

DIET  FREE™

*Lifestyle
Guide*

ZONYA FOCO, RDN
AMERICA'S NUTRITION LEADER

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This book contains the opinions and ideas of its author. It is intended as a reference to healthy eating and exercise. It is not intended as a substitute for any treatment prescribed by your doctor. It is recommended that everyone receives regular checkups from a medical doctor and inquires specifically about nutrition and exercise recommendations. If you suspect that you have a medical problem, by all means, see your doctor.

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“Everyday Fitness: Movement Training Program” DVD
“Healthy Fast Food Guide” and “Healthy Dining Guide”



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Welcome to DIET FREE!

Congratulations on your decision to transform your health and your life,
one habit at a time. To partner with you is an honor.
Together we can accomplish the most rewarding goal in your life—
improving your health!

Zonya

Who should participate in DIET FREE?

Let me just say that if you are overweight, this program will work for you. But if you are *not* overweight, this program is also for you. How can that be? Because DIET FREE is all about the eight habits *everyone* needs to acquire—young and old, regardless of weight—in order to live a healthy life and keep our cholesterol, blood sugar, blood pressure, and weight, where they should be. These same eight habits will help you fight an onslaught

of diseases, such as cancer, heart disease, type 2 diabetes and Alzheimer's. Yes, living a healthy lifestyle is powerful stuff, and it's not just for the overweight.

Having said all that, if you are among the 65 percent of American adults who need to lose weight, even a significant amount of weight, this program will have a tremendous impact on reaching your goal.

Losing weight with DIET FREE

How quickly the pounds come off will be very different for everyone, based on your current habits. Remember, the pounds didn't go "on" in just a few weeks, so you shouldn't try or expect to take them "off" in just a few weeks. A healthy rate of weight loss is one to two pounds per week for most women, and two to three pounds per week for most men. (That's 50 pounds or more in one year!)

Weight loss rarely occurs in a consistent and straight line. Shifts in daily fluid retention and loss, plus added muscle weight from exercise, can camouflage your true fat loss. I recommend relying less on what the scale says, and more on how well you are making progress with your DIET FREE habits. Mastering your habits is what really matters! Success with your weight, blood pressure, cholesterol and how well you feel, will all follow naturally—and be lifelong!

Why DIET FREE?

Like many health professionals, I know that the adverse effects of poor health and obesity-related diseases *can be reversed* when people are willing to change their bad habits. I also know that structured diets make us feel deprived when we're "on" them and guilty when we fall "off." Traditional diets with their emphasis on calorie counting and food measuring have not eliminated our country's health challenges. It's time to change what puts on the weight. It's time to change what raises your blood pressure, blood sugar and cholesterol. It's time to change your lifestyle with eight healthy habits that *fit* into your life without *intruding* into your life.

Whether your goal is to lose 10 pounds or 100 pounds, improve your energy, lower your cholesterol, blood sugar or blood pressure, or simply

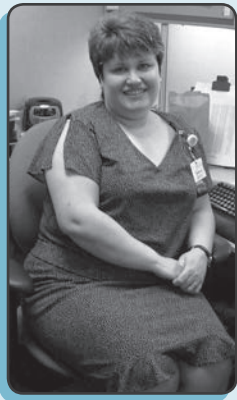
achieve optimum health, my eight DIET FREE lifestyle habits—adopted one at a time—create an invisible force so you will naturally...

1. Eat the right food in the right amount every day without feeling deprived or like "being on a diet."
2. Go to bed each night knowing you had the right amount of calories, protein, fiber, fat and carbs—without tedious measuring and counting.
3. Discover that exercise becomes what you *want* to do, not what you *have* to do. So much so, that exercise becomes "your middle name."

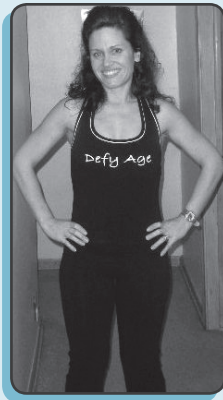
What can living DIET FREE mean in your life?

Living with extra weight and health complications can be extremely difficult. The good news is that the program you hold in your hands has what you'll need to change all that. You deserve to feel and look your best. You deserve to succeed. And it all begins when you decide, "These habits will work. I'm ready, and I'm worth it."

Just take a look at how these people have literally changed their lives by choosing to live DIET FREE.



BEFORE



AFTER

"Suffering from a family history of heart disease, my grandfather died at age 61 and my father died at 51. I thought, 'Am I going to die at 41?' My doctor told me loud and clear, 'You are a ticking time bomb with four risk factors for heart disease.' As I held my baby boy, I decided I would embark on a journey to health with Zonya as my guide. And one habit at a time, I walked away from my old lifestyle into my new—all while vowing never to feel deprived. It's quite amazing what losing 110 pounds will do. Not only have I dropped three of those risk factors (can't change my family history), my energy and self-esteem are through the roof. I've even accomplished a half marathon, and I am now a personal trainer! I am so blessed to be living DIET FREE!"

—Liz H.

"I've been overweight my entire life. In high school, I lost 50 pounds on a fat-free diet. But of course, that wasn't sustainable and the weight came back. I then "yo-yoed" for the next eight years. By the time I was 26, I landed in the doctor's office with high blood pressure, leg pains and basically 'old age' problems. The doctor mentioned the greater risks for diabetes and a host of other horrible-sounding problems I may face by continuing what I was doing (and not doing). That did it. I started watching Zonya's TV show and tackled one habit at a time. Over the next year, my back and leg pain vanished along with my weight, and my doctor was amazed. No more 'old age' problems for me, and no more yo-yo dieting. I've kept 50 pounds off for over three years."

