

OPERATION HUNTING 4 HEALTH

Total health starts here! By Ken and Stephanie Weichert

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Eating
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FOR YOUR
EYES ONLY

SGT Ken gets you
focused on your
health.



In addition to inquiries about exercise plans, we receive many more about how to lose weight. Because losing weight is a team effort between diet and exercise, we must address both issues in order to give you a complete weight loss guide.

In this issue, we wanted to provide you the tips you need for weight loss, coupled with real live success stories from readers who have changed their lives by changing their health through diet and exercise.



“I was excited to learn this morning that I lost more than 20 pounds in two months in SGT Ken’s and Stephanie’s program! Between their nutrition plan and workouts, I will soon be ready to ship to Basic Training! Hooah!!”

—PFC Lee Wilson, Tennessee Army National Guard Recruit Sustainment Program

Here is the deal—in order to make a difference, you will have to make a change.

People approach us all of the time about what they can do to get in shape. We can always tell where their level of motivation is by:

1. Their immediate response
2. How they utilize the information we provide them

For example, one individual who wanted to lose more than 100 pounds contacted us.

The problem was that he wasn’t willing to change his lifestyle to achieve his goal. We told him that his best bet was to modify his diet in stages.

He could first begin by cutting down on his overall daily volume of food and stop drinking soda.

We told him to couple these modifications with a 15- to 20-minute walk 2–3 times per week and a check-in with his doctor.

Two weeks later, he told us that he hadn’t lost a single pound. We weren’t surprised when he disclosed the fact that he was unwilling to change his diet, and he hadn’t found the time for even a moderate amount of exercise.

Bottom line is, he hadn’t changed a thing about his lifestyle.

How much do you want better health?

Don’t get us wrong—this process can be difficult. It isn’t about a diet or a fad; it is about changing your life.

Ready to make the change? Here are tips to help you get started:

STEP 1 Be Resolute

STOP THINKING ABOUT IT AND START DOING. Start today! We are commonly told, “I will start my new plan on Monday.” What happens is that most

people that say that will splurge until Monday and may never even begin the new diet. Your diet should not be treated like a Mardi Gras celebration.

DEVISE A PLAN. In this issue, we included an excerpt from our “Savory Survival Guide.” In our excerpt, we share our personal meal plan from a

typical Monday. If you want the entire week, you can go to www.NATIONALGUARD.com/fitness.

WRITE IT DOWN. In addition to our routine meal plan, we like to write new healthy nutrition ideas on Post-it notes and place them on the refrigerator. It’s a great location for posting reminders to keep you on track!

STEP 2 Be Accountable

Calories add up when you sneak a little here and add a few there. For example, if you splurged on lunch, write it down so that you won’t add the

extra calories in for a snack or at dinner. Writing it down helps you with what we call “eating amnesia.” We all forget the snacks that we sneak in at times. Other snack or meal recording methods are to track your calories online or on a phone application. Many programs and applications are free of charge.

STEP 3 Be Thorough

When you look back through your food journal, watch for repetition of unhealthy foods or liquids. We use the term “junk food” for foods and liquids filled with sugar, saturated fats and preservatives. Some people crave sweets because they are using sugar instead of protein for the energy they need. As they get tired, they may consume a drink marked as an “energy drink” or eat snacks commonly used at Halloween festivities. This gives them an instant energy rush, but ultimately leaves them with less energy than they started with. Others grab potato chips instead of fruit or vegetables.

Those who eat junk food regularly claim that they are too busy to make something healthy or can’t afford it. With steps one and two above, you are more than likely to make the time to add healthy foods to your diet.

Those who claim they can’t afford healthy foods will potentially pay more in healthcare visits as their health is ruined through continued consumption of junk foods.

Our best food shopping advice is to purchase most of your items from the outer walls of the food store. Most food stores place fresh fruits, vegetables and natural foods against the outer walls. The inside lanes are where you might find most of the over-processed and lifeless foods that produce little enzyme activity and contain little or no fibrous material.

CASE STUDIES

CONFIDENTIAL

We met Alex (a Guard applicant) and Richard (a Guard Soldier) via email. Both of them wanted to lose weight and get in better physical condition.

We began their programs by calling them and talking through their dietary habits. We came up with a plan that included food guidelines and simple workouts. Over the course of five months, we followed their progress.

