

EXPEDIET™

"Learning To Use Your Resources"

Edition 01/01/2005

By: William Winters

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INTRODUCTION

There is an almost overwhelming abundance of misinformation about the best way to lose weight. The way to deal with this problem is to ignore the hype, find a safe and healthy diet that makes good common sense, and stay with the plan for life. While this might not seem like any great revelation, it's amazing how many dieters beat their heads against the wall struggling to lose weight, hoping that "this time" the results will be different. My friend, if this describes your experience with dieting, you are following the wrong plan and need to consider a different approach.

USING YOUR RESOURCES

Reality Check

The first step in overcoming a weight problem is to recognize it. Sometimes, difficult situations happen. Sometimes our good intentions and our best efforts just don't seem to make any difference. Life may be hard and we may not like it, but the first step forward is admitting there is a problem that needs to be worked out.

If you have been dieting and not been able to keep the weight off, this doesn't mean you should just checkout, nor does it mean that you have failed. Try to be objective in recognizing your problem, and get curious about why your plans haven't worked. Always face the truth and be ready to take corrective action whenever and wherever necessary! Take a step back, consult with an expert, talk with your diet support partners, brainstorm and consider a new approach.

Finding and Following an Effective Strategy for Losing Weight

There's a thin line between achieving our goals and a lack-luster, run-of-the-mill performance. The difference is often found in the "little things" rather than more obvious influences like education, intelligence, or wealth. In my opinion, the most important factor in successful weight management is finding and following an effective and efficient strategy.

If you have not achieved your desired weight, have dieted on several different occasions and now feel stuck in an endless cycle of yo-yo dieting, it's time to consider the **ExpeDIET™** plan! Get started today and **MAKE EVERY DAY COUNT!**

<http://www.teris-health-shop.com/weightlosswarriors.htm>

Any new strategy should include a written set of clearly defined and realistic goals. Carefully selected and well thought-out goals can be a path to achievement, fulfillment and satisfaction. So, how should you proceed in establishing your goals? Just follow these simple guidelines:

- Set goals that are weight loss specific. Don't "ramble" about too many things that are unimportant or unrelated to the task. It is very easy to want too much, too quickly, so try to stay focused by selecting a smaller number of the specific goals you want to accomplish.
- Define exactly how much weight you are going to lose, and the time frame for losing it. The **WEIGHT LOSS WARRIORS™** personalized Dietary Assessment is a great place to start for finding out more about your caloric intake and expenditure. Sign-up for our highly acclaimed, free newsletter **Winning with WLW**, and receive the Dietary Assessment as an added bonus.
- Include as one of your goals that you will create a network of support for losing weight. Support groups work because they create an environment where we are supported and encouraged to succeed every step of the way. If you haven't already done so, be sure to find a **WEIGHT LOSS WARRIORS™** Diet Partner.
- Make sure to share your goals with your support network. When your support partners know and understand your goals, it will be easier for them to help. Establishing "accountability" with your partners will provide incentive for you to stay on-track and empower you to achieve your goals and to do so with greater enthusiasm.
- Don't get so caught-up in your goals that you feel guilty if they are missed. There will be times when extenuating circumstances cause minor setbacks. Take a deep breath, re-evaluate your goals and priorities, and

then knuckle down and continue to move forward. Remember to enjoy life each day don't let your goals get in the way. Live each day to the fullest and be thankful for life's many blessings.

- After your goals have been set, pause occasionally and look around. The idea is to make sure that you haven't missed the forest, because your vision has been focused on the trees. Are your expectations realistic? Do you really want/need to lose the weight that you envisioned? Are there any other priorities in your life that are more important? It is very easy to become fixated on our goals, and in doing so, miss out on some great opportunities. So try not to be overly determined or ambitious as you forge ahead.
- Don't let your goals become excuses for not doing other things that are (or should be) a priority in your life, i.e. don't be spending time at the gym if you should be spending time with your loved ones instead.
- Set realistic goals, keeping in-mind that "wishes" are not realistic goals. And don't just write something down because it "sounds" good. You must believe in, and be committed to losing weight if this is going to become a meaningful goal. Spend some time thinking about whether your goals are sincere and if this is the appropriate time to start on a weight loss program. There may be other obstacles in your life at the present time needing more consideration.
- Set your weight loss goals to be a series of small steps rather than giant leaps. You will be much more likely to succeed in your long range objectives by doing this. Abrupt changes in our lifestyle and daily routine are upsetting and usually fail to produce lasting results. When your routine has been completely disrupted the brain wants to return to the old, more familiar (and comfortable) way of doing things. It's just part of human nature!

