

# Turn 2010 Into Your Very Own Success Story!

It's a brand new year, and with resolutions to lose weight and be healthier, you're ready for a brand new you! And you're not alone—getting fit and losing weight are two of the most popular New Year's resolutions. However, losing weight or inches is more of a lifestyle change than a quick fix. And managing lifestyle changes can be tough. So whether you're looking to lose inches or just get healthier, how can you make those weight-loss goals stick?

## Get Started

First, and maybe most importantly, **set realistic goals**. Trying to lose a large amount of weight in a short period of time is a recipe for disaster. In fact, the frustration you'll feel from not reaching such an unachievable goal will make you more likely to quit. Instead, **set a reasonable goal to work toward, such as 1–2 pounds per week** over a six-week period. Then count down the days on a calendar so you can visually track your progress.

Next, whether you use a food diary or simply keep a chart, you'll need to **count calories**. Losing weight is actually a very simple equation: to lose half a pound each week, you must cut your daily calorie consumption by 250. To lose one pound per week, cut 500 calories a day. However, it is recommended that women eat at least 1,200 calories per day and that men eat at least 1,500 calories per day.

## Get Started Checklist

- Set realistic goals
- Count calories
- Break negative habits
- Expect setbacks—no one's perfect, after all!



## Boost Your Metabolism and Get on the Fast Track to Weight Loss!

- Eat a 300- to 400-calorie breakfast
- Take a multivitamin
- Drink green tea
- Have midmorning and afternoon snacks
- Increase your protein intake

Finally, make an attempt to **break any negative habits that could derail your weight-loss goals**, like snacking after dinner, eating fast food or sitting around watching too much TV. Take small steps to begin to overcome these habits. For example, rather than eat fast food at lunchtime, seek out healthier options or pack your own lunch. The more you can control your behavior in developing a healthy attitude toward weight loss, the more successful you'll be in the long run!

## Get Organized

When you think about weight loss, getting organized may not be the first thing that comes to mind. But any good weight-loss plan should include a way of keeping up with how many calories you're taking in and where they're coming from. That's why keeping a **food diary is a great way to track what you eat, when you eat it**, so you can identify what foods or situations trigger cravings or binge eating. In fact, keeping a food diary can double your weight loss!\*

### Some Tips for Keeping a Food Diary:

- Document:
  - the time of day you eat or drink anything with calories
  - the type of food and quantity (for example, a 6-ounce steak or a 37-gram snack bar)
  - the number of calories consumed for everything you eat and drink
- If you're taking OsoLean powder, be sure to include when and how much.
- Want a pre-made food diary? Check out the one at [MannatechOsoLean.com](http://MannatechOsoLean.com).
- Total your daily calories; then at the end of each week, look for eating patterns and trouble or comfort foods (for example, eating chips late at night).
- Adjust your diet or cut calories accordingly.

## Get Going

Now is the time to start making all the right moves! Pair an exercise routine with your new diet and you're sure to see results in how you look and feel even faster. And no matter what fitness level you're at, remember this simple rule: **any physical activity is GOOD physical activity**. Climbing the stairs, stretching at your cubicle, walking with a neighbor or training for a race—all are equally great ways to get physical in 2010!

Make this the year you keep the weight off and feel great! With a little motivation, some careful calorie tracking and the help of a good fitness plan, you're sure to meet all your weight-loss goals. And when it comes to your health, that's what counts most!

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### Jump-Start Your Weight Loss with These Fitness Tips:

- Figure out what activities you enjoy—anything from salsa dancing to gardening counts!
- Gradually ease into becoming more active. If you plan to walk 10 minutes two times a week, increase it to 15 minutes after a few weeks; then add a third day.
- Be creative! Find ways to increase your activity level even at work, like taking the stairs instead of the elevator or parking farther away.
- Stay positive—when life gets in the way of your routine, don't beat yourself up! It takes 21 days to develop a new habit. The longer you stay on track, the easier it becomes. Just make it a point to walk or go to the gym whenever you have the chance.

*You should consult your physician before beginning any weight-loss program.*

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