Instead of giving them a long list of changes, we first taught them the basics of healthy eating (Phase 1). As they became adjusted to their new diet strategy, we added personalized diet tips for making permanent changes (Phase 2).

When you set uncomplicated and realistic expectations for yourself, you’ll be much more likely to meet them. Going cold turkey on every bad eating habit at once isn’t likely to last.

** Follow the success of Alex and Richard on pages 92–93.*



ALEX

BEFORE HUNTING 4 HEALTH:

OBJECTIVE: To join the Guard
OBSTACLE: Must lose weight to qualify
AGE: 22
GENDER: Male
WEIGHT AS OF MARCH 30, 2009: 306 lbs.
WORKOUT FREQUENCY: Three times per week

TYPICAL DAILY DIET:

9 a.m.: Wake up
9:30 a.m.: 20-oz. bottle of orange juice
10:15 a.m.: Two packs of instant strawberry oatmeal
1 p.m.: 20-oz. bottle of Gatorade
1:30 p.m.: Large bag of Cheez-Its or popcorn
6:30 p.m.: One or more of the following: Tacos with rice, deep fried tacos or hamburgers

OPERATION HUNTING 4 HEALTH RECOMMENDATIONS FOR ALEX:

PHASE 1

Basic diet improvements

Our first recommendation for Alex was to eat breakfast earlier than 9:30 a.m. We suggested that he consume plain oatmeal or steel-cut oats, add a bit of honey for sweet flavor, and occasionally add a small number of walnuts and raisins or fresh fruit. Plain oatmeal includes a larger particle size and more nutrient density. His instant strawberry oatmeal is loaded with sodium and sugar.

We suggested that Alex drink much more water and add in a variety of colorful vegetables (such as dark and leafy as well as red bell peppers, etc.) to his diet. We continued by telling him to cut out the fried foods and add lean meats to create a balanced diet. We also suggested that Alex look for healthful snack alternatives to Cheez-Its, such as fruit and vegetables. Finally, our initial advice to him included adding fiber to his diet.

PHASE 2

Personalized diet tips

- Add fruits and vegetables
- Cut out junk foods (fried foods, sweets and his instant strawberry flavored oatmeal)
- Eat less red meat
- Cut sodas and energy drinks (although it wasn't in his food diary, he admitted to drinking both regularly)
- Drink more water (approx. 128 ounces/one gallon per day; total varies by individual)
- Use workouts from *GX* magazine five times per week

APRIL 6, 2009

Alex writes:

Just wanted to give you an update on how everything was going. I have taken your advice very seriously. I have not touched a can of soda since I last talked to you. I have also not touched fast food since then either. I have lost eight pounds, and I am still going strong. Thank you so much!

AUG. 22, 2009

Alex writes:

I had a goal of losing at least 80 pounds. Stephanie showed me how to cut down on portions and how to improve my metabolism when I eat. I'm eating less and have become a lot smarter about what I eat. After a complete overhaul of my eating habits, SGT Ken sent me a very intense workout to follow. They've really helped me change my habits. Since March, I've lost 34 lbs. I'm sticking to my diet and making a better effort to get to the gym. Thank you so much, Weichert's! You are truly making me strong!

AFTER HUNTING 4 HEALTH:

WEIGHT AS OF AUG. 30, 2009: 272 lbs.
WEIGHT LOSS OVER FIVE MONTHS: 34 lbs.
CURRENT STATUS: His waistline is wasting away!

CASE STUDIES

I was gaining weight before I started this program. In one month, I lost seven pounds and performed 10 more push-ups and sit-ups and shaved off a minute in the 2-mile run during the Army Physical Fitness Test (APFT). This program ROCKS!"

—PFC Trebor Brown, Tennessee Army National Guard Recruit Sustainment Program

RICHARD

BEFORE HUNTING 4 HEALTH:

OBJECTIVE: To lose weight and get in better physical condition

OBSTACLE: Limited amount of time

CAREER: Army National Guard Chaplain recruiter; attending seminary full-time

AGE: 32

GENDER: Male

WEIGHT AS OF APRIL 30, 2009: 213 lbs.

