

Achieving Healthy Weight Loss
Using Medical Best Practices

24 Small Changes in Your Daily Habits
That Produce Big and Lasting Improvements in
Weight Loss and Health

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What Small Healthy Change Will You Make Today?

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I. Motivation and Approach

Our population is suffering from an epidemic of obesity and the health consequences that come with it. Many struggle to succeed in weight loss and health improvement with traditional diet and exercise programs that are not designed for the way our days unfold and our minds work. We have designed such a program to enable your own success and transform your eating and exercise routine

Here's how...

Millions of people carry extra weight and do not get enough physical activity during the day!

- The fact is that extra weight and inactivity can suck the natural energy and vitality out of life.
- Obesity can be dangerous and even deadly. Researchers have shown that being inactive and overweight can lead to health conditions such as heart disease, diabetes, cancer and depression.
- Traditional diet and exercise programs often fail because they demand too much effort and too much change. They don't fit well into our daily routine.
- The failure is in the design of the weight loss program, not in the person seeking to improve their life.

“The latest data from the National Center for Health Statistics shows that 30 percent of US adults 20 years of age and older—over 60 million people—are obese.”

www.CDC.gov

The good news is... recent scientific results reveal that even small changes in activity and diet produce big outcomes over time.

- This fact makes possible a whole new approach to healthy weight loss- one based on making simple, easy-to-do changes in our daily routine that over time add up to significant health benefits
- This book is designed to put this new science to work for you by offering medically proven, minimum-effort diet and activity changes that fit your daily routine

OUR program achieves healthy weight loss through a set of small changes that take only few minutes each day.

The program is based on medically proven best practices - often ideas we are all very familiar with, but for some reason fail to use.

Here they are stated simply:

1. Eating what we want but controlling portion size and how fast and how frequently we eat
2. Extending the natural walking routines we all have in our day by adding just a little time and extra effort
3. Substituting empty calories and fat for more healthy but still enjoyable and accessible foods
4. Learning to burn more calories while we sit at work or at home

What makes this program different and effective is how you built the practices into your daily routine.

- Instead of large, life-altering changes (start going to the gym four times a week) this program asks you to try one small change at a time; one you can easily fit into your daily routine
- If it sticks, great. If not, there is another technique to try the next day. The goal is to find several small changes that become your routine, *because...*
- Small changes that naturally fit into our daily living are most likely to have lasting impact- they are less threatening, **AND....**
- *Small changes do in fact make a real difference....consider:*

A 5-minute brisk walk in the morning can burn 35 calories, which over a year means a weight loss of nearly 4 pounds!

Can you add 5 minutes of walking to your morning routine?

Work through this book one page at a time and at your own pace

- A page every other day works best for many people
- Make sure you don't wait more than a week between pages
- Once you have completed the book, do it again!

Each page contains a promise, a technique, success stories and a place for you to make notes

- The promise describes what you must do, how much weight you will lose and the collateral health benefits you can expect
- The technique is the “how-to” in simple, no nonsense terms
- Success stories are short one-liners on how others have successfully used the technique to achieve the promise
- The notes section at the bottom of the page gives you an opportunity to think through and write down how you plan on applying the technique to your daily routine- **THIS IS AN ABSOLUTELY CRITICAL STEP**- don't leave a page without making notes on the actions you will take
- There is room enough to make notes for two tries (readings) of each page

Don't worry if the lesson on a particular page does not work for you - if only a handful of practices from the entire book stick you will achieve healthy weight loss!

Good luck! Please visit us on the web at www.ahwl.com to find additional information and share your healthy transformation and success stories!

II. Controlling Portions

Part A: Decreasing Oversized Portions

Portion sizes of what we eat and drink have exploded over the last 15 years. If we consume everything that is put in front of us we will become obese. Being healthy in America today means taking control of portion size.

Here's how...

Wipe away surface fat to avoid heart disease and drop 12 pounds this year!

Why does this work?

The risk of obesity, heart disease and some types of cancer increases with the amount of fat we eat. On average we consume 81 grams of fat daily – that’s over 20% more than our bodies need and about 12 pounds per year of extra weight. You can easily eliminate up to 100 calories from fat and avoid the health risks associated with it by literally wiping off pure fat from many foods.

