

# The 5 E's to Weight Release

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## ENCOURAGE CHANGE

- ✓ Short-Term Fix/Long-Term Ecstasy
- ✓ How would your life be different if you released the weight?
- ✓ Insanity – Doing the same thing over and over and expecting different results ~Albert Einstein
- ✓ Baby Steps
- ✓ One Day at a Time/Pat Yourself on the Back!

## ENLIGHTEN YOURSELF

- ✓ What Brings You Peace
- ✓ Prayer/Meditate Daily
- ✓ Daily Spiritual Reading
- ✓ I am Grateful for...
- ✓ I Send Blessings to ...

## ENJOY LIFE

- ✓ Self-preservation, Not Selfish
- ✓ What Do You Love to Do ~ List 20
- ✓ Childhood and Creativity
- ✓ Connections
- ✓ Calendar ~ Full or Empty?

## EXERCISE DAILY

- ✓ Begin with Five Minutes
- ✓ Partner or Multitask in Your Mind
- ✓ Aerobic ~ Daily
- ✓ Weight Lifting ~ Two Times per Week
- ✓ Stretching ~ Daily

## EAT HEALTHY

- ✓ Protein breakfast within one hour after getting up and before caffeine; protein for lunch and dinner ~ Daily Diet Diary
- ✓ Protein amount is your body weight divided by 2, divided by 3 = grams of protein per meal, max 120 gm per day; may use less if using meal replacement protein shakes and bars
- ✓ Lots of vegetables except potatoes, peas and corn
- ✓ One serving of carbohydrate per day. Measure!
- ✓ Find five new recipes for breakfast, lunch and dinner
- ✓ Carbohydrate withdrawal with *Reset™* or food
- ✓ Supplements– Multi Vitamin, Calcium 1000 mg per day with food, Vitamin D 3 1000 IU, potassium 99 mg (if muscle cramping) or *Pro Bono™*

[www.maryseger.com](http://www.maryseger.com)

<http://www.usana.com/>

for *Reset™*

[www.BalancedHealthNow.html](http://www.BalancedHealthNow.html)

for *Pro Bono™*