

# PARMA SUN POST

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## Nutrition is key to losing excess body fat pounds

Do you know what 5 pounds of body fat looks like?

It's about the size of a football, bright yellow in color, and has small blood vessels throughout.

If you're like most people in America, you've got too much fat on your frame. It's probably sitting on your stomach, your hips, your butt, your thighs, maybe even your chest or the back of your arms, maybe even your face and neck.

In our latest Dynamic Makeover, the hard working couples lost 78 pounds of body fat in just 10 weeks. This is enough to fill an entire wheelbarrow.

Each person built muscle and became stronger. Each lost body fat and lost inches and became leaner. They all became more flexible and healthier. Perhaps most importantly, this group of people gained the knowledge necessary to take this contest's outcome and maintain their results for life.

Every single person who reads this column needs to take responsibility for his or her own health. If you are overweight or out of shape, it's one person's fault: yours. Once you've decided to



Health & Fitness  
Q & A

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change your life for the better, read on.

Change your eating, right now. Nutrition is everything. Eliminate sugar and products that contain sugar. No more white bread, no white rice, no white flour products. Instead, triple your intake of fibrous vegetables, like broccoli, asparagus, cauliflower and zucchini. Stop skipping breakfast, and stop relying on coffee for energy. Your energy should come from nutrition, not stimulants like caffeine.

Get rid of fried foods, oily foods, greasy foods, and deep-fried products. No more processed foods and juices (yes, even fruit juices). Soda is poison. From now on, it's water, water and water. Never go longer than a few hours without food, and begin eating six small meals every day.

Eat more fish like salmon and tuna. It's good for your brain and your muscles (especially your heart). Eat nuts, berries and spinach. Eat peppers, celery and 1-2 bananas each week. Eat some citrus fruits, like oranges or grapefruit. Cook with olive oil. Eat oatmeal (every day with cinnamon if you have high cholesterol). Eat 100 percent whole grain bread. Eat chicken and turkey but avoid large quantities of red meat and pork. Don't eat right before bed.

For some unhealthy people, education is the problem. These guidelines are pretty simple when you think about it. Books, manuals, the Internet, and other sources offer further, more detailed information. A nutritionist or dietitian can offer more specific, individualized help.

For other unhealthy people, it's hopelessness. These folks know to put the soda and french fries down you, then find some motivation. See a trainer. Workout with a friend. Talk with other people who've achieved success. Read cool stories like A Dynamic Makeover in the Sun to get inspired. Better yet, just try eating right and working out for a few days. See how good you feel. See how much better you look.

Over the next few months, my columns will focus on getting motivated, gaining hope, and achieving results. My next column will talk about some exercise specifics of our Dynamic Makeover program.

If six busy people of all ages can get in shape in just 10 weeks, you can too. That's motivating, isn't it?

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