

Health and Fitness

Expert Advice On Making Less Of Yourself

by Jorge Cruise

(NAPSA)—Good news if you fear you've a slim chance of looking trim: you can probably still indulge in favorite foods with some simple nutritional changes and you can lose weight and keep it off without ever counting carbohydrates again.

As Weight Loss Coach to millions of dieters and a formerly overweight adolescent myself, I understand. Here are some suggestions based on my new book called "The 3-Hour Diet":

Picture a Smaller You: Your "before" photo is one of the most important tools you'll use in your fight to get fit. It signals a change—deep inside you—and marks the first step. It will be a visual benchmark for measuring your weight loss success.

Sign a Success Contract: One secret to a successful weight loss and fitness plan is to set specific goals and a timeline. Write a "Success Contract" with your name, the date and your weight loss goal. Make three copies to share with people you trust, plus tell them how you intend to lose the weight and how they can help. Tell your family specific things they can do, such as eating their chips in another room or doing the program with you.

Solicit Support: It's a lot easier to stick to a diet and fitness regimen when someone keeps you accountable. Pick a buddy you trust to make sure you commit to your fitness and weight loss goals. You can also find 24-hour support and weight loss buddies on Internet sites such as the AOL Diet & Fitness channel.

Don't Deprive Yourself: A sure-fire way to set yourself up for failure is to deprive yourself of every-



Exercise is a critical component of any weight-loss plan. There's a Web site that can help.

thing. Instead, change when you eat, keeping your metabolism on track with small meals every three hours. With my 3-Hour Diet, there are no restrictions on food options. You can eat carbs—whole grain cereals, fruits, vegetables and legumes—and dispense with calorie counting. Not only do complex carbohydrates pack more of a nutritional punch, they have more staying power than simple carbs such as table sugar or honey.

Break a Sweat: Exercise is a critical part of your weight-loss plan. Exercising in the morning enhances your metabolism when it's naturally most sluggish. Plus, you'll release endorphins, natural "feel-good" chemicals that make you feel and respond better to whatever each day may bring.

• *Jorge Cruise, AOL Weight Loss Coach, is The New York Times best-selling author of the 8 Minutes in the Morning book series and the upcoming 3-Hour Diet™. As AOL Weight Loss Coach, Cruise offers members advice, encouragement and exercise moves for achieving the bodies they want.*