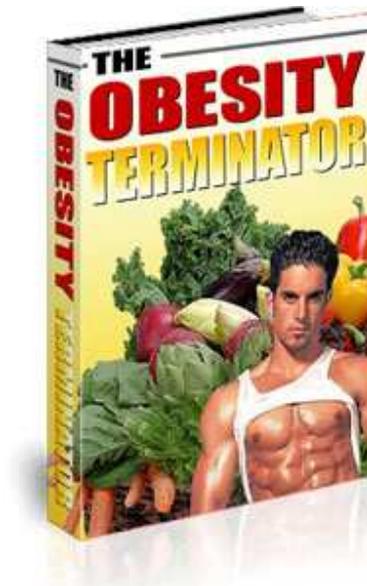


THE OBESITY TERMINATOR

The "PROPER" Guide in Losing Weight and Getting Rid of Excess Body Fats

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INTRODUCTION

In a world where slim, slender, and sexy are the standards of the society, obesity has no place. From television programs, commercials, and product advertisements to magazine features, billboards, and internet pop-ups, you won't be able to find men unpacked with biceps, triceps, and abdominal muscles nor women with vital statistics other than 36-24-36.

How strange society can be! It dictates what is wrong and what is right, what is proper and what is not that if you feel you don't belong to the "in" crowd, how sad and low can you be? People judge other people with no reasonable bases making the discriminated ones feel left out and unwanted.

As sensitive people who belong to such unfriendly societies, we get affected by cold treatments and pathetic stares. But we can't let anybody make us feel inferior to them anytime. We were all created equal. Thus, we deserve to be feeling what they are feeling, to be doing what they are doing, and to be living how they are living in this strange world.

But reality check: how can we feel, do, and live the way other people do if there really is something that hinders us?

I used to be fat myself when I was young. Somehow, I felt inferior and caused me to envy a lot of people. I started wondering, *why can't my crush notice me? Or why can't I join popularity contests?* Is it really because of my physical attributes, particularly my body weight and figure? It's sad to see that my slim friends and classmates got to have whatever they like while I couldn't.

Indeed, it was because I was fat, and they are not. Even though the effects of my disorder was purely psychological and didn't bring any other biological problems, still it was unhappy and unhealthy.

As time passed by, I realized that I don't want to be left out. Instead, I want to be noticed and recognized. I want to feel happy, healthy, and satisfied. Thus, I made an effort to lose weight and get rid of excess fats in my body. Thankfully, with an ounce of willingness, a cup of patience, and a spoon of determination, I was able to achieve what once was only a dream. Such comments like "You look slimmer," or "Have you lost weight? Tell me your secret," was really music to my ears.

I have traveled the path of overweight and unhappiness in a single journey; it wasn't really a smooth ride – a trip not worth remembering. But, on the other hand, without that experience, I wouldn't have been in my position now – happy and contented, the real richness in the world.

Thus, if I can do it, so can you. I don't want any other people to feel what I felt before – unwanted, alone, and taken for granted. Or worse, might even suffer from complications and other illnesses. Being fat, overweight, or obese is unhealthy, both in the mind and in the body. We know it. We've been there, right? Now, come with me to a journey where we can change not only our body size, weight, and figure, but our lives as well. There's nothing more wonderful than being able to do what you want to do or to go where you'd like you go. That is real happiness and contentment. And like me, you too can achieve it.

In a world where slim, slender, and sexy are the standards of the society, obesity has to go. So, let's go terminate it!

Chapter 1

The Proper Definition

Losing weight takes a lot of time, energy, and will to get that perfect weight and figure you've always dreamed of. But before going to the **proper** step-by-step how-to's, let us first warm our minds up on the right information about this weight losing stuffs. What's the real deal, anyway?

Health is Wealth

Being wealthy is neither about acquiring all the riches in the world nor getting whatever you want with just a snap of the fingers. It's more about investing something from an earlier period of your life and being able to continuously use it perfectly until you grow old. No material thing can be such an investment because one day they come, and before you know it, they go. For instance, the money you earn today may be the car you'll be driving tomorrow. But automobiles don't last that long either; sooner or later, their parts will get rusty until they become broken and useless in time. So much for the money you earned from hard work.

The real richness in this world is being happy, contented, and satisfied – being able to do what you want to do, when you want to do it, and like nothing will come your way in accomplishing the things that will make you happy. How can you play with a pet puppy if you can't stay close to it because you are allergic to its fur? How can you enjoy a pint of ice cream if you're not allowed to eat it because you're diabetic? Or what good is a big house that you live in when most of the time of your life you stay in a hospital because of serious illnesses? In

other words, money, riches, and other classy material things are no good at all when you can't be with them, eat them, or simply have them because certain sicknesses forbid you to, isn't it?

What's better is not having any allergy to animal furs even if you can't afford to buy a pet, not being diabetic even if a scoop of ice cream will do for dessert, and staying in your own house even if it's not so big to fit 3 people inside. When you are healthy and in perfect shape, lack, or even absence, of material resources will not matter anymore. As long as you can do whatever you want to do, eat whatever your tongue feels like eating, and go wherever your feet brings you to, you'll never be more contented in your life; thus, making you wealthier than any rich-but-sick people out there.

Healthy People

People who are considered "healthy" are those who are physically and mentally fit. Physical fitness is the ability of the human body to function with vigor and alertness, without undue fatigue, and with ample energy to engage in leisure activities, and to meet physical stresses. Muscular strength, endurance, stamina, and general alertness are the overt signs of being physically fit.

The level of physical fitness can be influenced by regular, systematic exercise and proper nutrition. Moderate activity will maintain the individual at a level that is usually adequate to handle ordinary stress, while right diet affects energy expenditure. Overweight, underweight, and weak individuals have low fitness levels.

On the other hand, mental fitness refers to the psychological state of well-being, characterized by continuing personal growth, a sense of purpose in life, self-acceptance, and positive relations with others.

Unhealthy People

In contrast with the above discussion, people who belong to the “unhealthy” category are the opposite of the healthy ones – unwell either in the body or in the mind, or in both. Physically, they are ill or they show symptoms of ill health. These sicknesses hinder them from performing daily activities properly. They get easily fatigued or stressed resulting to unaccomplished tasks. Absence, lack, or inappropriate exercise and food intake is what makes people physically unfit.

Alternatively, one can also be mentally unhealthy if his psychological state is not well. Manifestations include always being doubtful, worries too much, suffers from inferiority complex, and relates negatively to others.

Rate your Weight

The Normal Way: Height-Weight Relationship

Physical health can be measured through the appropriateness of a person’s weight to his height; where the body weight refers to the measure of one’s heaviness, and the height is the measure of his tallness. For instance, a woman measuring 5 ft high (1.52 m), with a medium body frame should weigh between 103 lbs to 115 lbs (46.72 kg – 52.16 kg) to be considered healthy. Another example: a man standing 5 ft 8 in (1.72 m) tall, with a large body frame

is healthy if he is weighing between 144 lbs – 163 lbs (65.32 kg – 73.94 kg). Otherwise, if their weight is lower than the desired body weight for their height, they are considered underweight, and if, in turn, their weight is higher than the desired body weight for their height, they are said to be overweight. (See Appendix A for the chart of Desirable Weight Ranges).