According to the National Institutes of Health, “To help prevent weight gain, reduce the consumption of foods high in fat.”

How have others been successful?

- I use a paper towel to blot the grease off my hamburgers and pizza. It is amazing how much grease comes right off!
- When ordering, I make sure to avoid, or I scrape off to the side, mayo, high-fat salad dressing, gravy and extra cheeses
- I quickly remove skin or some of the breading from chicken, turkey and tenderloins

1. Minimize high fat extras (cheese, mayo, gravy) on all of your foods
2. Take time to blot the extra grease from meat

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

Enjoy Dessert in moderation to drop pounds and avoid serious health risks!

Why does this work?

Like most foods, desserts have grown in portion size over the past several years. Since they are rich in refined sugars and saturated fats, it's not just a calorie problem, but added health risk for heart disease and diabetes. Choose to control your dessert portion size to lose weight and avoid unhealthy consequences.

According to the National Institutes of Health, twenty years ago a chocolate chip cookie was 55 calories, but now is a full 2 inches bigger and packs 225 calories more.

How have others been successful?

- Desserts in restaurants our huge! To control the portion I split it with a friend.
- When I shop I buy the 100-calorie pack (or individual size) of my favorite cookies
- When we go to the frozen yogurt, ice cream or donut shop, I get what looks good but always get the smallest size

1. At a restaurant split dessert with a friend
2. Buy calorie controlled packs or the smallest size

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

Avoid Portion distortion at dinner and lose 20 pounds this year!

Why does this work?

Portion sizes have exploded over the past several years. Dinner entrees like pizza, spaghetti and stir-fry contain 350 to 500 calories more than they did 20 years ago. Over a year's time, that adds up to well over 20 extra pounds. You can control the portion size in front of you at dinner, cut calories and gain health benefits from a lower weight.

According to Mark Pierce MD, many visitors from foreign countries are shocked by the serving sizes at most American restaurants.

How have others been successful?

- I eat a lot of fast food. Instead of ordering a Big Mac or Whopper, I will get a regular burger or cheese burger
- Dinner portions at many restaurants are gigantic! I order a half or lunch sized portions.
- When we eat at home we use smaller plates and keep the pots of food in the kitchen so it is not easy to get a second helping.

1. When eating out, get the simple burger or ½ portion
2. At home serve smaller portions and keep seconds from the table

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

Smaller-sized sweet drinks mean fewer pounds and a lower risk of Diabetes!

Why does this work?

Portion sizes of sweetened drinks (soda, sports drinks, coffee drinks) have ballooned to the point where having a large mocha coffee drink can be like drinking a Big Mac and small fries. These excess drink calories lead to obesity and increased risk of diabetes. Choose a smaller beverage size to promote weight loss and avoid health risk.

According to the medical journal, *Primary Care*, “the largest size soda at a convenience store chain contains more than 1/3 of the total calories required for a whole day”.

How have others been successful?

- When I buy soda now, I avoid the giant-sized cups and larger bottles and get the 12-ounce size even if I have to buy it from a vending machine. I worry less about saving money and more about healthy weight loss.
- At a drive-thru I order the small size and I politely refuse the free refills at restaurants
- I start my day with a specialty drink from the coffee cart in the lobby where I work. Instead of the tall I now order the short (small size).

1. Always buy the smallest sweet drink that is available in the brand you like
2. Trying drinking flavored water

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

Take 30 minutes for meals and you will eat less and lose weight!

Why does this work?

Small changes in the way you eat can help you feel full and resist reaching for seconds – that means fewer calories. By eating more slowly, over 20-30 minutes, we allow the body to completely process the sense of fullness and satisfaction from a meal and reduce the need to take a bigger portion or reach for a second helping.

According to the National Institutes of Health, eating slower can help you eat less and not feel deprived.

How have others been successful?

