

Congratulations you're 3 weeks healthier. We would love to hear about your progress thus far. Have you lost any weight? Do your clothes fit better? How is your energy level? Email me at gored@katctv.com to let us know how you're doing and what has worked for you thus far.

This week we add in oats. This means oatmeal and anything that contains oats. You will continue to not eat breads, rice, cereals and pasta. You can still have your sweet potatoes. Your nutrition strategy is to increase the amount of fiber you take in each week.

Your training plan will remain the same as Week 3. This week you will work harder and do a little more than you did last week. If you were not able to complete two sets of each exercise last week, push to get through the two sets this week. If you completed all of the workout each day, add in 10 extra minutes of cardio 2 days.

Now is the time for you to review the ABC's of Preventing Heart Disease, Stroke and Heart Attack. Go to www.americanheart.org/presenter.jhtml?identifier=3035374 to get more information on how you can prevent heart disease and stroke.

Remember to go to www.katc.com to subscribe to receive weekly recipes and words of encouragement from Dawn. If you have subscribed to receive weekly recipes and have not received anything, subscribe again to ensure we have the correct information.

In Health,

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Week Four:

Nutrition Strategy: Add in Oatmeal and Increase your Fiber Intake

Recommended 20-30 grams fiber per day with a minimum of 48 grams whole grain per day

FIBER CONTENT OF FOODS

FRUITS: ABOUT 2 GRAMS OF FIBER PER SERVING

| | |
|---------------------|-----------------|
| Apple, 1 small | Orange, 1 small |
| Banana, 1 small | Peach, 1 medium |
| Strawberries, ½ cup | Pear, ½ small |
| Cherries, 10 large | Plums, 2 small |

GRAINS AND CEREALS: ABOUT 2 GRAMS FIBER PER SERVING

| | |
|--------------------------------------|-------------------------------|
| Whole wheat bread, 1 slice | All Bran, 1 Tbsp |
| Rye bread, 1 slice | Cracked wheat, bread, 1 slice |
| Oatmeal, dry, 3 Tbsp | Shredded Wheat, ½ biscuit |
| Wheat bran, 1 tsp. | Grape-Nuts, 3 Tbsp |
| Barley, ½ cup | |
| Quinoa – 3 grams fiber per ¼ cup dry | |

VEGETABLES: ABOUT 2 GRAMS FIBER PER SERVING (COOKED)

| | |
|-------------------------------|------------------------|
| Broccoli, ½ stalk | Lettuce, raw, 2 cups |
| Brussel Sprouts, 4 | Green Beans, ½ cup |
| Carrots, 1/3 cup | Sweet Potato, ½ medium |
| Celery, 1 cup | Tomato, raw, 1 medium |
| Corn on the cob, 2 inch piece | |

LEGUMES: ABOUT 8 GRAMS FIBER PER PORTION

| | |
|------------------------------------|---------------------|
| Garbanzo beans, ½ cup | Kidney Beans, ½ cup |
| Black Beans, ½ cup | |
| Soybeans – 5 grams fiber per ½ cup | |

MISCELLANEOUS: ABOUT 1 GRAM FIBER PER PORTION

| | |
|-------------------------|-------------------------|
| Peanut Butter, 2 ½ tsp. | Pickle, 1 large |
| Peanuts, 10 nuts | Strawberry jam, 5 Tbsp. |
| Walnuts, ¼ cup | |

Week Four:

Training Strategy: Turn it Up

You must check with your doctor before beginning any exercise program. This is especially important if you have a high risk for or have heart disease (high blood pressure, high cholesterol levels, have had a heart attack or stroke, etc), if you have diabetes or if you have any other type of disease or injury that may be aggravated by exercise. This program does not take the place of your physician's advice.

Each week you will add to your current training plan and change things up a bit. Changing your training program periodically helps to keep you motivated and keeps your metabolism on its toes. This week you will continue to get your heart rate up in your target heart rate zone for a minimum of 30 minutes 5 days each week. Remember that you may walk, jog, swim, cycle or do any other type of activity that gets your heart pumping. Two days a week (not on consecutive days) you will complete the following workout:

Complete 12 – 15 repetitions of each exercise.

Push Ups (may be done on knees or toes)

Lower Abdominal Roll

Squats

Step Ups, add a Shoulder Press if you are more advanced

Alternating Lunges

Dips

Side Lunges

Crunches

Complete the above circuit 2-3 times.

You may go to the following youtube video to get instruction on the above workout

<http://www.youtube.com/watch?v=a5dIENhGvaM>. Copy and paste the address to view the video.

Below is a chart to determine your target heart rate zone.

| Target Heart Rate* | | |
|---------------------------|------------------|---------------------|
| Age | Beats/Min | Beats/10 Sec |
| 20-24 | 150-162 | 25-27 |
| 25-34 | 144-156 | 24-26 |
| 35-44 | 138-150 | 23-25 |
| 45-49 | 132-144 | 22-24 |
| 50-54 | 126-138 | 21-23 |
| 55-64 | 120-132 | 20-22 |
| 65-69 | 114-126 | 19-21 |

*Based upon 75% maximum heart rate which is appropriate for most individuals that do not have any medical contraindications to intense physical exercise. It is your responsibility to ensure that your physician approves of you participating in moderate to intense exercise prior to changing or implementing an exercise program.

It is your Responsibility to:

Check your heart rate to ensure you are working at an appropriate intensity

Get medical clearance prior to beginning a new training program.

Week Four:

Success Strategy: Complete the Serenity Worksheet

Making so many changes in your lifestyle can be overwhelming. This is why so many people are not successful with lifestyle improvements. As you progress through the program and continue to realize success, it is imperative that you decrease stress to provide your body with the environment conducive to weight loss. One sure way to decrease stress is to identify those things you can/cannot control. Your Success Strategy is to complete the Serenity Worksheet. This worksheet is designed for you to identify your fears and determine which things you can control and those things that you cannot. If you cannot control a situation that causes you stress, you must let it go and move on. Remember that you are in control of how your day will be and the decisions you make.

Serenity Worksheet

My fears are: _____

_____Example: I fear my daughter getting in a wreck and me not being there to help her.

Those things within my control: _____

_____Example: I can teach my daughter defensive driving and ensure that she has my contact information on her so I may be reached quickly.

Those things out of my control: _____

_____Example: I cannot control the actions of other drivers on the road while she is driving.