Body Mass Index (BMI)

Body Mass Index is an accurate indicator of surplus body fat than kilos or pounds. It is a mathematical ratio of height to weight that can be linked with body composition (or body fat percentage) and with indices of health risk. Calculating BMI is as follows:

$$\text{BMI} = \frac{\text{Weight (in kg)}}{\text{Height (in m)}^2} \quad \text{or} \quad \text{BMI} = \frac{\text{Weight (in lbs)} \times 700}{\text{Height (in inches)}^2}$$

For example, the calculation for someone weighing 80 kg (176 lbs) and 1.60 m (63 in) tall is:

$$\text{BMI} = \frac{80}{1.60^2} = 31.2 \quad \text{or} \quad \text{BMI} = \frac{176 \times 700}{63^2} = 31.1$$

People with a BMI of 25.1 to 29.9 are considered overweight, and people with a BMI of 30 or above are considered obese. Thus, from the example above, a person weighing 80 kg and is 1.60 m tall is obese. A high BMI assumes a higher percentage of body fat, which places a person at greater risk for developing chronic diseases and other serious illnesses.

BMI	Weight Category
Under 19	Underweight
20-25	Normal (Healthy)
26-30	Overweight

30 above	Obese
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Table 1.1 Body weight categories according to BMI

However, for some people, the BMI is not a reliable indication of health. A highly muscled individual who is very fit and healthy may have a somewhat heavy body weight because muscles pack on a lot of pounds. This person may have a high BMI that improperly puts him or her in the overweight or obese categories. Likewise, thin individuals who have a low body weight with very little muscle and a higher percentage of fat may have a normal BMI, which would be an incorrect indication of healthiness.

No Affinity for Obesity

Obesity is defined as being 20 percent or more above one's desirable weight range (See appendix A again for reference). It is a medical condition that refers mainly to storage of excess body fat. The human body naturally stores fat tissue under the skin and around organs and joints. Fat is critical for good health because it is a source of energy when the body lacks natural energy necessary to sustain life processes, and it provides insulation and protection for internal organs. But the accumulation of too much fat in the body is associated with a variety of health problems.

Causes

A calorie is the unit used to measure the energy value of food and the energy used by the body to maintain normal functions. When the calories from food intake equal the calories of energy the body uses, weight remains constant. But when more calories are eaten than the body needs, the body stores those

additional calories as fat, causing subsequent weight gain. One pound (1 lb) of fat represents about 3,500 excess calories.

Obesity is partially determined by a person's genetic makeup. If a child inherited the excessive body fat cells of his obese parents, more likely, he will tend to eat more than his body needs; thus, making him an obese too. Copying poor eating habits of parents also affects a child's body weight.

Lifestyles also play a key role in the triggering obesity. Eating big servings of food at restaurants and fast foods more frequently than nutritious home-cooked foods could help adding more calories and fats rather than limiting them. Devoting less time for exercise and other physical activities do not control weight gain. And doing untiring recreational activities such as browsing the internet, video games, movies, and television, plus using laborsaving devices of the modern living, such as personal computers, telephones, and remote controls, promote an inactive lifestyle.

Effects and Possible Complications

Obesity increases the risk of developing disease. Possible complications include:

- Heart disease
- High blood pressure
- Cancer
- Diabetes
- Gallbladder disease
- Breathing problems
- Bloating and stomach upsets

- Varicose veins
- Severe psychological problems

In fact, according to some studies, almost 70 percent of heart disease cases in the United States are linked to excess body fat, and obese people are more than twice as likely to develop high blood pressure. Obese women are at nearly twice the risk for developing breast cancer, and all obese people have an estimated 42 percent higher chance of developing colon cancer. Almost 80 percent of patients with Type 2, or non-insulin-dependent diabetes mellitus are obese. The risk of medical complications, particularly heart disease, increases when body fat is distributed around the waist, especially in the abdomen. This type of upper body fat distribution is more common in men than in women.

The social and psychological problems experienced by obese people are also challenging. Discrimination for “fat” people is most likely to occur in educational institutions, employment, and social relationships. Other psychological effects include stress, nervous tension, boredom, frustration, lack of friends, depression, inferiority complex, and poor self-esteem.

Chapter 2

The Proper Plan

Before taking actions in any problem we encounter, there should always be a plan first. That is, if we want to come up with positive results. You wouldn't want to enter a battle without preparing how to defeat the enemy, would you? Operating a task without planning is like building a house without a blueprint or fighting against a basketball team without a team play with your teammates. How would you expect a good outcome?

Losing weight is not at all different from the above mentioned plan-necessity situations. It also involves taking actions and proper ways that need to be perfectly planned in order to bring satisfying results.

Setting a Goal

Okay, so your weight is 20% above the considered normal for your height. You tend to eat more than 5 regular meals a day. You're certain that you're physically unfit. Now, the question is, what do you want to happen?

Setting a goal is the first step in planning. Know what you want to accomplish. This way, the road you are taking is clear. You can keep track of your journey – whether or not you are going along the right direction. With a goal in mind, you are always motivated to finish a task, or in some cases, to start doing it.

Be Definite

Setting a specific goal, when planning to lose weight, improves your chances of success. Only, be clear and definite with what you want happen. Vague aims such as 'I'd like to be healthier' or 'I need to lose a few kilos,' tend to produce half-hearted efforts and poor results. Instead, state your goal distinctly: 'I want to lose 2-3 kilos this week and every week' or 'I will trim my waist line from 40" down to 32" by the end of the month.' If you need to, write it down and put it where you will always see and read it. This way, you'll always be reminded of what you want and need to accomplish by the end of the month, the week, or even the day.

Be Realistic

In establishing a definite goal, make sure that it is possible and doable – realistic, in simpler terms. How can a goal like 'I'll lose 15 lbs in just a week' happen if even the most accurate weight-loss diet suggests that you can only burn 6-7 lbs in a week? That is, if you follow strictly what the diet recommends. Goals need to be sensible so that it won't be far from coming true. What happens when you set a goal and didn't happen no matter how hard you tried because it wasn't really achievable is that you will only get depressed and disappointed which are some of the psychological causes of obesity. And the problem just goes in circles without really an end to it.

