

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 gottamove@katctv.com to let us know how you're doing and what has worked for you thus far.

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. Go to this link to learn more about how stress affects your heart and what you can do to decrease the effects of stress on your heart

(http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/StressManagement_UCM_001082_SubHomePage.jsp).

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. Go to www.katc.com to view proper technique for each of the exercises.

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 email us at gottamove@katctv.com to subscribe to receive weekly recipes and words of encouragement from Dawn. 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 by a healthcare professional. If you have subscribed to receive weekly recipes and have not received anything, subscribe again to ensure we have the correct information.