

TULSA WORLD

January 1, 2009

Amy Puls' five-step weight-loss program

You rang out the new year last night. Today, it's time for a new you.

You're going to make the same resolution as last year, and the year before that: lose weight. But how strong is your resolve?

A successful recipe for weight loss has five key ingredients, exclaims Amy Puls, a registered dietitian who offers a clinical practice for pediatric patients at Therapy Works, weight management counseling for teens and adults at Sky Fitness & Wellbeing, and who serves as the dietitian for the Laura Dester Shelter.

1. Know your calories! Save nearly 500 calories by choosing a 6-inch turkey Subway sub over Panera's sierra turkey sandwich. That extra 500 calories each day means one extra pound of fat per week. Use tulsaworld.com/calorieking to find calorie information.
2. Have a healthy meal pattern! Eat four to six times per day, allowing three to four hours between each meal or snack. Limit meals to 400 to 500 calories and snacks to 150 to 200 calories. Don't eat or drink between meals or snacks (water is OK).
3. Have a well-balanced diet! At every meal and snack, have a protein and a complex carbohydrate. Protein keeps you satisfied longer and complex carbohydrates will help drive your activity and exercise. Remember: Sugar and fat will shrink your portion sizes.
4. Exercise right! Walking, swimming, biking, elliptical machines and stair climbers are great sources of low intensity exercise, the best kind of exercise for fat loss. Keep your heart rate between 100 to 130 heartbeats per minute for 30 to 90 minutes per day.
5. Have a no-fail policy! Relapse is actually necessary in order to fine-tune a plan that will stick. To make your plan unique to you, follow these steps: (1) identify what behaviors need to change (2) get organized (3) take action!