—Eric V.



BEFORE



AFTER



BEFORE



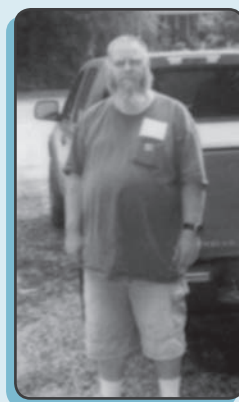
AFTER

“When my young son told his teacher, ‘My mom’s favorite thing to do is sleep on the couch,’ I was appalled at how my lifestyle had obviously changed without my realizing it. This was NOT how I wanted to live. So I attended Zonya’s DIET FREE seminar and began tackling one habit at a time. I remember thinking how incredibly easy the habits were. My friends started calling me, “Connie Exercise O’Brien.” Within a year, I lost 43 pounds! I am completely in love with my new lifestyle and have far too much energy to sleep on the couch!”

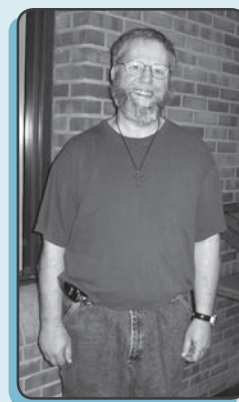
—*Connie O.*

“Finding out I had high blood sugar was the trigger I needed to attend Zonya’s DIET FREE seminar. I took the eight habits to heart. I’ve learned to eat only until no longer hungry, not full. I’m also more active. I live a mile from downtown, so why drive when I can walk? And I ride my exercise bike 30 minutes, three times a week. Yes, this is the very bike I’ve owned for years without using! In 10 months, I lost 60 pounds and got my blood sugar under control without medication!”

—*Marvin H.*



BEFORE



AFTER

Where do YOU begin?

One thing that’s certain, changes—big or small—aren’t always easy. And getting started is often the toughest part. As you are introduced to each habit, you will no doubt discover that even though the habits are simple, logical and make perfect sense, it is still not easy giving up old, bad habits and replacing them with new, good habits. “Simple, but not easy” is a description I often hear.

Therefore, to get the inspiration you need, I recommend reading the story of “Karen’s” journey in the DIET FREE novel, *Water with Lemon*. (If not included in your program, you can order it

online at www.Zonya.com.) No, this book is NOT about how to lose weight by adding lemon to your water! This is just a cute title for the inspiring story of a young woman who learns eight healthy habits from her neighbors “Fowler” and “Janice”—while enjoying many glasses of water with lemon during her journey.

Anyone who has ever dieted to lose weight or simply gain better health will relate to Karen’s challenges. And when you find yourself cheering for Karen, your motivation for embarking on your own healthy journey will be exactly where it needs to be.

Why I want to live DIET FREE

The best motivation for living DIET FREE is to understand and focus on the multiple benefits DIET FREE provides for your physical and mental health, as well as personal lifestyle goals. Following is a list of just a few of these benefits. Check all that would improve your current life and health. You can list any other benefits you seek on the blank lines.

- Have more energy
- Walk, bend or climb stairs easier
- Fit into my clothes better
- Sleep well
- Breathe easier
- Improve my mood
- Improve my immune system
(fewer colds, flu and other infections)
- Lower my risk of type 2 diabetes
- Lower my risk of heart disease
- Lower my risk of cancer
- Ease or even eliminate depression
- _____
- _____
- Complete a foot race, bike tour/race or triathlon
- Feel better about how I look
- Be more physically active
- Participate in sports
- Lower my risk of osteoporosis
- Lower my risk of dementia and Alzheimer's
- Lower my cholesterol
- Lower my blood pressure
- Control my asthma
- Control acid/reflux disease
- Control my blood sugar
(diabetes and hypoglycemia)
- _____
- _____

**Commit to reviewing this list often,
to help you stay laser-focused on what's really important to you.**

How does DIET FREE work? One habit at a time!

The beauty of these eight DIET FREE habits is that you focus on *one* specific area of eating and exercise that affects your weight, cholesterol, blood pressure and energy. The best success comes when you do the Habit Homework for each one EVERY DAY. Each habit, when adopted one at a time, has the potential for giving you huge results.

Take a look on page 9 how each habit *by itself* produces dynamic results. Now just imagine the habits all working in harmony!

Overview of the eight DIET FREE habits and their life-changing benefits.