- And finally, re-affirm your goals every morning so they are clearly etched in your mind as you begin each new day.

Once your goals are clearly established then it's time to get started. Be persistent, and never give up! You have defined the necessary steps for your success and the rest is just a matter of setting your priorities and following through on your plan.

As you embark on your weight loss mission remember that you are investing in something with lasting benefits...a healthier life and more productive future.

Think "Energy Balance"

If we are ever going to dispel the myths and misconceptions that have collected around the subject of weight control, we need to understand its fundamental cause. Let's take a quick look at what causes our weight to change and how we can control it.

From a scientific standpoint, our weight is simply a function of how much energy we put into our body vs. how much energy we use. The food we eat measured in calories is the energy source we put into our bodies. Our metabolic functions and physical activity account for most of the energy we use.

If the total calories we eat are greater than the number of calories we burn, we gain weight. If the opposite is true, we lose weight. If, over a period of time, the calories in the food you eat exceed the calories you burn by 3500, you'll put on about one pound. Conversely, if you reduce your food intake so that you burn 3500 calories more than you eat you'll lose about a pound.

Note: From a strictly "technical" standpoint, the last paragraph contains essentially everything there is to know about weight control. There are other

important influences on our weight to be sure, but they are useless unless you first understand the body's energy balance.

Once the energy balance fact is understood, the reality of weight control can be reduced to simple mathematics! Assume you're an average male (5'11" with medium build) you will burn about 2200 calories a day. As long as you eat about that much every day, your weight will stay the same.

But, suppose you add an extra 250 calories every day for a total of an extra 1750 calories per week ($250 \times 7 = 1750$). The weekly surplus of 1750 calories equals half the calories in a pound of fat ($3500/2 = 1750$). As the weeks go by, you'll find you're gaining about two pounds per month or about 24 pounds a year. But consider the flip side of this calculation. By simply eating 250 calories less every day for a year, you can subtract 24 pounds from your weight.

The beauty of our **ExpeDIET™** plan is that it allows you to precisely control your caloric intake. If you happen to slip-up on your plan you can simply make a correction in your meal for the following day. Controlling your diet and losing weight doesn't get any more practical or easy than this! Get started today and **MAKE EVERY DAY COUNT!**

<http://www.teris-health-shop.com/weightlosswarriors.htm>

While everyone knows that physical activity is a good thing if you are trying to lose weight, not everyone understands why. Regular exercise increases the metabolism a little (the calories you burn at rest), but more importantly, the exercise itself burns calories.

Allocating the time to do regular exercise is not always easy. If you are like most of us, you can barely find time for all the things you *must* do, not to mention the ones you'd *like* to get around to. But, even if you are able to spend only a modest amount of time exercising, it will be worth it. As little as 45 minutes of active exercise 3 times each week adds up to about 1125 calories per

week or nearly one-half pound of fat. That's a whopping 24 pounds in one year!

Exercise plays an essential role in maintaining your health and should not be overlooked. Our **ExpeDIET™** plan discusses the importance of exercise and offers a variety of fun alternatives.

Stop Beating Yourself-Up!

I have a confession to make! I have a "sweet tooth" which is most easily triggered by my love of chocolate chip cookies. Not just any cookies mind you, but my wife's freshly baked, home made, hot out of the oven cookies! When the urge strikes, it's not uncommon for me to eat my way through the entire cookie jar. I don't like it, I don't completely understand it, but here are a few suggestions for dealing with situations like this.

When feeding frenzies of this sort strike, the most important consideration is your attitude about them, from both an emotional and practical level. Feelings of guilt are usually non-productive and oftentimes work to defeat weight loss goals and aspirations.