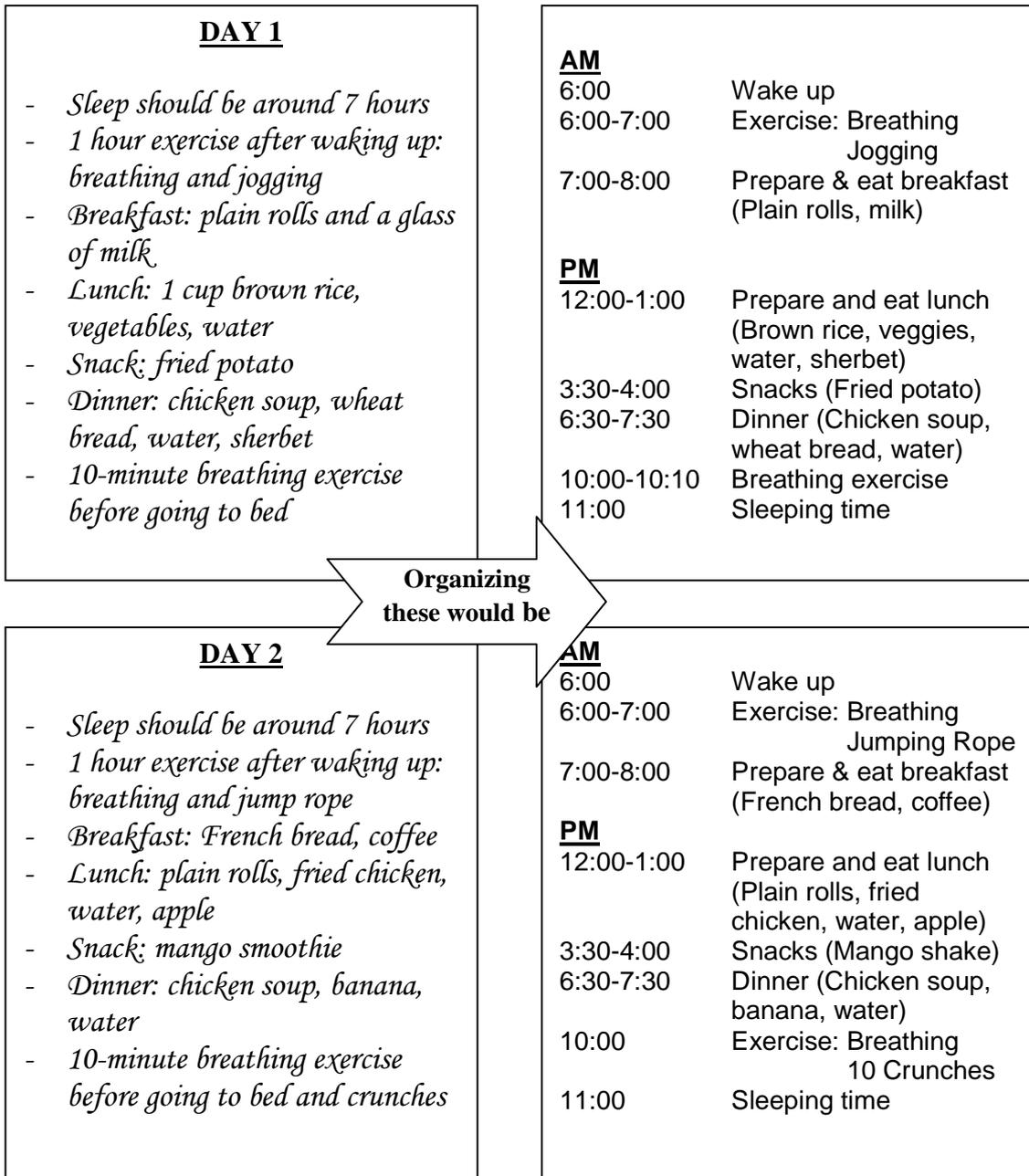
Strategizing

After carefully deliberating a goal of what you want to achieve and keeping it in mind, the next step is planning on how to accomplish it. Planning involves proper scheduling of activities to be done throughout the whole day for a certain period of time including exercises, meals, and sleeping and waking. It comprises of the time these activities should be done, the duration, and in the case of eating meals, the food to be consumed. This way, inappropriate spur-of-the-moments decisions can be avoided.

Proper and effective plan consists of quality time for performing such activities. That is, ample and enough time so as to meet the objectives correctly. For example, sleep should be scheduled to last for around 7 to 8 hours a day so that you'll be able to get enough rest. Lack of sleep may cause improper eating habit the next day.

Again, plans should be relatively realistic. Include only time and activities you know for yourself you can accomplish for a given period of time. Also, as you finished preparing the plan, you might want to write it down since you can't always keep that it mind. Post it in a place where you can always see and read it to remind you what your plans are for the day. Try your best not to skip anything in your scheduled plan so as not to ruin the effectivity of it.

A sound plan for someone to lose weight looks like this:



Plan according to the examples above. Remember that sleeping, exercise, and meals are the most essential elements to include in your daily schedule. Take note of the calorie intakes (through foods) and calorie burning (through

exercises) for efficient results. (See Appendix B for Food Calories and compare it with Appendix C for Calorie-Burning Exercises)

The Role of Positive Thinking

The earlier mentioned goals like “I’ll lose 3 lbs this week,” or “I’ll trim my waist line down to 10 inches” are examples of affirmations. Affirmations are positive thoughts that when truly believed will somehow help in making things happen. Positive thinking produces positive reality by triggering our body to do what it says; thus, providing you with will power. For example, if you truly believed that you will lose 3 lbs this week, your thoughts will command your body to do things this week in order to lose 3 lbs until it really happens.

Affirmations, positive statements about yourself or your intentions, are a deceptively simple aid to achieving a goal. They work by imprinting themselves upon the subconscious mind through regular repetition – saying, reading, or writing them down over and over again. Some people even record their affirmations on audio tapes and listen to them repeatedly to make sure that the thoughts are planted on the mind.

If you truly mean your affirmations and want them to come true, then they will. They do require a little discipline, but their benefits will surely outweigh the time and effort you spent.

Chapter 3

The Proper Diet

For most of us, eating is one of the most satisfying things we do in our everyday lives. As a matter of fact, we have our favorite dishes, favorite drinks, and favorite fast foods which only prove that eating is one of our favorite activities. There's really nothing wrong with that since food, a primary necessity of man, is the one responsible for making us healthy, fit, and flexible to perform everyday tasks.

But improper intake of food might also do us no good. Yes, it makes us, but can also break us. Proper information about healthy eating should always be at hand so that certain illnesses can be prevented, and as for the case of obesity, can be treated through fat burning and weight losing.

Nutrition Information

Nutrition plays a great role in one's health. Before going through the suggested diet for losing weight, let us first take time to familiarize ourselves how healthy eating works. Below is the list and discussion of the different nutrition needed by the body to maintain healthy living.

Carbohydrates

Carbohydrate-rich foods are the primary source of energy needed by the body to perform different chores. Our body breaks down carbohydrates (or carbs) into fuel for use by the cells and muscles – that is why eating a moderate amount of carbohydrates is necessary for most people. There are two types of carbs: sugars and starches. Sugars are simple carbohydrates that can be easily

digested by our body, while starches, on the other hand, are complex carbohydrates that take longer to be digested.

Many carbohydrate-rich foods are loaded with other nutrients. Fruits and vegetables are not only great carbohydrate sources; they're also excellent suppliers of vitamins A and C and many other vitamins and minerals. Most dairy products are also great sources of carbohydrates.

Sugar-rich foods: Cake, soda, candy, jellies, and fruits

Starch-rich foods: Breads, grains, pasta, tortillas, noodles, fruits and vegetables

Other carbohydrates-rich food: Fruits and vegetables, and most dairy products

Protein

Along with carbohydrates, our body needs protein – a nutrient made up of essential and non-essential amino acids – for good health. The human body manufactures 13 non-essential amino acids, which are not available from food. For the body to process protein properly, the foods that we eat must contain the 9 essential amino acids that are available only from dietary sources.

Protein helps to maintain and replace the tissues in the body. It is found in almost every living cell and fluid. Our muscles, organs and many of our hormones are made up of protein. It is also used in the manufacture of hemoglobin, the red blood cells that carry oxygen to our body. Protein is also used to produce antibodies that fight infections and diseases. Both children and adults need plenty of protein to grow and develop.

Proteins are considered either complete protein – which supplies enough essential amino acids – or incomplete proteins – which lacks adequate essential amino acids.

