We encourage—Pasta, hamburger helper (97% lean beef), or the ‘strong to the core’ workout in the latest with getting in good shape and a body I like. I saw 10 pounds quickly, but the next 10 is a struggle along shoulder that kept me on the mends since March. I and coming off a torn ankle ligament and dislocated January, PT Test in a month. I’m 10 pounds over of them. I have to make weight for OCS; I leave in I read your articles in diet dissection and will be trying some grill/broiled meats typically (carbohydrate and protein).

Mike writes:

I read your articles in GX and will be trying some of them. I have to make weight for OSS; I leave in January, PT Test in a month. I’m 10 pounds over and coming off a torn ankle ligament and dislocated shoulder that kept me on the mends since March. I started working out again about a month ago and lost 10 pounds quickly, but the next 10 is a struggle along with getting in good shape and a body I like. I saw the ‘strong to the core’ workout in the latest GX and thought I’d go at it.

DIET DISSECTION TIME
In order to determine whether you are on the right track, simply ask yourself the same two questions I asked Mike.

Question One: What do you eat from the time you wake up until the time you go to sleep? Include the time you wake up, the time you go to sleep and your average daily food items. Remember to include daily drinking at least 64 oz. water a day. IF I have a soda, I’ll have no more than one Coke (carbohydrate). I’m drinking at least 64 oz. water a day.

My feedback for Mike:
Cut out the following while you are trying to lose weight:
- Peanut butter (saturated fat)
- Mayo (saturated fat)
- Chips (saturated fat and carbohydrate)
- Red Meat (fatty protein)
- Coke (carbohydrate)

Add in:
- Vegetables (carbohydrate and fiber)
- Fruit (carbohydrate and fiber)
- Water

Question Two: What do you do for a workout Monday–Sunday?

His remarks:

With dinner, I’ll usually have 2% milk (carbohydrate), and water the rest of the day. IF I have a soda, I’ll have no more than one Coke (carbohydrate). I’m drinking at least 64 oz. water a day.

My suggestions for Mike:
- Workout schedules should directly correlate with eating habits.
- To keep the weight off, maintain a balanced diet (the inputs) and workout schedule (the output).
- Eating 4–5 smaller meals per day will increase weight loss.
- Maintaining a steady blood sugar by spacing out small meals throughout the day can accelerate weight loss.
- Increase your cardiovascular activity throughout the week (meaning, add more cardio to your workout schedule).
- Take advantage of more walking opportunities, even if you have to go around the armory. Walk at a brisk speed. Jog if you are able, but don’t jog through pain (he was on profile).
- Begin doing cardiovascular endurance training for 20 minutes and then try to gradually increase your time to an average of 45–60 minutes each time.

One week later Mike wrote me back:

I dropped 5 lbs., down to 191 at 10 a.m. on Thursday. Congratulations, Mike, for losing five pounds in one week! Good luck on losing the other five.

All the best,
We encourage start fitness with getting in good shape and a body I like. I saw 10 pounds quickly, but the next 10 is a struggle along started working out again about a month ago and lost shoulder that kept me on the mends since March. I and coming off a torn ankle ligament and dislocated...