D rink water... and think before you drink anything else	I nclude breakfast... and stop eating 2 - 3 hours before bed	E at often... and include a fruit and / or vegetable each time	T ame your sweet tooth... and naturally eat as little sugar as possible	F ind the fat... good, the bad and the ugly	R eplace processed food w/ whole-some... and shop natural, close to the farm	E at until no longer hungry...and stop the lead-filled beach ball	E very day exercise...and make it your middle name
The Benefits Are	The Benefits Are	The Benefits Are	The Benefits Are	The Benefits Are	The Benefits Are	The Benefits Are	The Benefits Are
Optimizes hydration Improves alertness Improves sleep Less headaches Flushes toxins Combats type 2 diabetes Drops calorie intake	Improves alertness Decreases evening hunger Improves sleep Decreases GERD Drops calorie intake by correcting mindless evening eating	Controls hunger hormones Bolsters intake of vitamins, minerals and antioxidants Drops high blood pressure with increased calcium and magnesium Fights cancer, heart disease and diabetes	Stabilizes blood sugar and insulin levels Reduces inflammation in the body Fights diabetes, heart disease and cancer among others Creates an innate desire to eat less sweets by preference Slims your waist by retraining your tastes	Reduces inflammation in the body by trading bad fats for good fats Fights heart disease and Alzheimer's by increasing good omega 3 fatty acid intake and decreasing saturated, trans, and a surplus of omega 6 oils	Subtracts food colorings, preservatives and MSG improving conditions like cancer and ADD/ADHD Slashes sodium intake which controls blood pressure Increases fiber intake which drops calories and risk of disease	Improves health and weight control via an innate portion control strategy <i>without measuring or weighing of food</i> Addresses emotional eating with non-food replacements Intuitive approach that lasts a lifetime	Establishes the needed commitment that an active lifestyle requires Creates joy, support and accountability Improves sleep, energy, strength, self-esteem, immunity, focus, depression, balance, range of motion and overall mental and physical health
Adding Up To	Adding Up To	Adding Up To	Adding Up To	Adding Up To	Adding Up To	Adding Up To	Adding Up To
Saves 100 - 500 calories/day Lose 10 - 50 pounds/year	Saves 300 - 500 calories/day Lose 30 - 50 pounds/year	Saves 200 - 300 calories/day Lose 20 - 30 pounds/year	Saves 100-500 calories per day Lose 10-50 pounds/year	Trades bad fat for good fat Lose 10 pounds/year	"Cleans up" the quality of foods Lose 10 or more pounds per year	Saves 400 - 600 calories per day Lose 40 - 60 pounds/year	Burns 100 - 500 calories per day Lose 10 - 50 pounds/year
Exercise Focus	Exercise Focus	Exercise Focus	Exercise Focus	Exercise Focus	Exercise Focus	Exercise Focus	Exercise Focus
Just Move It!	Commit to be Fit!	Abandon Pain!	Be Curious and Courageous!	Aerobics RU!	Muscle Up for Life!	Respect the Stretch!	Get Support!

Every once in awhile, it's OK to indulge responsibly

At the end of every chapter, you will find a discussion about how every once in awhile, it's all right to live outside the guidelines of that habit. Remember, this ISN'T a diet. This is DIET FREE, and if any one of the habits ever begins to feel like a diet, then it becomes worthless. So *indulging responsibly every once in awhile* makes the habits fit into your life and eliminates the diet mentality of feeling deprived and guilty.

How exactly does this work? It's one part "mental" and one part "physical." The physical is making sure we keep calories just a bit below what we burn, but not too much below. If you follow all eight habits to the letter, you could actually reduce your calories too much, lowering your metabolism as a result.

Indulging responsibly actually "wakes up" your metabolism, so you lose weight at a healthy pace without your metabolism slowing down.

The mental part of indulging responsibly allows you to know that once in awhile, when the circumstance dictates, it's OK to treat yourself to something you really enjoy—bacon, fried chicken, French fries, a hot fudge sundae, chocolate... or whatever. This is NOT a license to binge, and once in *awhile* doesn't mean daily or even weekly. This is the essential ingredient that finally allows you to fit your real life circumstances into your new healthy lifestyle. So you see, every once in awhile is not "going off" the program, it's part of the program!

Are you ready to get started with the eight habits that will change your life?

Self-Assessment Snapshot

Take a self-assessment snapshot of your health, both physically and emotionally, when you begin the DIET FREE program. Choose the number that most accurately reflects how strongly you disagree or agree with the statement.

After learning one habit a week, at least eight weeks from the date of beginning the program, repeat the self-assessment snapshot and compare. I also recommend repeating this assessment every six months to evaluate and celebrate your DIET FREE health benefits!

Snapshot at beginning of program

Date: _____

	Strongly Disagree					Strongly Agree				
I have a positive energy level all day	1	2	3	4	5	6	7	8	9	10
I sleep soundly and without pain	1	2	3	4	5	6	7	8	9	10
I feel good in the clothes I wear	1	2	3	4	5	6	7	8	9	10
I am physically active	1	2	3	4	5	6	7	8	9	10
I breathe easily	1	2	3	4	5	6	7	8	9	10
I can walk, bend and move easily	1	2	3	4	5	6	7	8	9	10
My mood is typically positive	1	2	3	4	5	6	7	8	9	10
Total of all circled numbers	_____									

Snapshot at end of program (min. 8 weeks)

Date: _____

	Strongly Disagree					Strongly Agree				
I have a positive energy level all day	1	2	3	4	5	6	7	8	9	10
I sleep soundly and without pain	1	2	3	4	5	6	7	8	9	10
I feel good in the clothes I wear	1	2	3	4	5	6	7	8	9	10
I am physically active	1	2	3	4	5	6	7	8	9	10
I breathe easily	1	2	3	4	5	6	7	8	9	10
I can walk, bend and move easily	1	2	3	4	5	6	7	8	9	10
My mood is typically positive	1	2	3	4	5	6	7	8	9	10
Total of all circled numbers	_____									
Did your total increase?	_____									
How do you feel about this change?	_____									

Current Knowledge and Habits Survey

Take a moment to answer the following questions with a yes (Y) or no (N). You should repeat the assessment at the end of the DIET FREE program to help evaluate the knowledge you've gained and changes you've made.