Protein-rich foods: Beef, poultry, lamb; fish and shellfish; dairy products, including cottage cheese, cheese, yogurt and milk; eggs, egg whites or egg substitutes; dry beans, peas, oats and legumes; tofu and soy products; nuts and seeds

Complete protein: Meat, eggs and dairy products

Incomplete protein: Vegetables, beans and other plant products

Vitamins

Vitamins are organic compounds that help maintain normal body functions, such as reproduction, growth and cell repair. Our body cannot produce vitamins, so we need to obtain them from other sources. Most of the vitamins we need come from the food we eat, except for two: vitamin D, which the body acquires when exposed to sunlight, and vitamin K, which is made by the bacteria in our intestines. In addition to their presence in natural foods, vitamins can also be manufactured synthetically. Vitamin supplements may be available in tablet, capsules, or liquid form. These include:

- **Vitamin A** – affects the formation and maintenance of skin, mucus membranes, bones and teeth, vision, and reproduction. Vitamin A is found in milk, butter, cheese, egg yolk, liver, and fish-liver oil.
- **Vitamin B Complex** – are fragile, water-soluble substances, several of which are particularly important to carbohydrate metabolism. It is composed by vitamin B₁ (thiamine), vitamin B₂ (riboflavin), vitamin B₃

(niacin), vitamin B₆ (pyridoxine), vitamin B₁₂ (cobalamin), folic acid, pantothenic acid, and biotin.

- **Vitamin C (Ascorbic acid)** – important in the formation and maintenance of collagen, the protein that supports many body structures and plays a major role in the formation of bones and teeth. Sources of vitamin C include citrus fruits, fresh strawberries, cantaloupe, pineapple, and guava. Good vegetable sources are broccoli, Brussels sprouts, tomatoes, spinach, kale, green peppers, cabbage, and turnips.
- **Vitamin D** – necessary for normal bone formation and for retention of calcium and phosphorus in the body. Also called the sunshine vitamin, vitamin D is obtained from egg yolk, liver, tuna, and vitamin-D fortified milk.
- **Vitamin E** – plays some role in forming red blood cells and muscle and other tissues and in preventing the oxidation of vitamin A and fats. It is found in vegetable oils, wheat germ, liver, and leafy green vegetables.
- **Vitamin K** – necessary mainly for the coagulation of blood. The richest sources of vitamin K are alfalfa and fish livers, which are used in making concentrated preparations of this vitamin. Dietary sources include all leafy green vegetables, egg yolks, soybean oil, and liver.

Minerals

Minerals are small amounts of metallic elements that are vital for the healthy growth of teeth and bones. They also help in cellular activities such as enzyme action, muscle contraction, nerve reaction, and blood clotting. Mineral nutrients are classified as major elements (calcium, chlorine, magnesium, phosphorus, potassium, sodium, and sulfur) and trace elements (chromium, copper, fluoride, iodine, iron, selenium, and zinc).

Fats: To Consume or Not to Consume?

A common misconception in the area of food and nutrition is that fat is always bad. But is it really? We have already mentioned earlier that when more calories are eaten than the body needs, the body stores those additional calories as fat, causing subsequent weight gain. So, that's when fat becomes unwanted, eh?

Fat is the body's major energy storage system. When the energy from the food we eat and drink can't be used by our body, the body turns it into fat for later use. The body uses fat from foods for energy, to cushion organs and bones, and to make hormones and regulate blood pressure. Some fat is also necessary to maintain healthy skin, hair and nails. Thus, one should not eradicate all fat from his diet. But, also, too much fat can lead to many health problems such as heart disease, obesity, diabetes and more.

From above, we can entail that not all fats are created equal. There are the saturated fats – the unhealthy ones – and the unsaturated fats – the good and healthy ones.

Saturated Fat: Unhealthy Ones

Saturated fats, which are generally solid at room temperature, are the least healthy and tend to increase the level of cholesterol in our blood. Foods that contain saturated fat include butter, cheese, margarine, shortening, tropical oils such as coconut and palm oil, and the fats in meat and poultry skin. Consumption of these oils and foods should be limited. Otherwise, they may bring serious health diseases.

Unsaturated Fat: Healthy Ones

Unsaturated fats reduce blood cholesterol when they replace saturated fats in the diet. There are two types of unsaturated fat: monounsaturated fat and polyunsaturated fat. Monounsaturated fats have been shown to raise the level of HDL – the 'good' cholesterol that protects against heart attacks – in the blood, so in moderation they can be part of a healthy diet. This is why they are known as the good fats; although, consumption of these should also be given attention. Olive and canola oils, peanut butter and nuts are particularly high in monounsaturated fats.

Weight Loss Diets

Losing weight means losing body fat. And losing body fat means any of 2 ways: limiting the intake of high-fat foods or consuming fat-burning foods. Either of these ways will not only improve one's metabolism, but it will also allow him more food for his calorie expenditure because fats have more than twice the calories per gram as proteins (which contain 4 calories per gram) and carbohydrates.

Low-Fat Diet

A low-fat diet involves intake of food with little fat calories instead of those with high fat calories. This type of diet is more ideal to prevent someone from being obese. Thus, this is advisable for those who still do not suffer from obesity and want to avoid experiencing it. Most parents refer to this type of diet for their children due to fear that they might grow obese. Below is a diet suggestion for general good health or for dietary treatment. Foods are categorized according to low-fat (allowed to consume) and high-fat (prohibited to consume):

FOODS	ALLOWED (to consume)	PROHIBITED (to consume)
Beverages	Coffee, tea, milk, carbonated beverages	No restrictions
Breads and Cereals	4 or more servings a day of whole-grain or enriched cereals; white, whole wheat, rye, or French bread; plain rolls; saltines; graham crackers; wheat crackers; corn or flour tortillas	Biscuits, cornbread, pancakes, and waffles, unless made with allowed vegetable oils, egg white, and skim milk or buttermilk; doughnuts; commercial coffee cakes; cheese crackers; pretzels
Desserts	Angel food cake; cakes and cookies made with skim milk, oil, and egg whites; fruit (preferred); fruit pie and cobblers; fruit whips; fruit meringues; gelatin desserts; puddings and custards made with skim milk; sherbet; fruit ices	Desserts containing butter or margarine, chocolate, cream, egg yolk (unless from day's allowance), shortening or whole milk (such as ice cream and regular puddings); commercial cakes, cookies, and pastries
Eggs	Egg whites as desired, but limit egg yolks to not more than 3 per week, including those used in cooking; low-cholesterol egg substitute	
	Corn oil; cottonseed oil; safflower oil; soybean oil;	All visible fat on meats; butter; chocolate;

Fats and Oils (use sparingly)	non-hydrogenated vegetable oil margarine; sunflower seed oil; commercial mayonnaise and salad dressings; peanut oil, olive oil	coconut oil; cream; lard; hydrogenated (hardened) fats; margarine; bacon drippings
Fruits	2 servings or more a day	
Meats and Meat Substitutes	5 ounces daily total of lean meat, fish, or poultry (trim all visible fat from meat before cooking); low-fat cottage cheese; sapsago cheese; mozzarella cheese; specially prepared low-cholesterol cheeses; mature shelled beans and peas; peanut butter; barbecue (using only sauce without fat), broil, boil, or roast on a rack so that fat will drip out; nuts (peanuts and walnuts); tripe; beef or veal liver once a month	Liver; duck; goose; sausage; lunch meat; frankfurters; brisket; short ribs; club, porterhouse and T-bone steak; prime rib roasts; cheese (except those allowed); any fish prepared with fats other than allowed oils; cashew nuts
Milk	1½ pints a day of skim milk or buttermilk; cocoa prepared with skim milk	Whole milk; evaporated milk; Bulgarian buttermilk; beverages containing chocolate (cocoa is allowed); ice cream; ice milk; eggs; cream
Potato or Substitutes	White or sweet potato; brown or restored rice; corn; hominy; enriched grits; macaroni or noodles; dried beans and peas	Fried potatoes and potato chips (unless not cooked in oil)
Soups	Meat and chicken soups; fat-free broth and bouillon; soups made with skim milk and allowed vegetable-oil margarine	Any soup made with butter, ordinary margarine or whole milk; most canned soups
	Gumdrops; hard candy; homemade candies	Candies containing fats such as butter, chocolate,