Try the following to deal with your food cravings and emotional eating...

- If the food isn't available, you can't eat it! Empty that cookie jar and keep a healthy selection of foods on-hand instead.
- Recognize the feelings and emotions that lead-up to food cravings. Do you have food cravings when you're bored, lonely, or stressed? If you can identify a trigger, you can deal with the emotion that's making you desire a certain food. Try to deal with the triggers in the best way you can. Sometimes, even recognizing that a feeding frenzy is about to happen doesn't seem to help. Don't beat yourself-up. There is always tomorrow. Contact your diet support partner, make good use of your support

network, and share your feelings with someone who cares.

- Get enough sleep. When you're tired, you're more likely to crave things. Don't give-up. When you "slip", press-in, bear-down, get a grip, do whatever is necessary to re-gain control. Try to practice restraint most of the time, but don't get legalistic and un-balanced in your weight loss approach. Think moderation and not abstinence at all times!
- Understand that self-control and discipline don't cut it! If you depend totally on yourself for control, you will fail. Forming caring and supportive relationships is not an option, it is a requirement. If you do not currently have a support network, start building one TODAY.
- Exercise. It increases feel-good endorphins that cut down on your cravings. Try to get at least 45 minutes of physical activity three times each week.
- Use moderation. Instead of stuffing yourself with food in hopes that your craving will go away, eat a smaller portion of the food you crave.
- Substitute with low-fat foods and complex carbs. If you're hungry for chocolate, eat non-fat chocolate yogurt. Try fig bars or raisins for a sweet craving.
- Never skip a meal. Eat every three to five hours. Try following one of our **ExpeDIET™** meal plans with 3 main meals and 3 snacks every day.
- Understand that hunger craving are oftentimes stress related. Practice other ways to treat chronic stress. Walking in the park, spiritual connections, a cozy fireplace, baths...all these stimulate neurochemicals that activate regions of the brain that stimulate pleasure. Relaxation techniques may work by reducing the psychological drives on stress output, which can be the root causes of stress. Bottom line, substitute

pleasurable experiences for comfort foods.

- Beware of certain medications. They can stimulate appetite. Drugs used for the treatment of depression and bipolar disorder can be appetite stimulants. Other drugs, both prescription and over the counter, may influence appetite as well. If you are on a medication, and troubled by food cravings, discuss this with your doctor or pharmacist. You may be able to find an alternative that doesn't send your cravings out of control.
- Distract Yourself. Remember that old expression, "Idle hands are the devils workshop"? Get busy. Do anything other than cave-in to your desire for food, and keep doing it until the cravings subside.

One final thought, take a look inside your refrigerator and kitchen cabinets and do some general "house cleaning." Throw-out all that unhealthy stuff that is waiting to sabotage your diet, and start shopping more wisely. A little forethought and careful planning will go a long way for improving your chances of success.

Self Awareness

To some degree successful weight management depends on our ability to understand the unique reasons and hidden motivations that contribute to our over-indulgence. Having this basic understanding is a good starting point when embarking on any new weight loss plan.

Many Psychologists would agree that one of the very best tools we have for learning about ourselves and our behavior is a network of supportive and caring individuals. Unfortunately, the fast pace of our contemporary society does not foster supportive relationships. We barely have time to attend to our own basic necessities, much less cultivate and nurture deep relationships with others. Our daily schedules are packed too full of the things that never lead to supportive relationships.

Psychologists have long understood that social engagement is associated with a better quality of life and enhanced physical and psychological health. It has been shown that people who have social contact tend to be happier, healthier (both physically and mentally), and are better able to stay focused on achieving their goals. Here are a few helpful hints for building supportive relationships:

- Talk to everyone. Ask a lot of questions. Read everything you can get your hands on, especially about losing weight. Find the most recent health studies and investigations and become better informed about your "personal" strengths and weaknesses, then share this information with others.
- Find other people that you can relate to, and who will share their own ideas and experiences about the best ways to lose weight. Learn about their successes and failures and apply what works in your own life.
- Don't be afraid to strike-up new acquaintances. Ask others for advice and for their honest opinion, and don't be afraid to hear the truth.
- Consult with "experts" who have the experience, wisdom, authority and knowledge to help you solve your problems.

