

SUCCESS STRATEGY... WEEK 3

Congratulations on making it through the last two weeks. I'm sure you've faced some challenges, but you've made it through. This week we begin adding in the healthier counterparts of the foods we eliminated. We will first add in sweet potatoes; you will continue to not eat breads, rice, cereals and pasta.

As you begin adding in foods, I want you to pay close attention to your energy level and how you feel. Are you bloated after you eat sweet potatoes? Do you have more cravings for sugar foods after adding sweet potatoes to your meal plan? These are two signs that you may be sensitive to that food in which case you may either cut that food out of your meal plan or just cut back on the portions you eat. We add in sweet potatoes first because they are packed with nutrients and they tend to be tolerated very well.

Your training plan will also continue to progress into a more balanced workout including cardiovascular training, resistance and core exercises. Go to the You Gotta Move page at katc.com to view proper technique for each of the exercises.

I'd like you to review your goals worksheet again to ensure that your goals are SMART. I know that you developed them with that in mind, but would like you to review just to ensure that you are on target.

Remember to go to email us at gottamove@katctv.com to subscribe to receive weekly recipes and words of encouragement. Also get your blood work and blood pressure checked if you have not done so already; fax your results to 337-406-1789 to have them evaluated. 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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