



Fit Facts

You are what you eat!

TOP 10 THINGS FOOD PROS KEEP IN THEIR KITCHEN:

1. **LOW-FAT YOGURT** For a filling breakfast and snack!
2. **LOW-FAT MILK** To add to high-fiber cereal or oatmeal or to drink!
3. **OLIVE OIL AND BALSAMIC VINEGAR** For sautéing vegetables, cooking lean meat like chicken and fish and drizzling on salad!
4. **NUTS** Planter's has 170-calorie packs to prevent overeating!
5. **FRUIT FOR SNACKING**, such as apples, pears and frozen blueberries, raspberries and strawberries!
6. **SALAD GREENS** Just add dressing and some protein and veggies and you've got lunch!
7. **BABY CARROTS AND HUMMUS** The perfect pre-dinner snack!
8. **WHOLE-GRAIN BREAD** Adds fiber to your sandwich or toast!
9. **TOMATOES IN A CAN OR JAR**, such as marinara sauce, salsa or stewed tomatoes!
10. **FROZEN VEGETABLES**, like green beans, snow peas and bags of mixed vegetables! Cut, clean and ready to cook!

(FITNESS December 2006)



Fit Fun



Click [here](#) for fat-free, low-calorie, REFRESHING summer treat recipe!

Get Fit

**It's FINALLY summer!
Grab a buddy and GET OUTSIDE!!**

BOOST your Metabolism...

The **secret** is to make small changes and incorporate them into your life permanently.

Dropping your caloric intake below 1,000 calories a day on a consistent basis will signal your body that you are in starvation mode, and will slow down your metabolism.

Calories do count, but it's also about how efficiently your body burns those calories.

The **goal** is to get your metabolism into peak operating condition so you will burn the most calories all day long — even while you sleep.

Tip 1 — Determine your daily caloric needs Caloric level is determined by age, sex, height, weight, lean body mass and activity level. Here's a quick formula to give you an idea of your magic number: Multiply your body weight by 11. For example, a 140-pound woman would need to consume 1,540 calories per day to lose weight. If you're very active, you can multiply your weight by 12.

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Tip 2 — Divvy up your meals Five to six small, nutritious meals a day, 200-400 calorie mini-meal every three to four hours.

Tip 3 — Just move! A good goal for many people is to work up to exercising 4-6x/week for 30 to 60 minutes. If you can't do that much, do what you can, just do something!

Tip 4 — Pump iron Muscle burns more calories than fat, and the more muscle you have, the more calories your body will burn, even while you sleep.

Tip 5 — Sleep tight People may continue to feel hungry despite adequate food intake because sleep loss has been shown to affect the secretion of cortisol, a hormone that regulates appetite.



Tip 6 — Eat lean protein and good carbs: Lean protein such as turkey and chicken builds calorie-burning muscle. Good carbs such as whole grains, legumes, veggies and fruit are your body's major fuel source.

Tip 7 — Drink H2O Researchers found that drinking water may increase the rate at which people burn calories. Water also fills you up, curbs your appetite, flushes out your system and rids the body of bloat.



(FitnessGear101.com)

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