Each of us is uniquely and wonderfully created with different emotional needs and requirements. These are the foundation of all our habits and personality traits and are the areas that we must carefully examine to learn more about ourselves and our motivations.

Keep in-mind that you can always find **REAL** answers and receive **REAL** support with the help of **Weight Loss Warriors™**. Get started today and **MAKE EVERY DAY COUNT!**

<http://www.teris-health-shop.com/weightlosswarriors.htm>

Knowledge is Power

Whether you're concerned about cancer, cardiovascular disease, diabetes, or simply losing weight, you want to eat a healthy diet and focus on foods that are high in vitamins, minerals, and phytonutrients, and balanced in fats, carbohydrates, and proteins.

Before we can begin to incorporate healthier foods into our diet, we need a basic understanding about food nutrition and food composition.

There are many good ways to learn more about the foods we eat. Snooping around the supermarket and checking-out package labels to see what manufactures are adding (or removing) from foods are two good ways. Read the information on the package and start making comparisons to determine which foods are the best for YOU. Learn about nutritional labeling and the sometimes sneaky ways that manufacturers have of hiding what is actually in the food. Understand ingredient declarations and what a few of the "technical" terms mean. Are there unfamiliar ingredients in the listing and are they good or bad for your health? And when you visit your favorite restaurant, be sure to request a nutrient listing for the items they sell. Most restaurants are more than happy to supply this information on request.

Since 1994 food manufacturers have been required by the Food and Drug Administration (FDA) to include food labels (or Nutrition Facts labels) on product packaging so that consumers have accurate nutritional information about the

food they purchase. But food labels are more than just a federal requirement. Once you understand the information they provide, you can use food labels as a guide to planning healthier meals and snacks.

Food labels are required on almost all foods, except those that don't provide many nutrients such as coffee, alcohol and spices. Although some restaurants provide information about the food they serve, they aren't required to have labels. The FDA recommends that sellers provide nutritional information on produce, meat, poultry and seafood, but it's strictly voluntary. Check-out the following example of a food label:

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	• Vitamin C 60%
Calcium 4%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

What Is a Serving?

To understand more about food labels and serving sizes, look to the sample food label above. At the top of the label under Nutrition Facts, you'll see the serving size and the number of servings in the package. The rest of the nutrition information in the label is based on one serving. In this example, one half cup is designated as one serving, and the package contains four servings.

That means that if you eat the whole box, you're eating four servings, not one, so you'll have to multiply the number of calories, fat grams and other nutrients by four to get accurate nutrition information.

Calories, Calories From Fat and Percent Daily Values

This part of the label provides the calories per serving and the calories that come from fat. If you need to know the total number of calories you eat every day or the number of calories that come from fat, this section provides that information.

On the right side of the label, you'll see a column that lists percentages that are highlighted in yellow. These percentages refer to the percent daily values (%DV). Percent daily values tell you how much of something, whether it's fat, sugar or vitamin A, one serving will give you compared to how much you need for the entire day. It will help you gauge the percentage of a nutrient requirement met by one serving of the product. One way to use this section of the label is when you comparison shop. For example, if you're concerned with sodium, you can look at two foods and choose the food with the lower % DV. Are you trying to eat a low-fat diet? Look for foods that have a lower percent daily value of fat.

The % DV is based on how much or how little of the key nutrients you should eat whether you eat 2,000 or 2,500 calories a day. So if you eat a 2,000-calorie diet, you should eat less than 65 grams of fat in all the foods you eat for the day. You can use the bottom part of the food label in purple to compare what you are eating to the % DV you're allowed for that nutrient, whether it's fat, sodium or fiber. If you need more or less than 2,000 or 2,500 calories, you'll need to adjust this accordingly.

Nutrients

Fat, Sugar, Sodium and Carbohydrate - The sections on the label

highlighted in green show the name of a nutrient and the amount of that nutrient provided by one serving of food. You may need to know this information, especially if you have high blood pressure, diabetes or are eating a diet that restricts certain nutrients such as sodium or carbohydrates.