Sweets	made without cream, whole milk, chocolate, or butter; honey; jam; jelly; jelly beans; marshmallows; mints made with allowed ingredients; molasses; syrups; sugar	cocoa, butter, coconut, or cream
Vegetables	2 servings or more of any vegetable. Do not cook vegetables with meat; season with non-hydrogenated vegetable-oil margarine	Any vegetable prepared with butter, ordinary margarine, cream.
Others	Herbs; catsup; mustard; pickles; spices; gravies made from pan drippings skimmed free of fat; popcorn cooked in oil or non-hydrogenated vegetable-oil margarine; olives (use sparingly)	Coconut; buttered popcorn

Fat-Burning Diet

Fat-burning diet is about burning unwanted fat calories that is stored in the body. Certain foods and eating habits can be used to accelerate fat-burning, either directly promoting the meltdown of the body's stored fats, or indirectly by modifying our energy use. These foods include:

- **Protein-Rich Foods** – significantly increase the metabolic rate (the pace at which we use food fuel), creating heat and burning many more calories than carbohydrates or fat

Fat-Burner Protein Foods

Lean Meat: Beef, lamb, veal, venison, rabbit, hare, offal

Poultry: Chicken, turkey, pheasant, grouse, guinea fowl

Fish: Cod, haddock, plaice, sole, coley, whiting, mackerel, trout, salmon

Shellfish: Scallops, shrimp, prawns, lobster, crab, scampi, cockles, mussels, winkles, whelks, abalone

Cheese: Mainly low-fat cottage cheese and low-fat fromage frais. Use reduced-fat versions of hard cheeses, such as Cheddar, in moderation

Eggs

Soya products

- **Negative Calorie Foods** – use up more calories to break down, digest, and assimilate them than they supply. Eating mainly negative calorie foods is said to reduce weight three times faster than fasting and to reduce body weight by an average of 0.5 kg (1 lb) a day.

Negative-Calorie Foods

Vegetables: Asparagus, aubergine (eggplant), beetroot, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celeriac, celery, chicory, Chinese cabbage (pak choi, bok choi), cress, dandelion leaves, endive, fennel, globe artichokes, green beans, leeks, lettuce, mangetouts (snow peas), mooli (daikon or Japanese radish), mushrooms, okra (ladies' fingers), onions, radishes, seaweed, spinach, squash, swede, tomatoes, turnips
hazelnuts, macademias, peanuts, pine nuts, pistachios, walnuts

Fruits: Apples, apricots, bananas, blackberries, blackcurrants, blueberries, boysenberries, cherries, clementines, cranberries, damsons, figs, gooseberries, grapefruit, grapes, greengages, guavas, kiwi fruit, kumquat, loquat, lychees, mandarins, mangos, medlars, melons, mulberries, nectarines, oranges, papaya, peaches, pears, persimmons, pineaapple, plums, pomegranate, prickly pear, raspberries, redcurrants, satmusas, star fruit, strawberries, whitecurrants

Nuts: Almonds, Barcelona nuts, Brazil nuts, chestnuts, coconuts, filberts

Low-GI Carbohydrate Foods

Breads: Multigrain breads (white and brown), heavy fruit breads

Grains and Breakfast Cereals: Brown rice, wild rice, other whole grains, tabbouleh, pearl barley, whole wheat pasta, oats, porridge, unsweetened muesli, high-fiber wheat bran cereal

Vegetables: Sweet potato, okra mushrooms, legumes (peas, beans), broccoli, artichokes, aubergines

Fruits: Apples, pears, oranges, mandarins, grapefruit, bananas

Other: Honey, jam, Soya milk and its products

Chapter 4

The Proper Exercises

It is an accepted fact that exercise is an important part of any successful weight loss plan. Every muscle you have can burn calories, so the more you work them, the more calories you burn. So, don't just depend on dieting. Move that body and do some exercises to achieve that weight you have always dreamed about.

Deep Breathing

Although deep breathing alone can not eradicate those excess fats hanging by your belly or legs, it will make you calmer, stress free and will give you increased energy to use throughout the day.

When to do it

Do deep breathing exercises upon waking in the morning, before going to sleep at night, and at least once during the day.

How to do it

Stand easily, or lie down if you happen to be on bed – whatever's more comfortable and convenient for you. Take a deep breath **slowly** over a count of 5 seconds. Fill your lungs with fresh air as full as possible. Hold your breath for 20 seconds or for as long as you can without straining yourself, and then breathe out again very slowly to a count of 10. Repeat a total of 15 times.

Walking

Walking is great exercise to lose weight. Moreover, it does not require any expertise or equipment and you can do it free anytime you feel like it. However, to be beneficial, you should do it regularly.

When to do it

Make walking a daily habit or at least 3-5 times a week depending on your schedule.

How to do it

Before you start walking, do some warm up stretching exercises. Stretch only as far as you feel comfortable so as not to make any fractures. Start with a modest goal, like 15 to 20 minutes at a leisurely pace. Gradually extend the duration and the speed. Walk up one or two gentle slopes. Your walk should be comprised of three segments: warm-up, exercise pace and cool-down.

Doing it Right

- Walk with your chin up and your shoulders held slightly back.
- The heel of your foot should touch the ground first. Roll your weight forward.
- Swing your arms as you walk.
- To avoid stiff or sore muscles or joints, start gradually. Over several weeks, begin walking faster, going further, and walking for longer periods of time.
- Walk on soft ground.

- Quench yourself – drink 8-10 ounces of water for every 20 minutes of the activity.

Significance

The more you walk, the better you will feel. Plus, walking also uses more calories; thus, burning more fats. Its benefits include giving you more energy, making you feel good, helping you to relax, reducing stress, helping you sleep better, toning your muscles, helping control your appetite, and increasing the number of calories your body uses.

To lose weight, it's more important to walk for time than speed. Walking at a moderate pace yields longer workouts with less soreness – leading to more miles and more calories spent on a regular basis.

Aerobic Exercises

The word *aerobic* literally means "with oxygen" or "in the presence of oxygen." Aerobic exercise is any activity that uses large muscle groups, can be maintained continuously for a long period of time and is rhythmic in nature.

Aerobic exercises utilize oxygen as the major fuel for sustaining activity for relatively long periods. In general, aerobic exercises are those activities that require large muscle work, elevate the heart rate to between 60 percent and 80 percent of maximal heart rate, are continuous in nature, and are of 15 to 60 minutes in duration. An aerobically fit individual can work longer, more vigorously and achieve a quicker recovery at the end of the aerobic session.

