

Alix's Healthy Eating Tips

No.6

WEIGHT LOSS TIPS THAT WORK!



Healthy Thanksgiving Recipes

About this Newsletter

Calories Add Up Quickly- Watch What You Eat!

If you are going to exercise, and you want to lose weight, might as well make it count! Check out how quickly the following foods can ruin a good exercise bout and put back the calories you just burned!

Weight - 150 lbs. Activity: Climbing Stairs -544 calories/hour

Assuming a body weight of: 150 lbs., This is equivalent to eating any of the following foods below:

| Quantity | Description | Cals |
|----------|---|------|
| 2.1 | Grande Starbucks Caffe Latte - Made with whole milk | 260 |
| 0.8 | McDonald's Big Mac - With cheese | 704 |
| 6.9 | Glasses of wine (3.5 fl oz) | 79 |
| 2 | Snickers Bar | 273 |
| 2.6 | Cans of Coca-Cola | 207 |
| 18.1 | Carrots | 30 |

Weight Loss Tip#1: Learning how to balance the calories you expend through physical activity with the calories you eat will help you maintain your desired weight.

Weight Loss Tip#2: When you eat more calories

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than you expend (burn) in a day, your body stores the extra calories as fat resulting in weight and fat gain.

Weight Loss Tip#3: When you eat fewer calories than you burn in a day, your body will use the stored fat calories resulting in weight loss.

Weight Loss Tip#4: If the amount of calories you consume are below your body's requirement, you will lose muscle weight, not fat weight.

Weight Loss Tip #5: Any type of physical activity you choose to do--strenuous activities such as running or aerobic dancing or moderate-intensity activities such as walking, yoga, or household work---will increase the number of calories your body uses. The key to successful weight control and improved overall health is making physical activity a part of your daily routine. 30 minutes or more 7 days/week should be your minimal goal if you want to see result and feel better.

Stay healthy until the next nutrition tip!!!

Alix

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