



Contents

Introduction 3

Your Pound-Melting Plan 5

100 Weight Loss Super Tricks 9

Introduction

The greatest health danger you're up against might be any object: from a couch to a bus.

Our lifestyles, our jobs, our sedentary habits, are just as bad as a diet of French fries. And regardless of what you think, merely walking isn't enough to combat the risks. According to a study published in the *American Journal of Epidemiology*, women who are sitting for more than a few hours every day have a 37% increased risk of sudden death, compared with women who sat for less than 4 hours, regardless of how much they were walking.

Almost everybody is at risk. The regular American citizen sits down for more than 8 hours daily.



"Just like a car that idles so long its engine stalls, your metabolism puts on the brakes when you lead a sedentary lifestyle", said James A. Levine, MD, PhD, a medicine teacher at the Mayo Clinic in Rochester, MN.

In time, long periods of sitting will cause your "good" cholesterol (HDL) to fall and increase your risk of gaining weight, diabetes, heart disease, and many types of cancer.

Your Pound-Melting Plan

Step 1

Calculate Your Calories

Use an activity monitor for one week to find out your activity level and daily calorie burn.

Step 2

Have more Exercise in Your Life

Once you know how many calories you burn daily, try to add 500 to that number for the next month. This will ensure you lose pound every week.



Step 3

Fight Fat with Food

The goal of this program is to choose healthy, and this counts for meal times as well. Try to have a diet made out of veggies and fruits, and to take out the processed meats and sugars.

100 Weight Loss Super Tricks

- 1. Stop using the remote control. If you watch TV, change the channel manually.**
- 2. When cooking, use a cooking spoon instead of the mixer.**
- 3. Take the laundry upstairs for each member of the family.**
- 4. When cleaning the house, put things away in small trips.**
- 5. Buy fresh vegetables and chop them yourself instead of using frozen produce.**
- 6. Buy heavy pans. The heavier, the better.**
- 7. Paint the house or do any other homey activity.**

8. Stand up and walk during your favorite TV shows.

9. Don't yell when in another room. Go over and talk.

10. Stand instead of sitting when putting make-up on.

11. While talking on the phone, walk around the house.

12. Don't use the dishwashing machine.

Wash dishes by hand.

13. Wash the car manually.

14. Put usual everyday objects on high shelves.

15. Leave your cell phone in a remote place, so when you need it, you must go get it.

- 16.** Start a compost pile in your yard.
- 17.** Help your kids tidy up.
- 18.** Organize a wardrobe.
- 19.** Rake the leaves on the porch.
- 20.** Instead of ordering food, take away.
- 21.** Replace baths with showers.
- 22.** Instead of checking the mail from your car, walk over to the mailbox.
- 23.** Take care of a garden or care for indoor plants.
- 24.** Ask the paper boy to leave the paper at the end of the driveway.
- 25.** Wash your dog.
- 26.** Use more audio books as you do your daily activities.

27. Program your TV timer to turn off after an hour, so you can do something more active.

28. Sit on a trampoline instead of the couch.

29. For Christmas, put up more lights.

30. When you shovel the snow off your porch, shovel the neighbor's porch too.

31. Dance while you cook food.



At Work

32. Drink a lot of water - and refill the tanks when necessary.

33. Once every hour, squat over your chair for 20 seconds.

34. The smaller the glass of water on your

desk, the more often you need to refill it.

35. Take every phone call strolling.

36. Take meetings in far away conference rooms.

37. Water the plants around the office.

38. Set your computer alarm to ring every hour, and stand for 5 minutes on every ring.

39. Don't sit while eating. Walk instead.

40. Put some books under your keyboard and monitor.

41. Purchase a pedaling machine for under-desk use.

42. When you are thinking, do it while walking.

43. Clean your office daily.

- 44.** Take a tour around the block every morning and evening.
- 45.** Visit with your neighbors on different floors.
- 46.** Stand while reading the mail.
- 47.** Make sure the shoes you wear are cozy, so you can walk more.
- 48.** Dispose your garbage can. Throw the trash in the main bin.
- 49.** Use the vending machine at a different floor.
- 50.** Replace your desk chair with a stability bouncing ball.
- 51.** While sitting, tap your feet.
- 52.** Put your stapler far away, so that you

have to reach up to get it.

53. Put people on speaker and walk around the office while on the phone.

54. If you're meeting someone for a drink, sit at the bar.

55. Consider buying a treadmill desk.

56. When in a meeting, talk while walking.



Traveling

57. While waiting for your plane, walk around the airport.

58. Avoid the people movers.

59. Stand up while waiting for the train to come.

60. While on a pull-over on a road trip, walk around the parking lot.

61. Use carpooling.

62. If on a bus, get off one stop sooner and walk the rest of the distance.

63. Choose a high floor hotel room and use the stairs.

Running Errands

64. If you don't buy much, forget the cart.

65. Dance while driving.

66. Put your own groceries in the bags yourself.

67. Do several biceps curl-ins each time you pick up your grocery bags.

68. Instead of ordering on the internet, go to the store.

69. Walk rather than drive to the store.

70. While picking up children from school, stand out of the car.

71. When having an appointment, walk outside until the clerk phones you

72. Take a tour around the store before you begin your shopping.



Just For Fun

- 73.** Drink your coffee while walking.
- 74.** Pick your fruits and vegetables yourself.
- 75.** Go for a hike once in a while.
- 76.** Have as much sex as possible.
- 77.** Give your family members massages.
- 78.** Make your own pedicure.
- 79.** Host a party as often as you can, then do the cleaning alone.
- 80.** Go out on more active dates, like bowling instead of the movies.
- 81.** Play Frisbee with your children.
- 82.** Have your book group chat on the move.
- 83.** Play fetch more often with your dog.
- 84.** Build snowmen.

- 85.** Look around the winery instead of just buying the same bottle.
- 86.** Deliver meals or help building a house.
- 87.** Indulge in window-shopping.
- 88.** Visit the museums in your proximity.
- 89.** Take up salsa lessons.
- 90.** Take up ceramics or other art lessons.
- 91.** Practice your favorite sport with your children.
- 92.** When you want to buy new clothes, put on as many pairs as you can.
- 93.** Cut down your own tree for Christmas.
- 94.** Go caroling.
- 95.** When going to sport games, buy standing tickets.

96. Throw a cocktail party without chairs.

97. Go out camping.

98. Go to a concert.

99. Play the Wii with your kids.

100. Play backyard games:

- . Badminton
- . Bag toss
- . Bocce ball
- . Croquet
- . Frisbee



Final Advice

1. Striiv

This device is very useful in detecting calorie

burn per distance, making a very good motivator.

2. BodyMedia Fit Core Armband

This armband monitors the calories you burn with every movement through four unique sensors, records your sleep duration and efficiency, and lets you track progress online.

3. Gruve

This contraption senses the intensity and calorie burn of no exercise activities such as walking to the copier. As you close in on your daily movement goal, a light changes from red to yellow to green. Plus: It vibrates when you've sat too long.