

## The 5 Components for the Foundation of Weight Control \*

1. Food Intake—level 1 weight control (as approved by North Carolina's Standards & Guidelines for Weight Control)
2. Cardiorespiratory Exercise
3. Dietary Support—complete screening process
4. Resistance Training
5. Personal Assistance—certified fitness professional

*\*Typical programs miss at least one of these critical components*

Using the 5 Components results in:

- Body fat reduction
- LBM (lean body mass) preservation (or increase)
- Appetite control
- Increase in functional strength
- Satisfaction of all nutritional requirements except calories
- Increased energy
- Increased caloric requirements
- Improved physical appearance
- Improved self-esteem

For the first time in history we're able to accurately measure our calories burned through the day.

Be a part of history. Give Sharron or Scott a call and ask about a demo of the bodybugg™ and how it can help you reach your goals. . .

**Live Healthier**

**Live Longer**

**STOP**

**Stop The Obesity  
Pandemic, Inc**

**MoveMoreEatLess.Org**

**305.433.0959**

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**Creating Awareness and  
Education on the benefits of  
leading a healthy lifestyle.**

**Weight  
Control**

**The Problem?  
Today's environment**

**The Solution?  
A lifestyle that  
achieves your goal**

## HOW

### WE INCREASE WEIGHT

The laws of energy (E)

- Energy is neither created nor destroyed—only transformed
- If  $E_{in} = E_{out}$ , then body fat or weight is stable
- If  $E_{in} > E_{out}$ , then body fat or weight gain
- If  $E_{in} < E_{out}$ , then body fat or weight loss

## WHY

### WE INCREASE WEIGHT

- The **genetic** contribution—Can be an explanation for degree of difficulty, but we should not let this determine outcome (you can create your own weight destiny)
- The **environment's** contribution—Easy access and pressure to eat; Hectic schedules along with poor choices; Increases in technology make us more sedentary.

### SOLUTIONS BASED ON THE LAWS OF ENERGY

Calories out—Activities can be performed anytime, anywhere

Calories in—Food intake should be personal but framed by goal and include nutritional needs *and* wants.

### WHAT THIS MEANS TO YOU: MOVE MORE and EAT LESS

How do you know how many calories you are burning every day? That's where we come in!

*A message to the female readers,  
from STOP co-founder, Sharron Grzybowski*

#### Ladies,

Ever wonder why the men in your life don't seem to gain weight at the same rate you do? And then he loses that weight faster than you do? We've been told for years that it's because men are bigger than women—well, now we have proof. Since losing weight is based off of the calories that you burn, you'll find that most men have an advantage on us because:

1. Genetically, men burn more calories than women.
2. Muscle burns more energy than fat.
3. The larger you are the more calories you can burn.

My husband, Scott, and I have been wearing our bodybugg™ Armbands (tracking calories burned) since early 2006 and have learned quite a few things about burning calories, debunking myths that we formerly believed.

**Portion Control**—We've all heard that portion control is important. But now I see first hand that not only is portion control important, but your own weight and caloric allowances (based on your weight and activity levels) should also be taken into consideration.

Using Scott and I as examples—When eating out, we'd order the same thing (thus, both taking in the same number of calories). This doesn't make sense because he's burning his calories at a greater rate than I am. We have a number of days during the past few months where we're doing identical activities for an entire day or a few hours and you can see that he is burning more calories than I am. There's one Sunday where we went for a 4-hour bike ride and he burned 4400 calories that day and I didn't even make 2800 calories. AND, I kept up with his food intake!!

*Ladies, continued:*

Recommendations:

There is generally only one portion size in restaurants, sometimes there is one size for adults and one size for kids. Perhaps there should be a third for medium-sized people.

In the meantime, medium-sized people, we should be asking for a doggie bag to take about a third of it home with you for later!

This will help you achieve  
your goals, and then  
maintain them.

Check out our video online and see  
how we can help you:  
<http://tinyurl.com/28cyst>

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