Start Date: _____	End Date: _____	Current Knowledge and Everyday Habits
Y N	Y N	I know what trans and saturated fats are, and try to limit the amount I eat.
Y N	Y N	If someone brings in donuts, I do not eat them 90 percent of the time.
Y N	Y N	I eat breakfast every day.
Y N	Y N	I am diligent about not eating two to three hours before bedtime.
Y N	Y N	I often eat at least seven servings of fruit or vegetables each day.
Y N	Y N	I have a fruit bowl prominently displayed and regularly filled at home and/or at work.
Y N	Y N	When choosing bread, cereal, rice and pasta, I choose whole-grain products most of the time.
Y N	Y N	My beverage of choice is water, and I am good about limiting the amount of calorie-filled beverages.
Y N	Y N	Faced with the large portions typically served in restaurants, I often share my meal or save the rest for later.
Y N	Y N	I avoid processed food, and choose wholesome and natural options instead.
Y N	Y N	I participate in 30 minutes or more of physical activity most days of the week.
Y N	Y N	I am physically active while running my daily errands, such as taking the stairs instead of the elevator, parking farther away, and walking or biking instead of driving whenever possible.
Y N	Y N	I understand the value of strength training and do resistance or body conditioning at least twice a week.
Y N	Y N	I stretch at least 10 minutes twice a week, to preserve and improve my flexibility.
Y N	Y N	When I eat, it is because I am physically hungry and not to "feed my emotions."
Y N	Y N	I can thoroughly enjoy a small sweet treat without feeling guilty and without overindulging.
Y N	Y N	I rarely leave home without a bottle of water and some healthy snacks.
Total "YES" Answers: _____	Total "YES" Answers: _____	How do I feel about this change? _____ _____

Optional Additional Measurements

Although charting the following isn't required for your success, any of this data may be helpful in monitoring and quantifying your success. Feel free to chart any of the information you can, based on the resources available to you.

Height _____	Male / Female		Age _____	
Additional Measurements	Date:	Date:	Date:	Date:
Weight				
Waist circumference in inches (measure at widest part)				
BMI (Body Mass Index) (see table on following page)				
Body Fat % method used:				
Blood Pressure				
Fasting Blood Glucose				
A1C				
Insulin				
Cholesterol				
HDL Cholesterol				
LDL Cholesterol				
Triglycerides				
C-Reactive Protein				
Other				

Body Mass Index (BMI) Table

BMI	Normal										Overweight										Obese										Extreme Obesity																			
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54														
Height (Inches)																																																		
58	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258															
59	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267															
60	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276															
61	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285															
62	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295															
63	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304															
64	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314															
65	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324															
66	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334															
67	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344															
68	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354															
69	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365															
70	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376															
71	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386															
72	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397															
73	151	159	166	174	182	189	197	204	212	219	227	235	242	250	258	266	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408															
74	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420															
75	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431															
76	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443															

How to find your BMI

1. Find your height (without shoes) along the left side of the table. (5 feet = 60 inches)
2. Find your weight (with minimal clothing) within the row of your height.
3. The BMI number located at the top of the column where your height and weight meet is your BMI.
4. Notice how losing just a few pounds reduces your BMI.

Keep in mind:

- BMI may **overestimate** body fat in athletes and others who have a muscular build.
- BMI may **underestimate** body fat in older persons and others who have lost muscle mass.
- BMI is not appropriate for pregnant or lactating women, or those over the age of 65 years.
- This BMI table should be used with adults only. To assess a child's BMI, the Centers for Disease Control offers helpful information on their web site at <http://www.cdc.gov/healthyweight>.

DIET FREE™

DRINK WATER...

and think before you drink anything else.



- T F A study conducted by the Centre for Human Nutrition at the University of Sheffield, England, found that women who stayed sufficiently hydrated reduced their risk of breast cancer by 79 percent.
- T F Drinking five or more glasses of water each day may be better for your heart than aspirin, according to a study from Loma Linda University on more than 20,000 people.
- T F Two different studies, one by the National Cancer Institute, found that women who drank five or more glasses of water a day were 45 percent less likely to develop colon cancer than women who drank less than two glasses a day.
- T F Adding one can of regular soda a day, without eating less to accommodate it, will pack on 15 pounds in a year while doubling your chances of developing type 2 diabetes.
- T F Adding a single 5-ounce glass of wine with dinner five nights a week, without eating less to accommodate it, will pack on seven pounds in a year.
- T F **These are ALL true!**

HABIT #1 SUMMARY

Water is the body's most important nutrient. It provides the healthy internal "car wash" you need for better concentration, fighting diseases and flushing away fat. Begin drinking water first thing each morning and add lemon, lime or a splash of juice for a refreshing taste change throughout the day. Replace calorie-filled sodas with water because unconsciously drinking high-sugar beverages can account for up to 50 extra pounds you may be carrying around. And drinking just one can of soda per day can double your chances of developing type 2 diabetes.

LEARN MORE...

- Cheap and natural defense against common illnesses
- Those liquid calories – Ooooh Doggies!
- Secret weapons for drinking more water
- Turn *Knowing* into *Doing*

According to a Cornell Medical Center survey, as many as 75 percent of Americans are chronically dehydrated!

Even though you may not actually be DE-hydrated, studies show that chronic UNDER-hydration could be sometimes linked to such conditions as:

- asthma and allergies
- arthritis
- chronic fatigue syndrome
- depression
- dizziness
- headaches
- kidney stones
- lethargy or confusion
- migraine headaches
- colon cancer
- urinary tract cancer

How can this be?

Aren't we a nation of coffee-drinking, soda-drinking, juice-drinking consumers? Don't all these beverages satisfy our hydration needs? Maybe not.

Although many foods and other beverages do provide fluid for your body, studies have shown that water is truly the ideal beverage. It hydrates your body without adding unnecessary calories or detrimental sugar, caffeine and other ingredients. Does this mean you must ONLY drink water? No. We simply must learn "freedom within boundaries" so we do not accidentally overdo taking in sugar, caffeine and other additives, such as phosphoric acid and food colorings.

