

The two main causes of obesity are overeating and lack of exercise. This week's nutrition strategy tackles overeating right where it hurts – in the plate. The nutrition strategy this week is to become aware of your portion sizes and to stop eating before you are full. Go to http://www.americanheart.org/downloadable/heart/1206382381352afhg_taking_control_of_portion_sizes.pdf to learn more about portion sizes. The nutrition strategy page contains more information about how to control portion sizes. We are adding in bread this week. Bread is the last of the foods we eliminated. Email me if you have had any problems with adding any of the foods. The training strategy this week is to do something active once a week as a family. Go to <http://www.americanheart.org/presenter.jhtml?identifier=2155> to get more ideas of how to fit fitness into your day. Your training plan will remain the same as last week.

Keep up the good work ladies.

In Health,

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Personally Fit