- I used to eat lunch over the sink and finish two sandwiches in 5 minutes. Now I sit down and have lunch with a friend and I usually eat just one sandwich.
- Getting up early I eat breakfast alone. Before I would eat as fast as I could. Now I take my time and work through the mail while eating.
- I've always eaten my food fast. I now make a point to sip water and place my utensils on the table between bites.

1. When possible socialize at meals or do small chores
2. Sip water and chew thoroughly between bites

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

You can lose extra pounds this year by drinking less alcohol!

Why does this work?

Alcohol is very high in calories; in fact it's not far off the calories of pure fat. Jumbo serving sizes and drink specials contributed to the 2.2 gallons of alcoholic beverages the average adult of drinking age consumed in 2002, enough for three extra pounds. At home or on the town, cutting the serving sizes of the alcohol helps reduce total calories.

According to Mark Pierce, MD, the best bargain at happy hour could very well be a bad deal for your health and weight loss efforts.

How have others been successful?

- We now order wine by the glass and not the bottle and beer by the glass not the pitcher
- When shopping for alcohol I buy a six pack instead of a case and a pint rather than a liter
- At a restaurant I order a bottle of beer rather than a schooner or economy size drink special

1. Always order the smaller (or smallest) size serving of alcohol

2. Focus on saving calories rather than money

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

Avoid up to 1000 extra calories at lunch and drop 5 pounds this month!

Why does this work?

Restaurant portions have ballooned up to three-fold and large value meal options are a popular choice at the drive-thru. No wonder America is getting heavier when at lunch we consume almost 2/3 of the calories our bodies need for an entire day. Reduce your midday meal portions to cut calories especially from fat for a slimmer, healthier you.

According University of Missouri researchers you can save 1,060 calories and 39 grams of fat by ordering a hamburger, small fries and diet drink instead of the value sized fast food meal.

How have others been successful?

- Every time I go for fast food at lunch I order small fries rather than large.
- At lunch I order half a wrap or sandwich and get a salad or piece of fruit
- When we go out for lunch at work I order what I want but eat only half of everything. I take the rest home for my pets or reheat it for dinner.

1. Downsize at least one item on your lunch menu
2. Don't be afraid to leave food on your plate or take it home for later

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

Turn the clock back 20 years on crunchy snacks and drop 10 pounds!

Why does this work?

In 2002, Americans spent \$6 billion on potato chips alone. Portion sizes of chips, pretzels and popcorn average 93 more calories than they contained 20 years ago, enough to add 10 pounds each year if eaten once a day. Choose healthy portion sizes to reduce total calories for weight loss and avoid the health risks of excess fat.

According to the Baylor College of Medicine, today's "grab bag" portion of chips has about 110 more calories than the regular size bag.

How have others been successful?

- I eat lunch at the company cafeteria nearly every day. I buy the smallest size bag of my favorite snack.
- When I shop I buy large bags of snacks to get the best price and to have plenty on hand for friends. To make sure I eat healthy portions, I serve smaller amounts in bowls.
- I often get snack chips out of the vending machine at work. To control portions, I eat half a bag and save the rest for the next day.

1. Always buy the smallest size of crunchy snacks
2. Move crunchy snacks into a smaller container before eating

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

II. Controlling Portions

Part B: Increase Portions of Healthy Foods

Portion distortion works both ways. Drinks and foods with empty calories and fat have “upsized” while nutritional foods and drinks have been “downsized” or have all together disappeared. Being healthy in America today means taking control of portion size - sometimes that means increasing the portion size of healthy foods

Here’s how...

Invest two minutes (literally) in the morning to lose 11 pounds this year!

Why does this work?

The salty and sweet snacks we eat pack many calories in little serving sizes. Since healthy snack options are often hard to find, take two minutes in the morning to prepare a healthy snack you can eat during the day. You will keep your energy up, avoid overeating at meals and lose ten, up to twenty pounds this year.

According to Mark Pierce, MD, healthy snacks give you an energy boost during the day without packing calories and fat that can ruin your weight loss efforts.

How have others been successful?

- It is hard to find healthy snacks at work in the vending machines. Every morning I cut up an apple and seal it in a baggie.
- When I shop, I always add "health snacks for the week" to my list. My favorites are bananas, baby carrots, low-fat cereal bars and fruit in a cup because they are portable.