Most people use thirst as the first alert to dehydration, but for many, this alert comes after we've already lost 1-2 percent of our body weight in water. Just a 2-percent drop in body water can trigger fuzzy short-term memory and strain our entire cardiovascular system. Since most people don't recognize that we wake up dehydrated, catching up on our hydration needs never really happens. Even when headaches, dizziness, lethargy or hunger try to signal a need for water, we don't connect these signals to being dehydrated.

Water – The essential ingredient for your healthy lifestyle

So now you can see the integral role that water plays in our overall health. This powerful, yet simple nutrient definitely needs to move to the top of the list in BIG BOLD letters on everyone's healthy lifestyle plan. But honestly, how many of us are actually drinking enough water each and every day?

I must confess that as healthy as I *thought* I was by following my own nutrition advice, I have not always fully recognized my own need for drinking enough water to stay properly hydrated. I now realize how important water is for managing our energy, minimizing our headaches and curbing our appetite. It's also worth repeating that feeling thirsty should NOT be your first or only indication of dehydration. A good rule of thumb, to make sure you're hydrating for optimum health each day, is drinking between 8-16 ounces of water first thing in the morning, followed by one glass every two hours until bedtime.



... **AND** think before you drink anything else.

What about caffeinated beverages?

Many health professionals (including me) are cautious about the diuretic and sleep-robbing effects of caffeine—especially in a world of people tired and exhausted from too many processed foods, too few nutrients, too little exercise and too few hours of sleep. Depending on caffeine for your morning wake-up only “steals energy from the rest of your day.” This leaves you needing a second hit in the afternoon, which then robs you of the deep, quality sleep you need at night. Hence, a vicious cycle of combating sleepiness and lethargy.

You don't have to give up all your favorite caffeinated beverages! You can master moderation with this three-point plan:

1

Hydrate first thing in the morning with a large glass of water or diluted juice, before enjoying coffee or tea. The reason we typically weigh less in the morning is because we wake up dehydrated. Think of yourself as a wilted flower in need of water. One cup of coffee or tea does not hydrate you the same as one cup of water. Rehydrate the flower with water, and then enjoy your coffee.

2

Keep caffeine intake moderate with two or fewer servings per day. This still allows plenty of room for good, clean, rehydrating water between servings.



3

Make a pledge to halt all caffeine intake eight hours before bedtime. This will allow you to get the deep REM (rapid eye movement) sleep you need to fully recharge for the following day. Routinely getting REM sleep will give you more energy all day and decreases your daytime dependency on caffeine—stopping the vicious “I'm tired” cycle in its tracks.

What about sugar-filled beverages?

From a hydration standpoint, studies on athletes show that when a liquid contains a high-percentage carbohydrate solution—such as sodas, sweet tea, lemonade and juice—it hinders fluid delivery to the body. So clearly, these choices do not hydrate your body as well as water. From a health standpoint, consider these negative findings on hydrating with sweetened beverages:

- A study conducted by Loma Linda University in California found that adults who drank beverages other than water actually increased their risk for heart attack and metabolic syndrome.
- It is well documented that an excessive intake of sugary soft drinks or fruit juice can increase triglyceride levels, which in turn increases clotting factors. (Also known as increased risk for heart attack and stroke.)
- A study published in the Journal of the American Medical Association found that drinking just one 12-ounce can of sweetened soda or fruit punch every day doubles the chances of developing type 2 diabetes.



Americans' total sugar and calorie intake is out of control. Does this look like *your* daily routine?

Breakfast:

8-oz glass of orange juice	120 calories
2 cups coffee with cream and sugar	100 calories

Mid-Morning:

12-oz cappuccino	340 calories
------------------	--------------

Lunch:

12-oz regular soda	150 calories
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Mid-Afternoon:

12-oz fruit drink	220 calories
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Before Dinner:

5-oz glass of wine or 12-oz "light" beer	100 calories
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Dinner:

Water (good for you!)	0 calories
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Evening Snack:

12-oz regular soda	150 calories
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Total Liquid Calories in ONE Day 1,180 calories!!!

Consuming this amount of liquid calories just three days a week for a year would account for 45 pounds of extra weight you'd be carrying around!



One 12-ounce regular soda a day totals this much sugar in a year. That's 15 pounds on YOU!

Drinking water saves on liquid calories

Liquid calories can easily add up without making you feel full. That spells trouble! Keep in mind that the average adult female only requires 1,700 to 1,900 calories daily, while the average adult male requires 1,900 to 2,200 calories. The goal is to keep liquid calories (not counting skim milk or soymilk) to no more than 200 calories per day. Most people underestimate the number of calories they drink by as much as 30 percent!

Calorie Content of Common Beverages

Starbucks® large Java Chip Frappuccino	560 calories
Coffee with cream and sugar, typical 6 oz	50 calories
Mountain Dew, 12 oz	165 calories
Coca-Cola®, 12 oz	150 calories
Cranberry juice, 12 oz	210 calories
Lemonade, 12 oz	165 calories
Orange juice, 12 oz	180 calories
Regular beer, 12 oz	150 calories
Light beer, 12 oz	100 calories
Rum and cola, 8 oz	200 calories
Rum and Diet Coke®, 8 oz	110 calories
Gin and tonic, 8 oz	170 calories
Piña Colada, 8 oz	520 calories
Red wine, 5 oz	100 calories

What about artificially sweetened beverages?

