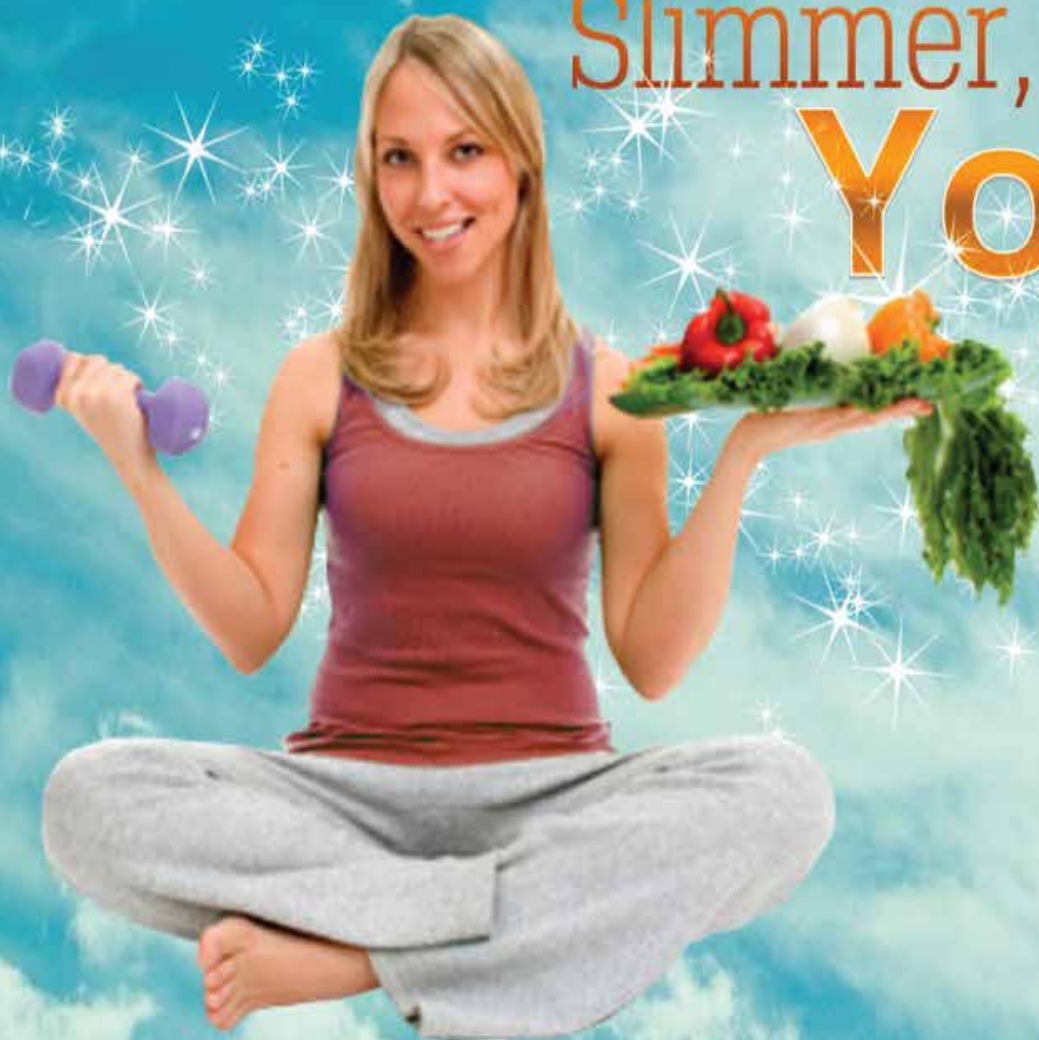


**5 EASY Lifestyle Changes
to Jump-start Your Weight Loss**

28 Days to a Slimmer, Sexier You!



A Special Report by Christie Ryan Fitness

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28 Days to a Slimmer, Sexier YOU!

By Christie Ryan

Feeling frustrated that you're at THAT place again?? Your weight is creeping up, your clothes are feeling tight and you haven't been able to stick to those crazy restrictions you read about in magazines!

Let's be real: dieting doesn't work. The "diets" that promise you can lose weight once and for all if you cut out your carbohydrates, or eat only fruit in the morning or never eat fruit with protein, or take that magical supplement or do "this one trick" that has helped every celebrity lose weight. Have you had enough?

Whatever you do for weight loss needs to be something that is comfortable enough for you to do FOREVER. Yes, forever. So it can't be so painful that you can barely hang on for 2 weeks. It involves lifestyle change and yes, you'll have to make some changes. But make these changes gradually (no absolutes), be moderate and I promise you will get there.