Types of Aerobic Exercises

Aerobic exercises fall in two categories:

- a. **Low- to Moderate-Impact Exercises** – These include walking, swimming, stair climbing, step classes, rowing, and cross-country skiing. Nearly anyone in reasonable health can engage in some low- to moderate-impact exercise. Brisk walking burns as many calories as jogging for the same distance and poses less risk for injury to muscle and bone.
- b. **High-Impact Exercises** – Activities that belong to this group include running, dance exercise, tennis, racquetball, and squash. High-impact exercises should be performed only every alternate day. People who are overweight, elderly, out of condition, or have an injury or other medical problem should do them even less frequently.

Some Aerobic Exercises

1. Walking

Walking is a popular form of exercise because it requires little in terms of equipment or facilities. Walking an extra 20 minutes each day will burn off 7 pounds of body fat per year. Longer, moderately-paced daily walks are best for losing weight.

2. Jogging/Running

In jogging or running, an individual is able to cover greater distances in a shorter period of time. Therefore, greater numbers of calories can be burned.

3. Choreographed Aerobic Exercise

Choreographed aerobic dance is a very popular form of exercise throughout the world. Aerobic dance helps in toning up the muscles of the body.

4. Step Aerobics

Step aerobics incorporates the use of a step or bench typically about one foot wide and three feet long and about six inches high. Instructors use many moves that require participants to step up and down from the platform. This way, the activity will not be boring and tiring, but will be lively and motivating.

5. Water Aerobics

Water aerobics incorporates a variety of movements from both swimming and land aerobics to develop vigorous routines that are aerobic in nature. It utilizes the resistance to movement that water creates to elevate heart rates. It helps in losing weight.

6. Swimming

Swimming is a very popular form of regular exercise. Due to the resistance of water, the amount of energy required to swim a certain distance

is greater than that needed to run or walk the same distance. In other words, swimming burns more calories than running.

7. Stationary Cycling/Bicycling

Stationary cycling or bicycling is excellent forms of aerobic exercise when done continuously. Like swimming, cycling is a non weight bearing activity that builds muscular endurance and strength and improved flexibility of selected muscles of the legs and thighs.

8. Jumping Rope

Jumping rope can be a great aerobic workout as long as it is performed at a slow to moderate pace and is done continuously for a relatively long period of time (15 minutes).

The key to effective weight loss is through use of a healthy exercise program which is performed on a regular basis while following a healthy dieting & nutritional plan. Aerobic exercise is good for weight loss because it uses more calories than other activities and helps raise your metabolic rate which helps your body burn calories at a faster rate. It is an effective way to lose fat only if you are motivated enough to workout frequently. Aerobics only burn fat during the workout so if you want encouraging results you need to be able to exercise daily and for longer periods.

Cardiovascular Exercises

Cardio exercise is one of the best ways to burn a lot of calories while losing extra body fat and giving your metabolism a big boost. Cardio exercises are those that raise your heart rate to 65-90% of your maximum heart rate.

Cardiovascular fitness is considered to be the most important area of physical fitness. Cardiovascular fitness is based on maximizing oxygen intake. This is best achieved through physical activity involving large muscle groups over prolonged period of time. These activities are rhythmic and aerobic in nature such as walking, running, hiking, stair climbing, swimming, cycling, rowing, dancing, skating, cross country skiing, rope jumping, and many more.

When to do it

The best time to do cardio exercises for maximum fat loss is right away in the morning before you eat anything. After you've been asleep for 6-8 hours, the level of sugar (glucose) in your blood is very low and your body will use stored fat as an alternative energy source.

Significance

- Increases calorie and fat burn
- Weight Loss
- Reduces the risk of heart disease
- Increased lung capacity
- Reduced blood pressure
- Prevents diabetes

- Increase metabolism (see BMR)
- Strengthens the cardiovascular system
- Strengthens the immune system
- Lowers stress levels

Weight Training

Some authorities claim that this is the best fat-burning exercise on the grounds since the metabolism continues to burn at an increased rate for 24 hours after a 60-minute workout. However, weight training leads to development of greater lean muscle mass with its ability to utilize calories more efficiently.

It also firms and tones the figure, while combating any muscular wastage that can result from prolonged dieting and, together with aerobic exercise or increased daily activity, helps to boost the body's metabolism when the calorie intake is reduced.

Weight training is usually done at your local gym since they have complete equipment. Plus, there are programs where you can enroll with an instructor to guide you with the right exercises, number of repetitions, and duration of each activity. In such places, they will monitor your weight loss and guarantee your safety. On the other hand, if you can afford to buy the right equipments for weight training and work out, then you could do the activity right inside your house. It is more convenient and you can exercise whenever you want.

Exercise Tools and Equipments

These exercise tools and equipments are related to weight training and work out since they can not be done without these things, unlike the previous 4 exercises which need only your body, energy, and presence of mind. Advanced exercising machines include electronic devices that measure your weight before and after you do the exercise, the amount of calories you burned, time elapsed, and other useful information.

Treadmill

A treadmill is an exercising device consisting of an endless belt on which a person can walk or jog without changing place .It is supported by a sturdy deck propelled either by an electric motor or by the use. It generally has some shock absorption system, usually rubber cushioning, to minimize stress on your joints.

Using a treadmill will speed up your metabolic rate and allow your body to absorb and utilize a greater quantity of nutrients that you consume. It will also stabilize your insulin levels and blood sugar as well as increase your energy level.

Using a treadmill in losing weight, you need to exercise on a daily basis. A treadmill helps you burn more calories by increasing your exercise frequency. It gives you a LOT of workout versatility. You can start with a slow walk and then speed it up as your body gets into better shape. By using the large muscles of the legs, a treadmill helps you burn major fat calories.

Elliptical Trainer

Elliptical trainers are exercise machines, which combine the natural stride of a treadmill and the simplicity of a stair climber. On an Elliptical trainer, you stand comfortably in an upright position while holding onto the machine's handrails and striding in either a forward or reverse motion.

The elliptical trainer burns more calories than either the treadmill or the exercise bike. With an elliptical cross trainer, you get the benefits of weight bearing exercises such as jogging without the wear and tear on your joints. It provides a great cardio workout that pumps your heart to the max without the strain and stress on your joints. It uses all of the muscles of the lower leg. Therefore, you will strengthen and build your lower legs. This is an ideal workout for those exercisers out there who are overweight but do not want to jog.

Exercise Bikes

There are two types of exercise bikes you can use, upright bikes and recumbent bikes. Upright bikes simulate the action of a real bike except you do not go anywhere. Recumbent bikes on the other hand, have bucket seats which have the pedals out in front of you.

Exercise bikes are great for cardiovascular fitness and toning or building your thighs. The recumbent bikes are especially good for toning your butt. Being stationary, you can enjoy your favorite magazine or TV program while working out.

For overweight people, the recumbent bike offers bucket seats which can be more comfortable than traditional uprights. This type of bike is more

ergonomically correct than a traditional upright exercise bike and an effective way to improve aerobic capacity, as well as burn fat. Plus, it offers more back support and may be a little more comfortable to those people with lower back pain.

Rowers

There are two types of rowing machines. A hydraulic machine uses a piston to provide the resistance. With a cable-driven machine, your pull spins a flywheel which produces a smooth action similar to rowing on water. The smoothness of the flywheel creates little strain on the back. If handles are not adjusted properly for height differences, hydraulic rowers can create back strain.

Rowing machines provide a whole-body aerobic workout: arms, shoulders, back, abdomen, legs, heart and lungs. It also builds muscle strength and endurance in addition to the aerobic benefits. It improves your whole cardiovascular system with a low impact workout. Other benefits include improved flexibility and muscle strengthening in the arms, abdomen, and back. On the other hand, its disadvantage includes not causing the pounding on the legs and knees that running does.