While the occasional use of sugar or artificial sweetener is OK for both people with or without diabetes, the goal is to reduce your dependency on both. One of the biggest problems with drinking artificially sweetened beverages is the misconception that because they are calorie-free, they come without a cost. Unfortunately, research on artificial sweeteners continues to report diverse and opposing findings.

For instance, researchers from the Ingestive Research Center at Purdue “found that artificial sweeteners may disrupt the body’s natural ability to ‘count’ calories based on foods’ sweetness,” as reported in a 2004 article published in “Science Daily.” This means that although people who consume artificially

sweetened beverages would expect to eat *less* sugar by the end of the day, they somehow eat *more*. It’s as though artificial sweeteners send a “schizophrenic message” to the brain. End result, we still chase our tail after some endless “sweet tooth” in the sky.

Consuming artificially sweetened beverages, such as diet soda, sugar-free Kool-Aid®, Crystal Light®, Propel® and many other flavored waters, “dials up” your sweet acuity—what I describe as your perceptual keenness for sweets. We will learn the benefits of enjoying food and beverages that are less sweet in Habit #4, *Tame your sweet tooth*.

What about artificially colored beverages?

There is also the issue concerning the artificial colorings that are added to so many beverages. Recent studies link six commonly used artificial colorings to Attention Deficit Disorder (ADD) in some children. In 2008, the Center for Science in the Public Interest (CSPI) petitioned the FDA to ban six colorings. CSPI is the organization responsible for getting product labeling laws passed for trans fats,

which took 15 years. Achieving changes in regulating the food industry takes time! In the meantime, do you really care what color your drink is? Wouldn't you prefer to drink something 100-percent natural and with no health risk? We will discuss artificial colorings and other additives further in Habit #6, *Replace processed foods.*

What about sports drinks like Gatorade® and POWERADE®?

Many companies that manufacture sports drinks (primarily The Gatorade Company) have conducted scientific studies that show a diluted carbohydrate solution of 6 percent, plus a tiny amount of electrolytes, can be helpful to replenish body water losses that occur during strenuous workouts of more than 90 minutes. For long shelf life and economics, most sports drinks include sugar and High Fructose Corn Syrup (HFCS), a tiny amount of salt (the amount found in a half slice of bread), potassium (the amount found in 1/20th of a banana), artificial food coloring and artificial flavorings. Since sports drinks taste better than water to most people, athletes are more likely to consume more for maintaining better hydration.

But are sports drinks a better choice than diluted 100-percent fruit juice with a dash of salt added? No! Making your own sports drink with my recipe at right will give you all the benefits of commercial sports drinks without the negative additives of artificial colorings and flavorings. Our family loves what we fondly call "Home 'R Ade," and we save a *bundle* of money!

ZONYA'S "HOME 'R ADE"

(Homemade "Gatorade" or "POWERADE" that's healthy and just a fraction of the cost!)

Makes 4 servings:

- 12 oz 100-percent juice (cherry, grape, apple or cranberry flavors)
- 20 oz water
- 1/8 tsp salt*

Combine ingredients in a pitcher or empty 1-liter bottle. Stir or shake well.

*Add salt only if you are an endurance athlete, as the rest of us do not need this extra sodium

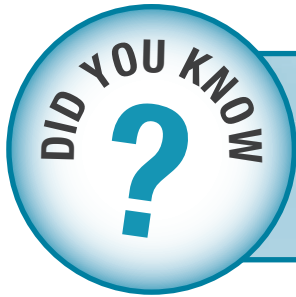
Each 8-ounce serving contains:

60 calories	3 mg calcium
14 g carbohydrate	9 mg magnesium
72 mg sodium	No food colorings, no High Fructose Corn Syrup
125 mg potassium	Cost: about 16 cents per serving!

Hydrate with water

As you can see, there are many reasons my position stands strong on supporting a diet that's as natural as possible. Plain water, water with lemon, water mixed 50/50 or with a splash of 100-percent juice are my first choices for answering your body's essential hydration needs.



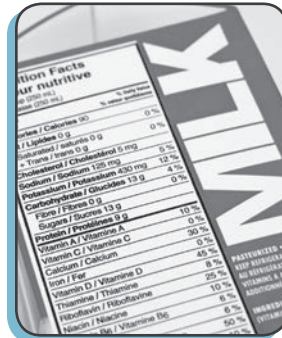


...that as you lose weight, you're at risk for losing bone mass? Weight-bearing exercise and consuming enough calcium with vitamin D will decrease that risk.

What about milk?

The Dietary Guidelines for Americans recommend several daily servings of dairy, to include skim milk or calcium and vitamin D-fortified plant milk (i.e., soy, almond, cashew, hemp or oat). As long as they are unsweetened, these milk products do not count against your 200 liquid-calorie limit. Health experts agree that foods rich in calcium help build stronger bones and healthy bodies.

The highest calcium sources include dairy products such as milk, cheese, and yogurt, but vegetable sources like broccoli and cooked leafy greens, plus legumes, salmon, nuts and seeds add up also (especially when eaten in the quantities suggested in



DIET FREE).

Vitamin D is also an essential nutrient in helping you utilize the calcium you take in. Recent research shows that vitamin D plays an important role in preventing numerous other diseases as well.

Unfortunately, many people are deficient in this key nutrient. Be sure that you're not one of them! Eat foods containing vitamin D and get 15 minutes of sunlight several times a week. Better yet, take a basic "one-a-day" type supplement, including 100 percent of the recommended daily allowance of vitamin D (or more if your doctor advises).

What about alternatives to cow's milk?