Don't believe that gaining weight as you age is inevitable, resigning yourself to the fact that once you turn 40, you're going to have to get used to 20 more pounds. It doesn't have to be that way! I'll show you how you can stay lean and firm and feeling good about YOU!

Nutrition really is about 80% of weight loss so let's start there. Here are 5 basics that are A MUST to feeling your best and losing weight.

1) GET RID OF THE JUNK – seriously, you cannot prevent weight gain or lose weight if you are filling your body with junk. So cut out the sodas, chips, desserts, juices, alcohol, processed foods, fast foods, white flour etc. That includes 100 calorie packs of processed white flour/sugar foods, low fat pretzels and crackers/cookies and frozen dinners loaded with sodium and

preservatives. Does that mean NEVER have them? Of course not (no absolutes remember)? You can have them as an occasional treat, possibly once a week, but a steady diet of daily junk will not get you where you need to go.

2) EAT REGULAR MEALS AND SNACKS – even though you're busy and you're running 6 different directions, you have to eat regularly! Skipping meals and starving is not going to result in long term weight loss. Going longer than 3-4 hours without eating will result in lower metabolism and overeating later once you get home and crash. People often tell me, "I do fine until I get home." That is because blood sugar has tanked and you cannot get enough food in your mouth to stop that craving! You MUST eat breakfast, lunch and dinner along with a couple snacks. Doing so will control your insulin levels and that will make a huge difference on how your body burns fat.

3) EAT WHOLE AND BALANCED – We hear a lot of negative talk about "carbs" and yes, most people eat too many refined breads and cereals. But carbs are not the bad guy - if we pick the right ones. In fact, if you're working at all (which you should be) you'll need good carbohydrates for energy. Balance your food to include lean protein and lots of vegetables. Add good carbohydrates such as fruit, brown rice, quinoa, sweet potatoes, whole grain bread, lentils and beans. Fill your plate with colorful vegetables, which take up a lot of space for very few calories. Plan to have a little protein with each meal and snack.

4) DRINK WATER – I cannot stress this enough. Having plenty of water will help prevent fluctuations in your weight (which are discouraging), will decrease cravings and actually helps you burn fat. Aim for half of your weight in ounces of water.....plain water! It will keep your head clear, help your energy level, your digestion and your complexion. Drink water!! If you can't make yourself drink water, add a lime slice or a frozen strawberry, keep it cold and keep it with you.

5) PLAN – If you're going to make the previous changes on a regular basis, you have to plan. If you don't, your time will get eaten up and you'll be back to grabbing fast food and sitting all

day. Pack your snacks the night before and have a plan for dinner before you get home! Sit down, make a plan and follow it.

Schedule your meals and snacks like you do appointments at work or for the kids.

Even though you don't think you have time to get to the store, schedule time to do it. If you think ahead and make a list, you can get what you need with 1-2 trips to the store each week. Pick up these foods to have on hand:

*Granny Smith Apple

*Almonds

*Hard Boiled Egg

*Yogurt

*Fruit

*Cottage Cheese

*Protein bar – check label for at least 15 grams protein and less than 10 grams sugar

*Raw veggies

*Hummus

*Cheese

*Quinoa

*Edamame

*Rice cake

*Turkey breast patty

*Chicken Breast(

*If your supermarket has a salad bar, use it! Grab a healthy salad for lunch!

BONUS! MEAL IDEAS:

Breakfast:

- 1 egg plus 2 egg whites scrambled with veggies
- Fruit and Greek, unsweetened yogurt
- Oatmeal with blueberries and almond milk
- Shakeology with almond milk and fruit
- Whole grain 6 inch tortilla with 1 oz ham

SNACKS:

- Apple with ½ oz almonds
- Celery with 1 T peanut butter
- 1 cup raw veggies, 2 T. Hummus, rice cake
- Greek yogurt with fruit
- Cottage cheese/fruit
- Cheese stick with corn tortilla
- Hard boiled egg drizzled with 1 t. olive oil
- Lean chicken or tuna with raw veggies

LUNCH/DINNER

- Salad with lean protein and olive oil/balsamic vinaigrette
- Grilled chicken breast with grilled veggies
- Vegetable soup
- Stir fry veggies with brown rice
- Baked Salmon with quinoa pilaf and salad
- Fish tacos with white fish, corn tortillas and cabbage slaw
- Lean sirloin steak with salad and sweet potato

**For more ideas or help with your specific life situation,
call me for one on one support!**