Steppers

Steppers are available as simple step-bench or as computerized stair steppers. It tones the buttocks, thighs and hips. These are those areas that have a tendency to "balloon" from too many calories and not enough exercise. Stair stepper work outs are calorie burners that rank as one of the best cardiovascular exercises for people of all ages and fitness levels.

Chapter 5

The Proper Lifestyle: Maintaining it Properly

How you live also affects gaining and losing weight. You can't expect to lose weight no matter how long you exercise daily if you keep on eating chocolates, or you behave like a couch-potato in front of the TV set for almost half a day everyday. If your lifestyle is like this, a change is needed. Let us kick those unhealthy habits and start getting rid of fats.

Below are some tips that help in losing weight and burning calories and fats. These simple things that are usually taken for granted will really help you achieve your goal if given complete attention. Making these a habit and part of your everyday life will surely make you realize that you should have done those things earlier, and you might have not gained those stubborn fats.

- Drink at least 8 glasses of water everyday. This way, dehydration, which reduces metabolic rate by 2-3%, is avoided. Water itself helps cut down on water retention because it acts as a diuretic. Before meals water can dull the appetite.
- Eat breakfast. Some in-a-hurry-people tend to forget eating early in the morning and just eat more during lunch. Eating breakfast raises metabolic rate by between 10 and 25%.
- Avoid crash-dieting. This lowers metabolic rate and deprives you of essential nutrients.

- Spread your fat over the course of a day. When you are obese, a lot of fat eaten all at once can sharpen the appetite for further fat.
- Stretch your meals to, at least, 20 minutes or longer. Your stomach, mouth and brain are all connected and it takes 20 minutes of chewing before your stomach signals your brain that you are full. To feel full and successfully lose weight on any weight loss program, you need to eat slowly for 20 minutes or longer.
- Drink tea and coffee regularly. It increases metabolic rate and fat burning.
- Eat those spicy foods you enjoy. They increase your metabolic rate by 25%.
- Don't weigh yourself too often. Use the tape measure and the fit of your clothes to monitor weight loss progress. Your weight fluctuates constantly and you can weigh more at night than you did in the morning.
- Eat a light carbohydrate snack 30 minutes before a meal it will fill you up quicker so you eat less.
- Keep plenty of crunchy foods like raw vegetables and air-popped fat-free popcorn on hand. They're high in fibre, satisfying and filling.
- Weight loss is easier with a friend. Caring people can help motivate each other succeed.
- Avoid finger foods that are easy to eat in large amounts.
- Avoid consuming large quantities of fattening liquids, which are so easy to overdo.

- Consume nuts only in small portions, as they are composed of up to 50% fat and have a high calorie count
- Make the kitchen off-limits at any time other than mealtime.
- Always eat at the table, never in front of the TV set or with the radio on. You won't be able to monitor your eating habit when you're enjoying something else.
- Don't gulp. Savor each bite and concentrate on chewing every mouthful slowly.
- If you're a late-night eater, eat high fibre carbs such as a slice of brown bread or wholemeal cracker biscuit before bedtime to cut down on cravings.
- If tempted by a treat, you could eat half then give the rest away.
- Drink hot water with lemon.
- Eat hot meals rather than cold. Your metabolism speeds up very slightly when you eat and again, if the food is hot.
- Don't eat anything for the last three or four hours of your day. Once you've had dinner, be done for the night.
- Don't eat anything unnecessary. You don't need "all the fixings".
- Learn to control yourself at social affairs. Don't use them as an excuse to pig out. Be strong.
- Serve yourself normal portions of food. Three ounces of meat or a half cup of rice are plenty in one meal.

- Don't nibble on things throughout the day. Some tidbits contain hundreds of calories.
- Use a smaller plate than usual for dinner. You'll feel like you ate more than you actually did.
- Don't work while eating. Separate all of your activities from your meals, so you can concentrate on what and how much you're eating.
- Don't eat a single bite while preparing meals. Chew gum, if it helps.
- Never get seconds. Make a habit of stopping after one plate of food.
- Put leftovers away immediately to avoid further grazing.
- Read labels carefully. Some low fat items are very high in calories.
- To slow yourself down, eat with the opposite hand you usually eat with.
- Craving chocolate? Eat a banana. It sometimes satisfies the yearning for chocolate and is much less fattening.
- Chew sugarless gum. It speeds up the digestive system, burning more calories, and sometimes kills a craving.
- Grab something to drink. Sometimes, cravings for food are really thirst in disguise.
- Exercise – even in school! Take advantage of the gym and PE classes in school. Participate in any sports.
- Spend at least 10 minutes per day exercising in your room.

- If possible, walk places instead of riding a car. You can even enjoy the scenic spots you will see as you walk.
- Use stairs instead of elevators if it's just a matter of 3-4 storeys.
- Limit your TV time to 2 hours or less per day.
- Eat first before strolling at the mall. This way, calories will start burning and at the same time, you won't be tempted to order another burger or french fries.
- Don't shop when you're hungry. You'll only buy more fattening food.
- Substitute activity for eating junk food. When the cravings hit, walk around the block, do some housework, read, or just do anything just that will take your mind off those old habits.
- Do at least thirty minutes of cardiovascular exercise, five days a week. This will condition you to burn fat more efficiently.
- Wear a pedometer and see that you take 1,000 steps every day.
- If you have a sit-down job, get up every hour and walk around for five minutes or so.
- Dedicate two hours a week to weight training, concentrating on the larger muscles. Every other day is optimal.
- The more positive your self-esteem, the better you feel about yourself, the faster and easier it will be for you to lose weight. When you are self-confident, you are better able to take charge of your life. It also means that after you lose weight, it will be gone permanently.

- Negative emotions will also interfere with your weight loss program. It's difficult to stay motivated to lose weight when you feel bad. Overeating often accompanies negative emotions such as depression, anxiety, fear, guilt and anger.

Thus, if you really want to lose weight and burn all the excess body fats away – to be physically fit and healthy – you have to deal with it properly. Proper plan, attitude, diet, exercise, and lifestyle comprise the proper way to achieve your goals. Success is not attained overnight so you have to really exert not just an effort, but also patience and determination, if you want to get thinner and slimmer.

SUMMARY

The real richness in life, more than money and property, is living a healthy life – without concerns that certain illnesses might attack us. Unlike material things that come and go, our health is something that we can invest while we are still young and use until we grow old. Thus, we should take good care of it and never take it for granted.

Our weight is one basis of measuring if we are healthy or not – whether we belong to the category underweight, normal, overweight, or obese. There are two ways of knowing where we belong: through the common height-weight relationship and through our body mass index (BMI). Either way, one has to know if he is healthy or not in order to make certain adjustments, or worse, treatments.

Obesity, defines as being 20 percent or more above one's desirable weight range, is a serious illness that should not be left untreated so as no to bring serious complications too. According to studies, obesity may be caused by genetic factors, i.e. if any of the family members, especially the parents, suffers from such sickness, the children will most likely inherit it from them, or simply improper eating habits and/or lifestyle. Effects of obesity include both psychological and biological aspects like heart diseases, cancer, diabetes, and much more. Thus, if obesity can't be terminated immediately, who knows what could happen next? Ending of one's life is not impossible, you know.

