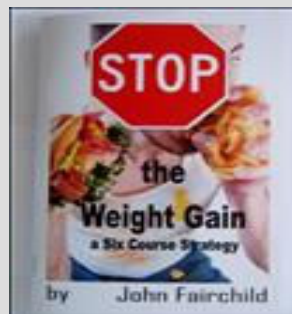


Happy New Year Again

Are you tracking your progress to help maintain that resolution motivation?

Tracking progress has been shown to enhance motivation. Making sure you know where you were and how you are progressing will keep your eye on the prize.

Start with a copy of my new book. 100 pages packed with information on controlling weight.



Limited paperbacks of my **Stop the Weight Gain Book** are here!

*Be one of only 100 to own a copy. To order go to:

<http://www.weightlosscoaching.org/weightlosshomepage.html>

I adjusted the book to make it an easy read and even more affordable.

Feel Good Foods

Add to your intake each week to increase your mood.

Green Tea, Low Fat Dairy, Oily Cold Water Fish, Strawberries, Spinach, Sweet Potatoes, Turkey, and Nuts.

Feature article:

Reading Food Labels

<http://www.weightlosscoaching.org/foodlabels.html>

Food Product Review



Laughing cow light

1 Wedge: 35 calories, 2g fat, 260 - 300mg sodium, 1g carbs, 0g fiber, 1g sugars, 2.5 - 3g protein = 1 Point)



Can't find a way to get in your fruit requirements? Add some sizzle with a carbonated extra. They're cups of grapes, apples or pineapples with no sugar added. At some Wal-Marts and 7-Eleven.

Question of the week

How many Carbohydrates do I need a day?

Answer

Carbohydrates have been given such a bad wrap over the last decade. The fact is your body needs them for immediate energy. Your goal is to get them from fresh fruit, vegetables, beans and whole grains.

Processed foods, which have a high amount of simple carbohydrates, have been overconsumed in the past several decades. This is where a lot of people get their extra "fat storing" calories. Too many calories=too many pounds. These type of carbohydrates are loaded with calories and are nutrient deficient. They don't satisfy the body and they will make you looking for something else to eat soon after consumption.

Carbohydrates, in my opinion, should make up at least 45% of your total calorie count per day. Many government sites recommend 55-65%.

Example. 2000 calorie diet = $2000 \times 45\% = 900$ calories from Carbs

Each Carb has 4 calories per gram. $900 \text{ divided by } 4 = 225 \text{ grams per day}$

Each month you will receive up-to-date information on new food products, exercise and nutrition tips, news articles, and weight loss tools. You will also get tips on how some of my clients changed their lifestyle and overcame barriers with small steps.

Please pass on my website to your friends, co-workers and family members. www.weightlosscoaching.org I put a lot of research time into unveiling true information that will help you stay healthy and control your weight. Thank you for taking time out of your busy day to learn about how you can become a happier and healthier person.