

We are not “dieting” – we are changing our habits

1. Don't drink your calories. Occasionally beer or soda is ok, but frequent or large volumes adds to your calorie burden without providing nutrition = weight gain
2. Limit red meats and bad fats. Try to consume these two meals per week only.
3. Limit meats to one meal per day. And try to make it fish or chicken most of the time.
4. Eat vegetables and fruits 2 out of 3 meals per day. Vegetables are low in calories but large in volume = weight loss
5. Limit portion sizes to what fits in your balled fist.

Exercise

1. Minimal exercise is 20min/day for 3 days/week
2. Recommended is 30min/day for 4 or more days/week
3. Get access to a pool if you have painful joints, this takes weight off of them
4. It is hard at first and expect pain at the beginning, your body is not used to it
5. After getting into a rhythm, you will start *wanting* to exercise. Your body was made by God to be active. Inactivity ruins it.