

# 365 POWER DIET

## Making the 365 Power Diet work for YOU:

Whenever you make the decision to change your life in a radical manner, such as eating healthy and light or working out there are practical things you need to do, specific actions that will move you to succeed. I came up with this practical guide that will help you with your transformation, practical actions that I use for my own health benefit and the benefit of my family.

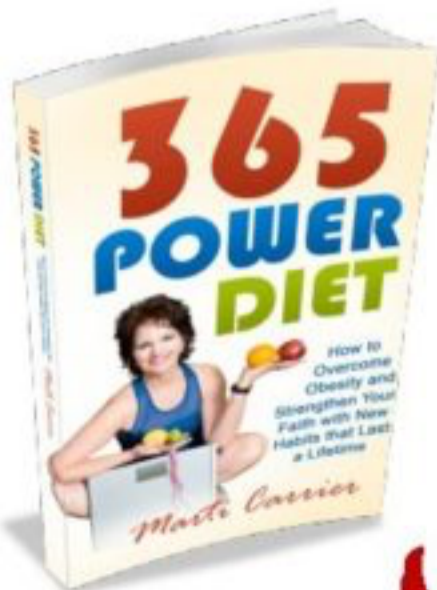
These are the most important three techniques to consider for optimal health:

**Quantity:** Eat light, exercise control. If you eat less calories than you expend you will lose weight. There is only one scenario where this doesn't work well, and that's if you eat less than 1200 calories (depending upon your height/weight). Then your body starts holding on to what it's got, because it thinks there is a famine in the land and it's determined that you survive it, and you don't lose weight. I've seen this a few times.

**Quality:** Make the best nutritional choices; this will keep you in the most excellent health.

**Action:** Elevate your heart rate most days of the week, and challenge your muscles with resistance training at least 3 days a week for 30-60 minutes. In most cases the more challenging the workout, the better the results.

Whole books about dieting and exercise are written around these three important guidelines, and if you keep them upmost in your mind during the day you'll start winning the war on obesity.



Available on Amazon

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