Food labels also include information about how much sugar and protein is in the food. If you are following a low-sugar diet or you're monitoring your protein intake, it's easy to spot how much of those nutrients are contained in one serving.

Vitamins, Minerals

The label lists nutrients, vitamins and minerals in the food and their percent daily values. Try to average 100% DV every day for vitamins A and C, calcium, iron and fiber. Do the opposite with fat, saturated fat, sodium and cholesterol. Try to eat less than 100% DV of these.

Footnote

What's In The Footnote? Below the asterisk sign (*) at the bottom of the label, you'll see the key nutrients listed and how much you should eat, depending on your calorie intake.

The %DV is based on how much, or how little of the key nutrients you should eat whether you eat 2,000 or 2,500 calories a day. So if you eat a 2,000 calorie diet, you should eat less than 65 g of fat in all the foods you eat for the day. You can use the bottom part of the food label to compare what you are eating to the %DV you're allowed for that nutrient, whether it's fat, sodium, fiber, etc.

Common Mistakes to Avoid When Reading a Food Label

Until you become accustomed to reading food labels, it's easy to become

confused. Avoid these common mistakes when reading labels:

A label may say that the food is reduced fat or reduced sodium. That means that the amount of fat or sodium has been reduced by 25% from the original product. It doesn't mean, however, that the food is low in fat or sodium. For example, if a can of soup originally had 1,000 milligrams of sodium, the reduced sodium product would still be a high-sodium food.

Don't confuse the % DV for fat with the percentage of calories from fat. For example, if the % DV is 15% that doesn't mean that 15% of the calories comes from fat. Rather, it means that you're using up 15% of all the fat you need for a day with one serving (based on a meal plan of 2,000 calories per day).

Don't make the mistake of assuming that the amount of sugar on a label means that the sugar has been added. For example, milk naturally has sugar, which is called lactose. But that doesn't mean you should stop drinking milk because milk is full of other important nutrients including calcium. What you can do is look at the list of ingredients. If you see the words high-fructose corn syrup or sugar high on the list of ingredients, it probably means refined sugar has been added to the product.

A common mistake people make, especially with packages dispensed from vending machines, is to assume that a small item contains one serving just because the package is small. If you eat a bag of pretzels from a vending machine, for example, you may find that it contains 2.5 servings. So you need to multiply the numbers by 2.5 to figure out how many calories and the amount of sodium and other nutrients you are eating.

Reading Label Lingo

In addition to requiring that packaged foods contain a Nutrition Facts label, the FDA also regulates the use of phrases and terms used on the product

packaging. Here's a list of common phrases you may see on your food packaging and what they actually mean.

No fat or fat free: Contains less than 1/2 gram of fat per serving
Lower or reduced fat: Contains at least 25 percent less per serving than the reference food. (An example might be reduced fat cream cheese, which would have at least 25 percent less fat than original cream cheese.)

Low fat: Contains less than 3 grams of fat per serving.

Lite: Contains 1/3 the calories or 1/2 the fat per serving of the original version or a similar product.

No calories or calorie free: Contains less than 5 calories per serving.

Low calories: Contains 1/3 the calories of the original version or a similar product.

Sugar free: Contains less than 1/2 gram of sugar per serving.

Reduced sugar: Contains at least 25% less sugar per serving than the reference food.

No preservatives: Free of preservatives (chemical or natural origin).

No preservatives added: Contains no added chemicals to preserve the product. Some of these products may contain natural preservatives.

Low sodium: contains less than 140 mgs of sodium per serving.

No salt or salt free: Contains less than 5 mgs of sodium per serving.

High fiber: 5 g or more per serving (Foods making high-fiber claims must meet the definition for low fat, or the level of total fat must appear next to the high-

fiber claim).

Good source of fiber: 2.5 g to 4.9 g. per serving.

More or added fiber: Contains at least 2.5 g more per serving than the reference food.

