



Getting In Shape Maxims

- Eat less; move more
- Consistency is key
- Focus on food portion control
- You can always do more than you've done
- Doing something is better than doing nothing
- Do the next right thing



Pointers For Getting In Shape

See your doctor for an annual physical examination. Get your doctor's advice before beginning an exercise program

Plan for all four necessary components of fitness: nutrition, aerobic, resistance, flexibility

Begin your workout plan at a lower pace and intensity than you are able. Gradually increase to avoid early burnout.

Make getting enough sleep a priority. Sleep deprived people eat more to maintain energy levels.

Stay motivated by keeping a log of your work. When it feels like you're making little progress, you can look at your log and see the gains you've made.

Partner with a Get-In-Shape buddy to help motivate and support

Keep a food intake diary for one week to better understand your habits and patterns. Make six columns: the time, the food, the amount, how many minutes it took to eat, where it was eaten, and the reason it was eaten. Write down every bite that goes into your mouth. After a week, you can see which habits you need to change and where you can make adjustments.

Basic nutritional advice:

- Eat unprocessed foods
- Fill up with vegetables
- Use red meat as a side dish, not a main course
- Substitute fruit for sugary desserts

Plan your meals and schedule your daily workouts

Plan your eating and food for when you travel

Drink more water – especially before meals

Eat slower. Give your stomach a chance to register that you've eaten enough and that you're full.

Be very aware of portion size. Consciously take about half what you normally take. Use smaller plates and bowls at home. When eating out, take half the meal home in a doggie bag.

Eat breakfast. Breakfast “jump-starts” your metabolism and prevents starvation-eating the rest of the day.

Eat more often. Eating every three hours means you will not get hungry and over-eat. Shift the bulk of your calorie consumption to earlier in the day, in more equal amounts.

If you need extra motivation, subscribe to fitness magazines such as Runner’s World, Men’s Health or Muscle and Fitness. Join a gym or hire a personal trainer. Get a workout partner and schedule your workouts as important appointments that you cannot miss.



Resources

Serving Size Card – National Heart, Lung and Blood Institute

<http://hp2010.nhlbihin.net/portion/servingcard7.pdf>

Google Maps-pedometer

<http://www.gmap-pedometer.com/>

Getting Back In Shape By Bob Anderson, Bill Pearl, Ed Burke, and Jeff Galloway

http://www.shelterpub.com/fitness/getting_in_shape/gis_book.html

New Food Pyramid

<http://mypyramid.gov/>

Microsoft Tools For Getting In Shape: logs, charts, diaries, journals

<http://office.microsoft.com/en-us/help/HA011988131033.aspx>

MSN Diet & Fitness

<http://health.msn.com/diet-and-fitness.aspx>

Getting In Shape: Links to Government Sites on Health and Fitness

<http://www.libsci.sc.edu/bob/class/clis734/webguides/GettingInShape.htm>

General Health and Wellness

<http://www.realage.com/homepage.aspx>

US Army: Tips On Training for the Army Physical Fitness Test

<http://www.physicallytrained.com/>

Excel Sports Officials

<https://www.eofficials.com/pages/index.aspx> (registration and membership fee required for access to Fitness and Nutrition and Personalized Conditioning)