1. Prepare a healthy snack in the morning to eat later in the day
2. Snacking on health foods controls your appetite

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

Eat a healthy snack 30 minutes before dinner and lose 2 pounds in a month!

Why does this work?

Filling up on low calorie foods before your meal can help control your appetite for higher calorie items at mealtime. Fruits and vegetables eaten 20 to 30 minutes before your meal, long enough to feel the sense of fullness, can help you be satisfied enough to resist some high calorie choices, enough to easily cut 100 calories from your dinner.

According to Mark Pierce, MD, you can crunch your way full on two cups of baby carrots while you cook dinner at the cost of only 90 calories.

How have others been successful?

- As we are getting ready to leave for the restaurant I eat an apple or some other fresh fruit
- On the evenings we cook at home, I snack while preparing the food. I eat carrots, crackers or other low-calorie foods.
- When eating dinner out, I make sure to fill up on vegetable soup (or other healthful appetizer) and bread.

1. Eat a big health snack before going out to dinner
2. Make sure to finish your pre-dinner snack at least 20 minutes before the meal

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

Avoid meal skipping to lower the risk of becoming (or staying) obese!

Why does this work?

Most people think that eating fewer meals will spark weight loss. Meal-skippers should know that starting the day with a healthy breakfast can help control your appetite in the morning and at lunch and prevent the urge to overeat later in the day. Your risk of becoming obese is actually less if you eat breakfast.

According to the American Heart Association, obesity rates were 35 to 50 percent lower among people who ate breakfast every day compared to those who skipped it.

How have others been successful?

- I did not have time to eat breakfast. Now I enjoy a low fat yogurt with fruit at my desk at work.
- I was never hungry until later in the day. Now I drink a 100% unsweetened fruit or vegetable juice in the morning.

1. Don't skip a meal – build it into other activities if you have to
2. A small breakfast is better than none

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

III. Walk This Way

To achieve and maintain healthy weight loss we need to increase the amount of physical activity in our day.

Fortunately, small increases in the activities we already do are enough to have an impact on our weight and health!

For example, everyday we walk, now we need to just walk a little longer and faster.

Here's how...

Lower stress, think more clearly and lose weight without taking extra time!

Why does this work?

Most of us know walking is good for the body. It stimulates the heart, works our muscles and burns calories. But many believe it also helps the mind. Causing thoughts to flow and ideas to form, walking can be great for stimulating creativity, problem solving, or just plain clearing the head. There is even some evidence that walking may help avoid cognitive decline as we age. If you need to clear your mind and think something through – get in the habit of taking a walk.

As the old Latin proverb says, “It is solved by walking”.

How have others been successful?

- When working on a tough problem with the family we walk around the block and talk until it’s solved
- Before a big meeting or important conversation at work I will walk and rehearse to focus
- At the end of the day, I will often walk around the block at the office to reflect and clear my head before going home

1. Anytime you need to think hard, take a walk
2. Walking and talking is one way to stimulate new ideas

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

Extend your walk to lunch by 10 minutes and lose 5 pounds this year!

Why does this work?

Most of us go somewhere for lunch even if it is just to walk to the kitchen at home or to the cafeteria at work. This is an opportunity to achieve healthy weight loss by building a walk into your daily routine. Extending your walk at lunch by 10 minutes helps your heart, regulates your appetite and relieves the stress many of us have by midday.

According to the *Journal of the American Medical Association*, “Even small increases in physical fitness can make a big difference to a person's health.... Take a 10-minute walk during your lunch break”.

How have others been successful?

- At work, I take a couple of laps around the office building before going to the cafeteria for lunch
- If the weather is good, we walk instead of drive down to the diner for lunch
- I walk around the block before going into the kitchen to make lunch for myself and the kids

1. Extend your walking route to lunch by 10 min
2. If you don't have time, walk faster and add 2 min to your route

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

A 5-minute morning walk means better health and a 3-pound loss in a year!

Why does this work?

