

The Texas 3-Step Jumpstart

Let's set ourselves up for success in 2011. Focus on a few positive changes that you believe are attainable and sustainable. Here are three small steps that can deliver big-time benefits.

STEP ONE . . . Be mindful of your nutritional choices.

- It takes a 3,500 calorie deficit to lose one pound—and it's a lot easier to avoid those calories than it is to work them off. You would have to walk 10 miles a day to lose the same weight as reducing your food intake by 1,000 calories.
- By reducing your portions by only 15 % (as few as 3 or 4 bites) for just one meal, you can save between 100 to 200 calories a day. This can result in more than a 10 pound annual weight loss. (Imagine what you can accomplish if you do this at every meal!)

STEP TWO . . . Look for simple opportunities to put your body in motion.

- Taking the stairs for a total of 2 minutes, five days a week burns 100 to 140 calories, as many as a 20-minute walk.
- Walking only 20 minutes each day will burn off 10 pounds of body fat in one year.

STEP THREE . . . Substitute water for soft drinks.

- A 12 oz. can of sweetened soda contains 150 calories and 10 teaspoons of sugar that do nothing at all to satisfy hunger—and can result in an annual weight gain of 15 pounds.
- One 12-ounce glass of water before each meal will aid food digestion, improve body function and send a fullness signal to your brain—and you'll consume less food.



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