

DINNING OUT & WEIGHT CONTROL

Made Easy Through Mindful Eating

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It is common for people to have a hard time eating in a healthy manner when they are frequently dining out. The key to helping in this challenge is what I call MINDFUL EATING. In short, it is simply paying attention to what is going into your mouth. Not done in an obsessive or radical way, just using good judgment and commonsense. Let's face it, a great body is not prepared in the kitchen.

Herein are my tried-and-tested suggestions that I can promise will help anyone keep their healthy eating goals in-check while dining out and, if followed as a habit, will allow you to maintain your desired weight or even lose weight if that is a goal. Follow my MINDFUL EATING routine, both on the road and at home, and a two-pound-a-week weight loss is virtually guaranteed.

The basics are:

- a. If possible, look at the restaurant menu on-line and chose your meal ahead of time, this way you know how to avoid the diet killers.
- b. Portion control is everything, here is a good guide;
Serving of meat, about the size of a deck of cards.
Serving of salad, the size of your hands cupped together.
Salad dressing, two Tbs., (Stay away from creamy dressings.)
Serving of fruit/veggies, the size of a tennis ball.
Potato, the size of a baseball.
- c. Alcohol; we love our cocktails but they are filled with calories. A 6 oz. glass of wine, 160 cal., margarita, 550 cal. Have one drink and then if the occasion dictates another, just have soda and lime.
- d. Desert, use the three-bite rule; share it, take three bites and be done.

Never hesitate to ask a waiter to do substitutions and there is nothing wrong with just mixing a couple of appetizers as your entre. Never be fooled by the sneaky menu words like "heart healthy," or "low fat." Use your good judgment and control the portions. After a while you will be amazed how it becomes a habit and your clothes will start fitting differently.

Calorie intake is really important to keep in mind if you want to fight the battle of the bulge. The average adult burns about 2,200 calories a day. A pound of fat requires 3,500 calories. So the math is quite simple. If you want to lose weight a 1500-1600 daily calorie intake is suggested. If you want to maintain your weight obviously you try to stay in the 2,200 calorie range. Daily exercise and activity will play a part in this, of course.

EXERCISES WHILE TRAVELING

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Twenty Minutes Each Day Is All It Takes!

DAY ONE

50 Jumping Jacks
20 Squat Jumps
40 Alternating Lunges
25 Wall Push-Ups
30 Mountain Climbers
50 Crunches
60-Second, Plank
30 Jumping Jacks
25 Knee-Highs
30 Pulsing Squats
30 One-Arm Wall Push-Ups
30-Second, Up/Down Plank

DAY THREE

One Minute Plank
One Minute Wall Sit
50 Calf-Raises
40 Squats
20 Push-Ups
15 Triceps-Dips
One-Minute, Bicycle Crunches

DAY FIVE

80 Sit-Ups
70 Air Squats
60 Mountain Climbers
50 Burpees
40 Jump Squats
30 Alternating Lunges
20 Hand-Release Push-Ups
10 Burpees

DAY TWO

Ea. Exercise One to Two Min.
Complete 3 times
High Knee
Pulsing Squats
Burpees
Push-Ups
Mountain Climbers
Dips
Squat-Jumps
Lunges With Front-Kick
Plank

DAY FOUR

Repeat 2-3 Times
60 Second Wall-Sit
30 Bicycle Crunches
40 Jumping Jacks
30 Walking Lunges
20 Push-Ups
60-Second, Plank
20 Burpees
20 Plie Squats
20 Front Shoulder Raises
60-Second, Superman