Luckily, it's not yet too late. Obesity, indeed, can be cured...and even prevented. All it takes is a "proper" way of dealing with it, plus patience, determination, and will. And before you know it, your weight might have decreased by 20 pounds or your waistline have been trimmed down by 10 inches. Isn't that cool? Not to mention, healthy!

The proper way? The proper way is actually just your everyday living and habits only done properly. First, you got to have a proper plan. This includes setting a goal of what you want to happen and accomplish in a certain period of time. It should be definite and realistic. Strategizing in an organized manner is a part of the plan. Time and duration of activities to be done throughout the day or week should be taken note and remembered. Positive thinking and right attitude towards weight loss are also important in making plans work. Believing in something to happen triggers the body to do things that could make your hopes and dreams come true. Thus, although plans are still on the mind and not yet turning into reality, they are a good help in starting to make things happen.

Eating is the habit most associated with body weight and obesity. Everyone eats...but not everyone does it properly. Proper diet should contain all food nutrients such as carbohydrates, proteins, vitamins, and minerals, making your meal healthy and nutritious. In contrast to what most people believe, all fats are not bad for our body. In fact, there are good ones, the unsaturated fats in which their intake should not be limited. The unhealthy fats are those that belong to the saturated group of fats.

Since obesity is related to heavier weight and excess body fats, weight loss with regards to food intake involves either one of the two ways: eating low-fat foods, or consuming fat-burner foods. The former diet is about substituting low-fat foods with those with high fat contents, while the latter refers to simply eating foods that burn excess fats in the body. Any of the said diets will surely help you lose weight and get rid of those stubborn body fats.

Losing weight is not dependent on right diet alone. To speed it up and burn more calories faster, one should engage on proper exercises and these include deep breathing, walking, aerobic exercises, cardiovascular exercises, and weight training. Also, there are exercise machines and tools that can help lose weight such as treadmill, exercise bikes, steppers, and many more.

Lastly, one should also check and watch his lifestyle if he really wants to cure his illness and eventually, maintain it correctly. Proper lifestyle, although composed of simple and little everyday things, will really affect a lot in reducing weight. Thus, one should not take his habits for granted even those that are as trivial as eating in front of the TV or when's the best time to go shopping.

CONCLUSION

So you think you're ready to lose weight and burn fats? To motivate you more, actually, it's not just your heavy weight and your stubborn body fats that you can eliminate with these proper guidelines; but also a really dangerous illness that may be fatal – obesity.

Obesity is a killer. It does not do any good...only harm to innocent people like you and me. It's worse than criminals that try to attack us. Bad people can be seen and known in the surroundings. They can always be avoided and fight against when encountered. There are powerful authorities that ostracize them when caught, and give enough punishment according to how badly they behaved. But obesity is far different from lawbreakers. Although both may slay us, obesity kills without the victim knowing it. When it gets complicated and serious, there can be no escape.

Obesity poisons both our body and mind. For the former, it's weapon is an overload of fats targetting essential body parts and organs; thus, bringing serious complications like heart diseases, cancer, stomach problems, and a lot more. As for the latter, negative thinking is what it uses, making the victim feel inferior and underrated among other people around him.

Terrible, isn't it? So before it becomes too late, before it attacks us and bring us down to our last breath, why don't we counter its assault? Let us be the ones who terminate obesity first before it kills us. There's nothing and nobody else that can help us completely but ourselves.

Perhaps that is the reason why the world has no place for obesity – because it kills. Well then, show the world that you can terminate what they have been rejecting all the while. Let them notice you, see you, and recognize you the way you really should be. ☺

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APPENDIX A Desirable Weight Ranges

Males		Females	
HEIGHT	WEIGHT	HEIGHT	WEIGHT
5'4"	117 - 163	5'0"	96 - 138
5'5"	120 - 167	5'1"	99 - 141
5'6"	124 - 173	5'2"	102 - 144
5'7"	128 - 178	5'3"	105 - 149
5'8"	132 - 183	5'4"	108 - 152
5'9"	136 - 187	5'5"	111 - 156
5'10"	140 - 193	5'6"	114 - 161
5'11"	144 - 198	5'7"	118 - 165
6'0"	148 - 204	5'8"	122 - 169
6'1"	152 - 209	5'9"	126 - 174
6'2"	156 - 215	5'10"	130 - 179
6'3"	160 - 220	5'11"	134 - 185
6'4"	169 - 231	6'0"	138 - 190

APPENDIX B Food Calorie Table

Calorie Table for Breakfast Cereal Food	Calorie Content
Corn Flakes, Kelloggs	(45 g) 167
Rice Krispies, Kelloggs	(45 g) 171
Corn flakes, regular	(1 cup) 110
Calorie Table for Bread and Bakery	Calorie Content
Biscuit (15 g)	74
White Bread (1 slice/ 37 g)	84
Danish Pastry	287
Doughnut (49 g)	140
Hot Cross Bun (70 g)	205
Calorie Table for Eggs and Dairy	Calorie Content
Butter (10 g)	74
Cheese, Cheddar (40 g)	172
Eggs, whole (extra large/58 g)	86
Egg, white (large)	16
Egg, yolk (large)	59
Buffalo milk (1 cup)	17 g
Calories in milk, semi skimmed (200ml)	96
Calorie Table for Fruits	Calorie Content
Apple (112g)	53
Banana (150g)	143
Grapes (50g)	30
Melon (1oz/28g)	7
Orange (160g)	59
Pear (170g)	68
Strawberries (1oz/28g)	7
Calorie Table for Vegetables	Calorie Content
Carrots (60 g)	13
Peas (60 g)	32
Salad (100 g)	19
Broccoli (4 oz)	15
Cabbage, raw (1 cup)	25
Cauliflower, raw (1 cup)	30
Onions (4 oz)	40
Mushrooms (1 cup)	18
Potato, Sweet, (4 oz)	80

Potatoes, baked (4 oz)	104
Potatoes, boiled (4 oz)	80
Radishes (4 oz)	15
Spinach (1 cup)	10
Tomato (medium)	20
Calorie Table for Meat and Chicken	Calorie Content
Bacon (1 Rasher/ 25 g)	64
Chicken Breast (200 g)	342
Beef, gravy (83 ml)	45
Ham, 1 slice (30 g)	35
Kebab (168 g)	429
Calorie Table for Chocolates and Sweets	Calorie Content
Chocolate (100 g)	530
Chocolate Ice Cream (50 g)	159
Mars Bar (65g)	294
Popcorn (100 g)	405
Low calorie sweetener (1 tsp/ 1 g)	4
Chewing Gum, Wrigley's (1 piece)	10
Calorie Table for Drinks	Calorie Content
Coffee (1 cup/220 ml)	15.4
Can of Coke (330 ml)	139
Orange Juice (1 glass/200 ml)	88
Tea (1 mug/ 270 ml)	29
Chocolate shake (generic) (10 oz)	360
Calorie table for Fast Food	Calorie Content
Big Mac (215 g)	492
Kentucky fried chicken (67 g)	195
Hamburger (108 g)	254
Pizza (½ pizza/135 g)	263
McDonald's French Fries (small)	210

APPENDIX C
Calories Burned During Exercises
(and other activities)

ACTIVITY	CALORIES/HOUR
Bowling	250
Cleaning Windows	350
Cycling	400
Dancing	300
Football	450
Gardening	250
General Housework	190
Golf	250
Horse Riding	450
Ironing	250
Jogging	500
Mowing the Lawn	400
Running	900
Scrubbing Floors	275
Skiing	500
Swimming	500
Walking	250