Of all the milk options currently available, cow's milk contains the most nutrients, including protein, calcium, magnesium and potassium. And skim milk offers all this wonderful nutrition with a mere 5 mg of cholesterol and 0 saturated fat. Now, that's a nutritional bargain!

That said, as much as 65% of the population has a reduced ability to digest lactose after infancy, creating digestive difficulties. There are also studies linking cow's milk consumption with increased risk of prostate cancer, type 1 diabetes in children, and even acne in adolescence. Additionally, numerous studies support the disease-preventing benefits of a primarily "plant-based" diet, where anti-oxidant rich plants and gentler digesting plant proteins replace cholesterol and animal proteins. These issues and risks are largely why plant-based milk alternatives have become so popular.

Whether choosing milk or milk alternatives, I suggest:

- Get calcium and other important nutrients from a variety of wholesome foods, not just milk.
- If looking for a milk substitute, give soy milk (preferably organic) a chance, as its protein and isoflavones are highly beneficial.
- Watch the sugar content in "original" and "vanilla" milk alternatives, just as you would in chocolate and other flavored milks.

Overcome the obstacles

“I don’t like the taste of water!”

- Get yourself a filter! Use a simple Brita® or Pur® filtering pitcher or filter system for your tap or the line to your refrigerator water dispenser. Just removing the chlorine goes a long way toward making water delicious again, the way it should be. You can even install a reverse osmosis system. These systems even remove potential ground water contaminants. Taste is one thing; potentially healthier is a bonus.
- Add a slice of lemon, lime, orange or even cucumber! You can also flavor your water with an ounce or two (what I call a splash) of 100-percent fruit juice. It’s amazing what a hint of flavor can do for helping you drink more.

HOMEMADE HEALTHY POP

Our family’s favorite beverage treat for the holidays

- 6 oz unsweetened club soda or sparkling water (plain, or with the essence of raspberry, lemon/lime or orange)
- 6 oz 100-percent juice (cherry, grape, apple or cranberry flavors)

Pour over ice in 16 oz glass. Stir. Enjoy!

Restaurants are happy to serve this as well. Simply ask.

“I like to drink something carbonated.”

- You can enjoy sparkling water or club soda with a twist of lemon or lime or a splash of juice. I call this “Healthy Pop.” Carbonation is not a problem. Phosphoric acid, sugars and artificial sweeteners are, so stay away from these additives.

“I just don’t remember.”

- Get in the habit of carrying a water bottle with you, and keep one in your car and one at your desk.
- Place a post-it note on your bathroom mirror with “Morning Water!” noted. Start each morning with at least 8-16 ounces of water to hydrate as soon as you begin the day—before having a caffeinated beverage or juice.

THE BOTTOM LINE



If you drink sufficient water and keep non-milk beverages below 200 calories a day, you’ll lose 10-50 pounds in a year!



- Make a habit of drinking ½ ounce of water a day for every pound you weigh. That’s 75 ounces (nearly 9 ½ cups) for a person weighing 150 pounds. Drink throughout the day using one glass every hour as a guideline.
- Adjust your beverages so that non-milk liquid calories are no more than 200 calories per day.
- Flavor your water with a splash of 100-percent fruit juice to get the benefits of water without the added calories of undiluted juice. Limit the undiluted juice to 4 ounces a day.
- Like sweet tea? Dial back your sweet acuity by mixing sweet tea with unsweetened 50/50 and then 25/75 until you’re enjoying unsweetened tea. Remember, have no caffeinated beverages within eight hours of bedtime.
- Like lemonade? As with the sweet tea, dial back your sweet acuity by diluting lemonade with water or unsweetened ice tea.

Every once in awhile, it's OK to indulge responsibly

Remember that every once in awhile, it’s all right to live outside the guidelines of this habit. Yes. Really!

Because once you have successfully created the foundation of living a life without excess liquid calories on a *daily* basis, you can occasionally add one serving here and there (maybe once or three times a month) without “harm” to your health. As long as you remember to indulge responsibly and think of these as occasional “treats” and don’t overdo or binge, you don’t have to deny yourself or feel guilty.



For example, you can treat yourself to a full-calorie soda or smoothie, or enjoy a beer with friends at a picnic, or partake of a small Frappuccino from Starbucks when the urge or circumstances dictate.

Bonus: When you do splurge and have a sugary soft drink or flavored cappuccino, you just may be surprised to find that your taste buds are saying, “Hey, this is WAY TOO SWEET!” and not even finish the drink. That’s when you know you have adopted a good habit that’s working “invisibly” inside you!

Making this habit fit into your life for the rest of your life

List the benefits you will personally gain in adopting this habit.

What are the mini steps it will take for you to do this?



“You don’t find soda pop in my house anymore. The first week after DIET FREE, I lost 7 pounds.”

—Angela L.

This week’s exercise focus is “Just MOVE It!”

Turn to pages 105 and 106 for your weekly step toward “*Every day exercise*,” the important last “E” habit in DIET FREE.



This Week's Habit Homework

For one week, track how much water you are drinking by marking a circle for every 8-ounce glass you consume. Also track how many “liquid” calories you are consuming by recording those in the Beverage column, followed by How Much and the related Calories per Serving. You are only focusing on beverage calories for one week in order to uncover valuable information about your drinking habits.