You don't need to workout in a gym to achieve healthy weight loss. Just 5 minutes of activity (brisk walking) burns up to 35 calories, stimulates your heart and increases strength and flexibility. Five minutes is not enough for total health but making it a habit is a start and is what this program is about.

According to the American Heart Association, "Scientific evidence supports the notion that even moderate and low-intensity activities, when performed daily, can have long-term health benefits".

How have others been successful?

- I get out of the car and walk once around the parking lot before going inside my office building
- Often I get off the bus a few blocks before my stop for the extra exercise
- When I get to work I take two quick laps around the parking lot and then go in

1. Extend any part of your morning walking routine by 5 minutes
2. Bad weather should not stop you – walk indoors

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

Lose 33% more weight by walking more briskly wherever you go!

Why does this work?

If you are walking briskly, increasing your speed just one mile per hour can mean burning one third more calories! You also accelerate the other health benefits of walking: decreased risk of heart attack, diabetes and certain types of cancer. The idea is to increase workload, burn more energy and build more health.

According to a Washington University medical school study, “33% more calories can be burned walking a given distance just by increasing walking speed from 3.5 to 4.5 mph.”

How have others been successful?

- At home I walk from room to room faster. Sometimes we make it a game with the kids – who can get to the living room first without running.
- Between meetings at work I walk faster than normal. This shows my urgency and purpose.
- We shop daily for fresh produce. I do my “little extra effort” by moving the cart faster up and down the aisles.

1. Anytime you walk, walk a bit faster
2. Take the stairs

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

Take a brisk 20-minute walk after dinner and lose 6 pounds this year!

Why does this work?

It is hard to oversell the health benefits of walking. Some say it is the perfect exercise – proven, free, and low-impact. But walking after dinner is extra smart. It improves digestion and helps us avoid unnecessary evening snacking. Plus we are more likely to do it because we tend to have the most free time just after dinner. The trick is finding a natural point an hour or so after dinner to walk.

As the old proverb says, “After lunch, rest a while. After dinner, walk a mile”.

How have others been successful?

- Almost every evening I take a short walk around the neighborhood with my spouse, children or friends
- I’ve gotten in the habit of taking my after dinner walk 30 minutes before my favorite TV show
- I take a brisk walk twice around the block right after loading the dishwasher in the evening

1. Make walking a social or family event
2. Naturally tie your walk to part of your evening ritual

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

IV. The Substitution Solution

One of the best ways to achieve healthy weight loss is to SWAP foods that are high in fat and calories with those that are not.

The trick is finding healthy substitutes that are just as tasty and convenient as the high-fat and calorie-intensive food and drink they replace.

Here's how...

SWAP vegetables into your diet to lose weight and avoid serious health risks!

Why does this work?

Eating five to nine servings of vegetables daily can lower your risk of heart disease, diabetes and some cancers. Naturally low in calories, they also promote weight loss. Increase your daily servings of vegetables by substituting them for less healthy options to better your health and promote weight loss success.

According to the US Department of Health and Human Services, fewer than 25% of Americans eat the 5 to 9 recommended servings of fruits and vegetables a day.

How have others been successful?

- I drink tomato or V8 juice instead of soda in the afternoon
- When we eat out instead of an appetizer, I order a side salad (low-cal dressing)- loaded with tomato, cucumbers and other fresh veggies
- When cooking at home, I make an extra vegetable and serve it instead of a fried food

1. Substitute empty calories or high fat items for vegetables
2. If needed, use a low-fat butter substitute

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

SWAP your crunchy snack for a healthier alternative and lose 15 pounds this year!

Why does this work?

Many of us enjoy crunching on potato chips, tortilla chips and even corn chips, but the amount of calories, fat and potential cancer causing agents in these foods make them less healthy than alternatives. To lose weight and avoid health risks, substitute these crunchy snacks for healthier ones.

According to Mark Pierce, MD, a daily serving of potato chips adds up to 8 lbs of pure fat ingested annually and 15 lbs of weight gain per year.

How have others been successful?

