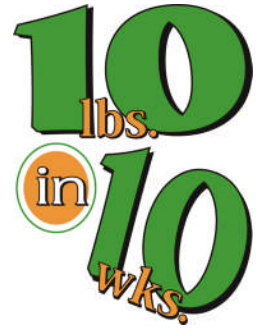


Calorie 101



Any food or beverage that is consumed gives the body calories.

Calories add up over time, and it takes 3,500 calories to make a 1 pound change. If you eat and drink 3,500 more calories than you use, you will

gain 1 pound. On the other hand, if you use 3,500 more calories than you eat and drink you should *lose* 1 pound.

So You Want to Lose Weight:

Nutrition experts agree that a safe weight-loss is approximately 1-2 pounds per week. Quick weight loss of more than 2 pounds per week is almost always regained—often with extra bonus weight! If your goal is to lose 1 pound per week, then you'll need to reduce your calorie intake by 3,500 calories per week. At first this number can seem overwhelming, however, let's do the math. If you divide 3,500 calories by 7 (number of days in the week), the result is 500 calories.

One Pound a Week Weight Loss – The Easy Way!

To lose one pound a week, you need to create a deficit of 500 calories every day. The good news is that a 500 calorie deficit can be created more easily by breaking it down into 250 less calories that go INTO the body *and* 250 more calories that go OUT of the body. So by cutting 250 calories from the diet and by increasing the amount of physical activity that is done by 250 calories, a 500 calorie deficit can be created quite nicely, which over a period of one week should translate into a 1 pound weight loss. **Wouldn't you like to lose 10 pounds in ten weeks?**