

We're at the halfway point and remain over 150 strong! They have committed, as you have, to make improvements in their lifestyle to decrease their risk for heart disease and stroke.

As you begin to add in more foods you need to learn how to read food labels. Reading food labels can be very tricky because those that market foods have one goal – make money. They know that you are trying to live a healthier life and make better choices when it comes to eating; therefore, they will point out only the positive attributes of their foods. For instance the maker of a 500 calorie bran muffin will only tell you that their muffin provides you with 30% of your daily requirements of fiber; they will not brag about the fact that their muffin contains 100% of your daily allotment of fat. Simply stated – they are not worried about your health; therefore, you must be very savvy and thorough when it comes to choosing healthy food.

This week you will add in cereal; your nutrition strategy is to become more aware of what your favorite foods contain and what they do and don't do for your health. The nutrition strategy handouts contain a worksheet that will help you make sense of the food label.

Your training program will be pushed up quite a bit this week. You will begin to incorporate interval training to maximize your fat burn and change your resistance workout to provide you with more cardio work. View the online video for proper techniques of added resistance moves.

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

Remember to go to www.katc.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. 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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Personally Fit