- When I shop for crunchy snacks now, I pass up the chips I used to buy and get flavored rice cakes and popcorn (no butter)
- At the vending machine at work, I buy a crunchy granola bar rather than corn chips
- At lunch I buy pretzels or baked chips instead of Doritos

1. Substitute your crunchy snack for baked, low-cal and non fat alternatives
2. Experiment until you find satisfying alternatives

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

SWAP your dessert for a lower calorie alternative and lose 15 pounds!

Why does this work?

Most people think controlling calories means the end of sweet treats, but with newer low-calorie sweeteners, you will find dessert choices to satisfy most any tastes. Substituting traditional desserts for ones with low-cal sweeteners can trim calories, enough to lose up to 15 pounds over a year.

According to experts at Harvard Medical School, “in moderation, foods containing artificial sweeteners can satisfy a craving for sweets while limiting the calories consumed.”

How have others been successful?

- When I shop for desserts now, I still buy the cookies, cakes and pies I like but I buy ones that are reduced calorie
- At a restaurant I substitute a regular ice cream dessert for a low-cal ice cream or frozen yogurt
- At home, after a meal, we enjoy a sugar-free gelatin or pudding dessert

1. Substitute your sweet snack for low-cal alternative
2. Experiment until you find satisfying alternatives

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

SWAP afternoon drinks for a low calorie alternative and lose 10 pounds this year!

Why does this work?

Sipping sweetened drinks like soda, coffee drinks, iced tea and sports drinks throughout the afternoon adds tremendously to your total daily caloric intake – typically enough to add 10 lbs each year. Substituting lower calorie options will help you lower your drink calories, lose weight, and avoid increased health risks.

According to the Journal of the American Medical Association, drinking more sugar-sweetened beverages is associated with greater weight gain and an increased risk for type 2 diabetes.

How have others been successful?

- I swapped the three cans of high-calorie soda I drank every afternoon for low-cal lemonade or flavored water
- At work, from the vending machines, I get an all natural fruit juice rather than soda in the afternoon
- I traded the half-and-half and sugar in my afternoon coffee for skim milk and an artificial sweetener

1. Substitute your afternoon sweet drinks for low calorie alternative
2. Be careful to use low cal and non-fat additives

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

SWAP sweet snacks for a healthier choice and lose 5 pounds this year!

Why does this work?

Sweet snack foods (candy bars, snack cakes, pies, etc.) are not only high in calories, but are also the biggest contributor of *trans* (unhealthy) fats in our diet. Substituting more healthy choices for sweet snacks can still satisfy your sweet tooth while reducing calories and heart risk associated with *trans* fats.

According to Mark Pierce, MD, to work off the calories from a single candy bar, you would have to walk for over 1 hour and 10 minutes.

How have others been successful?

- Instead of a candy bar everyday I now eat a chocolate chip granola bar
- I keep reduced calorie cookies in my desk at work to deal with "the snack attack"
- I found many different types of lower calorie snack bars on the market. I buy a different brand every other week.

1. Substitute sweet snacks for low cal/fat alternatives
2. Experiment until you find an alternative that satisfies

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

SWAP your morning drink for a healthier alternative and lose 3 pounds this month!

Why does this work?

We are drinking ourselves fat and don't even know it! For example, some very popular coffees weigh in at 400 calories, enough for an entire meal. With substitution (replacing one drink for another) you can still enjoy your drinks but consume fewer calories and avoid unhealthy consequences of heavy creams and processed sugars.

According to National Health & Nutrition survey, over two-thirds of U.S. adults get more calories each day from soda and/or sweet drinks than from any other food source.

How have others been successful?

- I use to "doctor-up" my coffee with cream and sugar. Now I use non-fat milk and low-calorie sweetener and still enjoy the taste.
- I like my caffeine cold and would drink two cans of Mountain Dew every morning. I've switched to Diet Dew and still get my morning lift.
- I've swapped my morning coffee for tea and a low-calorie fruit juice

1. You can substitute high calorie/fat for low without losing taste
2. Watch what you add to your drinks

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

V. Burn More Calories While You Sit

For most of us, daily activities are made up of lying, sitting, standing and walking. As much as 75% of our day is spent sitting in a chair or on a couch.