With a little practice, you will be able to put your new found knowledge about food labeling to work. Reassess your diet and decide what needs to be changed. Start by eliminating the foods that don't measure-up to your nutritional wants and needs, and replacing them with more nutritional substitutes.

And you might want to think about laying your hands on a copy of the food technologists "Bible," better known as the United States Department of Agriculture Food Composition Handbook. It can be purchased in paperback for a modest amount, or the information is available for free on the internet.

And while you're at it, visit the FDA website and learn about the new labeling requirements, including those for "trans" fat. Like saturated fats, trans fats can raise levels of low-density lipoproteins (LDL) and increase your risk of heart disease. The "Nutrition Facts" panel on food packaging must provide this information beginning January 1, 2006, but most manufacturers will start providing it sooner.

One final comment about food information...Please don't believe everything you find in print. About half of the information in the popular press is either distorted or just plain wrong, so be wary.

Let Support Help Make it Happen!

Many studies show that one of the very best tools we have for learning about ourselves and our behavior is a network of informed, supportive and caring individuals. But, unfortunately, in the fast pace of contemporary society,

establishing a support network is not always easy. In fact, our lifestyle seems to push us further apart, rather than bring us closer together.

Let **Weight Loss Warriors™** help you find a diet partner that is truly right for you, using our specialized system that is able to match you with like-minded members. Our proprietary software even takes into account special requirements for diabetes, low sodium, Kosher and many other dietary considerations. The results are matches unlike anything you will find anywhere else. Get started today and **MAKE EVERY DAY COUNT!**

<http://www.teris-health-shop.com/weightlosswarriors.htm>

Getting and Staying Motivated

I have often been asked how we can overcome procrastination, achieve our goals and create the life we truly want. This is how I usually respond.

- Be passionate about whatever it is that you want! Passion is empowering. Most of us are more than willing to work long and hard providing we have a good reason.
- Don't let your reason for losing weight become just a trite or overused thought, where you plan to participate because it's the "fashionable" thing to do. The power to restrain yourself when necessary and work hard to achieve your goals comes from your heart. It comes from your really wanting to lose weight and knowing your REASONS for doing it!
- The power to overcome procrastination, take positive action, find solutions and persevere comes from having a PURPOSE! When you know WHY you need to do something, you'll soon find a way to get the job done! I read somewhere that in stories about the ancient general, Hannibal, he was

noted as being famous for taking his troops through impossible situations. He was quoted as saying, "We will find a way, or make one." We need to develop an attitude like this for accomplishing our own goals!

- Use whatever time you have available, your money and your skill to accomplish your goals and make them happen! You have one life to live, so make the most of it!

I remember as a child when my father unexpectedly passed away and Mom had to take-up selling real-estate to support the family. She would play motivational "tapes" to spark her enthusiasm for making sales, and I would often over-hear them as she listened. I remember one tape in-particular that talked about the idea of our "becoming whatever we think we will become". The things we talk about, think about, focus on, and strive toward eventually influence our destiny.

If you truly desire to live healthy, to lose weight and to achieve your goals then refuse to fill your mind and body with garbage. Watch, read and listen to worthwhile information. Surround yourself with the healthiest, most talented and successful people you can find. Occupy your time wisely and learn all you can from the experts! In other words, set yourself up for success by surrounding yourself with the situations, tools, ideas and people that support your most important goals.

We can all learn from extraordinary people. We may not be as rigorous and systematic about accomplishing our goals and they are, but we can create an environment that encourages and supports the achievement of our most important goals.

* * * * *

CONCLUSION

Although the problem of obesity is challenging, **Weight Loss Warriors™** has put together the most powerful system available, online or off, to help you lose weight. You can find **REAL** answers, receive **REAL** support, and start losing weight today with the **ExpeDIET™** plan! Get started today and **MAKE EVERY DAY COUNT!**

<http://www.teris-health-shop.com/weightlosswarriors.htm>

As a final word of encouragement, remember to have faith, be calm, and make sure that you enjoy each and every day of your life. Take time to smell the roses, laugh each day, hug your kids, engage in prayer and help as many people you can, remembering that your hopes, dreams and aspirations can come true!