	Water	Beverage	How Much	Calories per Serving	Total Calories
Monday	○ ○ ○ ○ ○ ○ ○ ○				
Tuesday	○ ○ ○ ○ ○ ○ ○ ○				
Wednesday	○ ○ ○ ○ ○ ○ ○ ○				
Thursday	○ ○ ○ ○ ○ ○ ○ ○				
Friday	○ ○ ○ ○ ○ ○ ○ ○				
Saturday	○ ○ ○ ○ ○ ○ ○ ○				
Sunday	○ ○ ○ ○ ○ ○ ○ ○				

**Every 3,500 extra calories consumed in a week TOTAL: _____
adds up to 50 pounds in a year!**

Now that you've worked on this habit for one week, answer the following questions to help you move forward:

1. Did anything surprise you?

2. How hard was it to drink more water?

3. How hard was it to keep your non-milk beverages to 200 calories or less?

4. What progress did you make to "Just MOVE It"?

5. Was anything easier to do than you thought it would be?

6. What actions are you committed to continuing to make this habit part of your life?

DIET FREE™

EVERY DAY EXERCISE...
and make it your middle name.



- **Every day exercise** means burning 10-20 percent more calories just by moving more in your everyday activities.
- **Every day exercise** means putting fitness top-of-mind so even on the days that you don't exercise formally, you still will be planning to "enjoy" exercise the very next day.
- **Every day exercise** means prioritizing fitness so it becomes your "middle name." Your friends and family will notice the difference in your priorities, and be envious of your newfound discipline and lifestyle. Your health benefits will be your reward!

HABIT #8 SUMMARY

The benefits of exercise far exceed boosting your metabolism and burning fat. Aerobic activities improve your immune system while fighting heart disease, type 2 diabetes, cancer, dementia and depression. Adding strength-training bumps up these benefits even more by helping you maintain proper strength and balance, and helps prevent insulin resistance and osteoporosis.

When you commit to be fit, are curious and courageous enough to discover your "fitness love" and surround yourself with like-minded friends, then exercise will become who you are as much as your own middle name! When you think of exercise as something you "get" to do instead of something you "have" to do, your life will truly change forever.

LEARN MORE...

- #1 Just MOVE It!
- #2 Commit to be Fit
- #3 Abandon Pain. Embrace Pleasure
- #4 Be Curious and Courageous
- #5 Aerobics R U
- #6 Muscle Up for Life
- #7 Respect the Stretch
- #8 Get Support!

#1 Just MOVE It!

We're a nation of "sitters." We sit when we eat, while driving to and from work, while at the computer and when we watch TV, movies, sporting events and concerts. You name it; our position is typically "sitting." Even those of us who take time out for a 30-minute walk or other exercise each day are off our feet for most of the remaining 23½ hours. And that's a missed opportunity for helping our waistlines, our hearts and our blood sugar.

James Levine, MD, PhD, an endocrinologist and professor of medicine at the Mayo Clinic, has studied our world of "sitting" and its influence on our nation's obesity epidemic. He heads up the NEAT lab, which stands for "Non-Exercise Activity Thermogenesis." The dictionary defines exercise as "bodily exertion for the sake of developing and maintaining physical fitness." NEAT is any other movement—everything from walking and toe tapping, to playing guitar, dancing and shopping.

In Levine's studies, people were given special underwear that monitored every movement and every posture of their body. Levine discovered that "ambling" around more, versus sitting all day, was a critical factor separating the lean from the obese. In fact, this kind of "active" living can burn as many as 350 *more* calories *every single day*. His study found that the calories we burn through *active* movement for numerous hours seven days a week, adds up to a 35-pound weight loss in a year, compared to the calories burned working out one hour, three times a week in a gym, which is only a 20-pound weight loss! So, being more active in your everyday life, aside from working out, is CLEARLY a huge benefit!

Keep in mind that moving more every day doesn't *replace* aerobic and strength-training workouts, but it does more than DOUBLE the benefit from these workouts, calorie-wise.

TAKE ACTION

- **Take the stairs.** Say, "Sock it to me, metabolism booster!" by taking the stairs as often as you can. Avoid elevators and feel your heart rate go up, feel the muscles in your legs tighten, and smile. A year of one-minute-a-day stair climbing will take off five pounds in a year.
- **Park and walk.** Choose a parking spot that's five minutes farther than usual from where you work. This decision not only will help condition your heart and lungs, but also melt five pounds in a year!
- **Multi-task.** Conduct phone conversations while standing. Step side to side, do leg lifts or lunges. Moving like this not only makes you *feel* better, but helps you *think* better. The same is true while doing dishes, your hair and make-up, shaving and brushing your teeth. Calf raises, leg kicks and even a few squats during those routine activities can start a fire in some much-needed leg muscles.
- **So you think you can dance?** Prove it! Play music when you clean the house or rake leaves to add an extra bounce to your step!
- **Play like a child.** Run, jump, wiggle and wrestle *with* your kids or grandkids instead of just watching them. You'll *all* enjoy the time so much more!

“ Because of DIET FREE, I was no longer afraid of these “little” changes anymore. I decided to welcome them with open arms. And in four months, I’ve lost 21 pounds! ”

—Penny D.

This Week's *Just MOVE It* Homework

1. Take five minutes to jot down one *Just MOVE It* idea to try for each day of the week. Use the tips from the *Take Action* list or discover your own.
2. Put a check mark next to the idea once you have completed it.
3. If you also exercised, be sure to record the time in the Exercise column.
4. Pay attention to the amount of time you watch TV or use the computer for entertainment, and record that time in the EST column (Entertainment Screen Time). Is this amount of time supporting your real goals in life? If not, make a plan to change.
5. Discover what kinds of movement work for you and fit into your individual lifestyle.

	My <i>Just MOVE It</i> Action List	✓	Exercise time	EST time
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Weekly Totals				