A key to healthy weight loss is finding natural ways to burn more calories in our sit-down environment.

Here's how...

Burn calories and avoid posture problems while watching TV!

Why does this work?

A good part of the American day is spent laying or sitting down in front of the TV. We watch TV to relax, have fun, stay informed or just zone out after a long day. With some minor changes, we can still have our TV time and support healthy weight loss. We can also avoid the back and muscle problems associated with sitting too long in one position.

According to UC Berkley School of Public Health study, "On average, Americans spend about 170 minutes a day watching television and movies."

How have others been successful?

- I burn more calories watching TV by sitting up rather than laying down
- During commercials or between shows I get up and pick up after the kids or do some other small chore
- I use a squeeze ball to exercise my hands during evening TV

1. Anytime you watch TV make sure you periodically get up and move
2. Sit or stand rather than lay during viewing

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

Burn more calories during the 70% of your workday spent sitting in a chair!

Why does this work?

In today's workplace we spend most of our time in a chair talking on the phone, in meetings or on the computer. Fortunately, sit time presents an important opportunity for adding more activity into your daily routine. You can change how you get in and out of your office chair or practice simple exercises as you sit in your chair working.

According to researchers at Herman Miller, "today office workers spend about 70 percent of their time sitting in their offices, usually for 45 minutes at a stretch."

How have others been successful?

- I do a little work out in my office chair. I lift each leg, one at a time, off the floor and extend it in front of me. I do at least 5 reps on each leg.
- While sitting I take the opportunity to do simple isometrics by pressing my palms together in front of my chest and slowly increasing the pressure for 30 seconds
- In my office chair, I will periodically hold a folder and fully extend my arms in front of me. I hold the position for about 30 seconds.
- I stand, and when I can pace, while talking on the phone

1. Anytime you sit at work make sure you periodically get up and move

2. Find small ways to add physical activity to sit time

How will you be successful with this TODAY?

Decide now how you can build this into your daily routine. Make notes below.

First try:

Second try:

Keep Going

If this is your first pass through the book, go back to the beginning and work the practices on each page again.

If you have mastered this material you are well on your way to healthy weight loss. It may still be wise to read the book again three or six months down the road to be sure these small new changes are firmly part of your daily routine.

We are very interested to hear about what worked and did not work. We are especially interested to hear about your creative ideas for making small changes in daily habits that produce big and lasting improvements in weight loss and health. Please contact us.

Here's how...

www.ahwl.com

About The Authors

Dr. Mark Pierce is Chief Medical Information Officer at Parkview Health, an eight-hospital health system in Fort Wayne, Indiana. He continues in primary care practice being board-certified in Internal Medicine and in Pediatrics. He completed his residency training at the Baylor College of Medicine in Houston, Texas and at the Methodist Hospital in Indianapolis, IN after receiving his MD from Indiana University. He has successfully started Med-Peds practices in South Bend and in Fort Wayne, Indiana and currently provides outpatient, inpatient, and teaching clinical services.



Dr. Pierce has spoken nationally on topics including knowledge management in healthcare and cognitive design of healthcare IT systems. He is a Fellow of the American Academy of Pediatrics and is currently a member of the American College of Physicians, American College of Physician Executives, the American Medical Director's Society and the American Medical Informatics Association.

Mark K. Clare, M.A. Philosophy, M.S. Physics, Quality Black Belt, has 20 years of experience in knowledge management, technology and business innovation with leading Fortune 500 companies that include 3M and Allstate and a Silicon Valley start-up. He is also active as a researcher, teacher, writer and consultant. Mark Clare is author or co-author of many publications including the book *Knowledge Assets* (Harcourt 2000) and holds a patent with several pending for innovations in the cognitive design of financial products.



Currently, Mr. Clare is Vice President at Parkview Health, an eight-hospital health system in northeastern Indiana. He is also an adjunct professor at the Center for Learning and Organizational Change at Northwestern University where he teaches a course on Cognitive Design in Business.

For More Information

Visit www.ahwl.com to learn more about achieving health weight loss

What Small Healthy Change Will You Make Today?