



Timely Information for Personal Success

Avoiding Weight Loss Mistakes

By *Tim Lencki*

With the summer months upon us, many of us are thinking of getting out our swimsuits... *if* only we weren't so fearful of whether it will still fit! The following are some weight-loss tips to avoid so you can fit into your swimsuit in no time.

Mistake #1 — Skipping Breakfast

In all my years as a trainer, this is probably the most common offense. Many think this is a good way to cut calories, however it can lead to insatiable hunger for the rest of the day. Skipping breakfast leads to higher daily calories due to eating a large lunch and uncontrollable snacking at the office. Eat a breakfast higher in protein and fiber. This should reduce hunger throughout the day. Studies show that people who eat breakfast regularly are more likely to maintain a healthy weight.

Mistake #2 — Not Snacking

This ISN'T a license to snack on junk food all day! Certainly, mindless snacking will add to your waistline. However, when done correctly snacks can actually speed up your metabolism. Protein-rich snacks between normal meals will help you curb hunger and lose weight. Nuts are



one good choice. Studies show that people who snack on nuts throughout the day tend to be slimmer.

Mistake #3 — Not Drinking Water

OK, I know you've heard this one before...drink more water! However, did you know that water is essential for burning calories — and if you let yourself get dehydrated you will slow your metabolism? Slower metabolism means slower weight loss. Research indicates that if you drink eight or more glasses of water each day, you will burn more calories. So, be sure to drink a glass of water with every meal and snack.

Mistake #4 — Weighing Yourself Daily

Weighing yourself each day leads

continued on Page 2

Tips to Prevent Falls

Many of us today are not only raising our own children, we're caring for our elderly parents as well. But did you know that people 65 and older are very prone to falls, which can lead to costly and unnecessary hospital stays?

In fact, each year 1 out of 3 adults in this age group falls — and nearly one-third land in the hospital. Moreover, hospitalizations related to falls are expected to cost \$55 billion by 2020!

While someone falls every 18 seconds, there *are* things we can do to beat these odds for elderly parents, and other seniors. The following are a few suggestions:

➤ **Exercise regularly** — Research proves that strength training is the closest thing you'll ever get to the "fountain of youth." Exercise makes you stronger and improves your balance and coordination so you're less likely to fall. Just a few days a week using resistance tubing or participating in a yoga class can make a big difference.

➤ **Review your medications** — Make sure your doctor reviews your medications on a regular

continued on Page 2

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Healthy Recipe: Chicken Caesar Pita

INGREDIENTS:

- 2 boneless skinless chicken breasts (about 4 oz. each)
- 1/3 cup reduced-fat Caesar dressing
- 1/8 teaspoon pepper
- 2 cups coarsely chopped romaine lettuce
- 1/4 cup shredded carrot (1 small carrot)
- 2 tablespoons shredded Parmesan cheese
- 2 whole wheat pita (pocket) breads (6 inch), cut in half to form pockets
- 1 plum tomato, thinly sliced

NUTRITIONAL INFORMATION:

- Calories per serving: 220
- Protein: 18 g.
- Carbohydrates: 22 g.
- Sodium: 480 mg.
- Saturated fat: 2 g.
- Fat: 5 g.
- Fiber: 3 g.

DIRECTIONS:

❶ Set oven to broil. Brush both sides of chicken with 1 tablespoon dressing; sprinkle with pepper. ❷ Place chicken on rack in broiler pan. Broil 4 to 6 inches from heat 12 to 15 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170 degrees Fahrenheit). Cook about 5 minutes. Cut into thin slices. ❸ In medium bowl, toss lettuce, carrot, and cheese with remaining dressing until coated. Fill each pita bread half with tomato and chicken; top with lettuce mixture.

Makes 4 servings.



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continued from Page 1

to frustration. As you may know, our body weight can fluctuate from day to day depending on a variety of factors. If you must jump on the scale, do so weekly. It's better to look at long-term trends than the confusing weight swings you'll encounter by weighing yourself daily. And less frustration adds up to greater motivation and better results.

Mistake #5 — Avoiding Exercise

When you don't exercise, the entire burden of losing weight falls on your diet. When you become more

active, you're able to eat more of the foods you enjoy while maintaining or even losing weight. Find an exercise you enjoy. With summer nearly here, there are an enormous variety of opportunities available. Spend time trying different activities until you find one you enjoy and can do most days of the week. ❖

*Tim Lencki is a strength and conditioning specialist, and author of "Fitness One Day at a Time." Visit his website at www.thefitnesseducator.com.
Editor's note: The advice in this month's Lifestyle Tips articles are those of the author's, and should not be construed as a substitute for medical advice or endorsement of a specific diet. Consult a physician regarding the applicability of recommendations appearing in these articles.*

Tips to Prevent Falls

continued from Page 1

basis. As you age, the way medicines work in your body can change, which can make you sleepy or dizzy — potentially causing you to fall.

➤ **Check your vision** — Have your eyes checked by an optometrist at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that can limit vision. Poor vision can increase the chances of falling.

➤ **Make your home safer** — Approximately half of all falls occur in the home. These ideas should help: 1) Remove clutter and small throw rugs that

someone can trip over — especially items near stairs and in traffic areas where people walk (or keep the rugs and use double-sided tape to keep them from slipping); 2) Use non-slip mats in the bathtub and on shower floors; 3) Improve lighting in the home — poor lighting contributes to many falls; 4) Keep items used often in cabinets that can be reached easily without using a stool; 5) Wear shoes both inside and outside the house. ❖

— Tim Lencki

Did You Know?

Coffee can be good for you! Coffee is linked to short-term increases in metabolism. One study showed that two cups of coffee caused a 145-pound woman to burn 50 extra calories over a four-hour period. HOWEVER, this only applies to *black* coffee. Sugar, cream, etc., adds calories and will cancel the benefit. ❖

— Tim Lencki