

Tips for Healthy Living

You're changing your shape and your lifestyle—now reorganize some regular routines to support your new life.

Shape Up Your Kitchen

Your kitchen pantry can support or sabotage your weight-loss plan. If a high-fat snack is the first thing you see when you open a cabinet, it can undermine your best intentions.

The ShapeWorks® Kitchen Rule: "If you don't have it, you can't eat it."

Go through your cabinets and refrigerator and get rid of the foods that don't match your healthy new

lifestyle. That will make room for delicious and nutritious alternatives.

Some Ideas to Get You Started. . .

- Keep a Protein Bar handy for a quick snack. It will fill you up without filling you out.
- Dump those fattening chips and replace them with crunchy Roasted Soy Nuts.



- Get rid of the ice cream and replace it with fresh or frozen sweet berries. Eat fresh fruit for snacks or on the side with your shakes.
- Rework your cooking staples. Herbs, spices, nuts, seeds and small amounts of olive oil will enhance your meals with contrasting flavors. Salsa and chili peppers add a nutritious snap to any dish, and citrus fruits add a sweet and tangy twist.

Stock Up for a Healthy Life

Once you have your kitchen in shape, keep it filled with healthy foods by using these simple tips:



• Always Shop With a List

When you have a list, you can simply walk on by your trigger foods!

• Never Shop Hungry

Do your shopping right after you've had a meal, a Formula 1 shake or a protein snack.

• Know What You're Buying

Use the food charts on pages 8 and 9 to help you identify the right low-calorie foods.

food myth

Frozen fruits and vegetables aren't as good as fresh.

food fact

Fruits and vegetables selected for freezing are picked ripe and frozen immediately. This may make them more nutritious than those harvested before ripening and placed in the produce section.

Prioritize Your Shopping

Start with the produce section and choose plenty of low-calorie fruits and vegetables. Always buy whole fruit rather than higher-calorie fruit juices. Next, pick up the low-calorie proteins on your list. Save the grains for last and buy fewer of them.

Spice It Up

Stock up on spices and other low-calorie flavor enhancers that can liven up a meal without fattening it up.

- Balsamic, rice, tarragon vinegars
- Chicken or vegetable broth
- Dijon mustard
- Salsas and relishes
- Dried herbs and spices
- Garlic
- Red-pepper flakes

Shape Up

Shaping up can be fun! Find the exercise that works best for your lifestyle, whether in a gym, on a hiking path or on the go. And make sure to check with your doctor before substantially increasing your level of exercise. Then go for it! Consider a personal fitness routine that includes both aerobic and anaerobic exercise, as described below.

Aerobic Exercise

Aerobic exercise involves large muscle movements over a sustained period of time. Running, fast walking and exercise classes are good examples. You breathe harder, your heart beats faster and your muscles get a workout.

- Your metabolic rate increases and you burn more calories.
- You build muscle as you lose fat.
- Your heart and cardiovascular system become much healthier.
- Your mood improves, as exercise relieves feelings of stress and tension.

Anaerobic Exercise

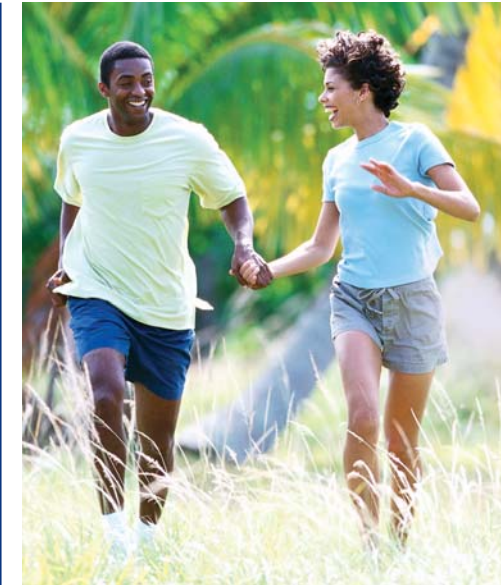
Anaerobic exercise includes activities such as lifting weights and resistance training. This kind of workout builds new muscle and has some great benefits.

- More muscle mass burns more calories.
- Building muscle tones and reshapes your body.
- Muscle mass helps protect bone mass, which is especially important for women.

Only 20 minutes of anaerobic exercise per day can make a dramatic change in your body's shape and condition. Combine it with a daily aerobic workout and your ShapeWorks® meal plan, and you'll have longer lasting results as your metabolism increases due to building lean muscle.

Don't forget that everyday activities offer the opportunity to burn calories.

- Using stairs not elevators
- Gardening
- Dancing
- Walking your dog



The National Academy of Sciences recommends 30 to 60 minutes of vigorous exercise every day.

Walking is a great calorie burner.

A recent research study found that women who walked one mile in 20 minutes burned just as many or more calories than those who ran one mile in 12 minutes. A 150-pound person can burn 132 calories on a fast 20-minute walk.



what's your shape?

Women can carry weight in either their upper body, lower body or proportionally. Men carry weight in their upper body. Fat around the waist (upper body) usually means that there is also internal fat, which may cause serious health problems.