WORKOUT FREQUENCY: Three times per week

TYPICAL DAILY MENU:

7 a.m.: Wake up

7:30 a.m.: 1 cup of Cheerios, Corn Flakes or Life cereal and half a banana with milk or an egg

10 a.m.: Celery with 4 tablespoons of peanut butter, or a half-cup of mixed nuts, or a granola bar, or an apple

12 p.m.: Turkey sandwich with whole wheat bread, mayo, mustard, cheddar or mozzarella cheese and lettuce with yogurt or fruit (apple or tangerine)

3:00 p.m.: Mixed nuts or granola bar

5:30 p.m.: Minestrone soup or spaghetti and meatballs, nachos and ground beef, enchiladas, or Spanish rice or tacos

OPERATION HUNTING 4 HEALTH

RECOMMENDATIONS FOR RICHARD:

PHASE 1

Basic diet improvements

Richard's diet didn't need a major overhaul. His diet simply needed some fine-tuning. His breakfast was good. We especially liked the protein from the egg and the insoluble fiber in the Cheerios. We suggested that Richard cut down on the amount and frequency of consumption of mixed nuts and peanut butter. Nuts in small portions can be good for your diet, but like most naturally high-fat items, they must be consumed in moderation.

We also suggested breaking up his lunch into smaller portions. For example, eat the sandwich and finish with the yogurt and fruit a couple of hours later. Dinner was the meal where we asked for significant changes. Most of the items on the dinner menu included red meat. This meant that Richard was

eating red meat nearly every day. We asked him to substitute the red meat with fish, turkey or chicken.

PHASE 2

Personalized diet tips

- Add fruits and vegetables to diet
- Cut out junk foods, such as fried foods
- Eat more fish and chicken
- Eat less red meat and substantially less saturated fats
- Use workouts from *GX* magazine five times per week

AUG. 22, 2009

Richard writes:

I have always been very busy with work and did not have a lot of time for fitness. As a result, I saw my health crumble a great deal. I came across www.NATIONALGUARD.com/fitness as I was searching the Internet for answers to my diet and fitness concerns. I emailed for help, and Ken and Stephanie Weichert immediately responded with fitness and diet information.

I went to work. After a month, I could feel the changes and, soon, I could see them. I was still very busy, but I didn't feel as stressed. My sleep got better, I was able to relax more, and I felt better about myself because I was looking better. It has been about five months now. I haven't reached my weight goal yet, but I've seen the results so far, and I know that there will be more to come.

I feel great. I feel like I'm in control of my body now. My mind even works better. Thank you, Ken and Stephanie, for all your support. I'm on your program for life.

AFTER HUNTING 4 HEALTH:

WEIGHT AS OF AUG. 30, 2009: 196 lbs.

WEIGHT LOSS OVER FIVE MONTHS: 17 lbs.

CURRENT STATUS:

- Eats smaller portions
- Eats more fish and chicken
- Eats less saturated fat
- Substitutes lean ground turkey for red meat
- Eats more fruits and vegetables
- Sleeps better
- Feels better, not consumed by stress

APFT IMPROVEMENTS: Increased 10 push-ups and sit-ups, ran two minutes faster in the 2-mile run



Top 10 Healthy Eating Tips

1. Stop focusing on what you can't have. Focus on what you can have. The idea is changing your relationship with food.
2. Eat five to six small meals daily instead of three large meals. This will stimulate your metabolism throughout the day.
3. Don't justify unhealthy eating with excuses. Example: Celebrating a friend's birthday with unhealthy foods or an abundance of alcohol is not an acceptable reason to cheat with your diet.
4. Don't spike up your calories with unhealthy drinks. What you add to your favorite coffee drink counts toward the bottom line of your daily allotment of calories. Calories from juices add up quickly as well. Drink water! Some of the benefits of drinking clean water are an increased metabolism, boosted energy levels and less water retention. Water also washes toxins out of your body.
5. Look for healthy snack or appetizer substitutions. Have a craving for something sweet? Try eating an apple. Replace breads and pastas with vegetables. Replace chips or French fries with fresh fruit for your side dish during lunch.
6. Eat insoluble fiber every day. Example: Plain oatmeal or steel-cut oats.
7. Try cutting "white foods" out of your diet. These include cake, ice cream, bread and pasta.
8. Drink one to two full glasses of water prior to eating your meal. This will trick your body into feeling full sooner.
9. When out at a restaurant, cut your portion in half right away (or more depending on the portion size). Have the remainder placed in a "to go" box.
10. Abstain from items like a daily cookie, alcoholic beverage, candy or soda. When you do make a diet change, understand that at first, your body will detoxify. You may go through withdrawals. Eventually, your body will no longer crave unhealthy items.

WHAT SHOULD YOU TRACK: *body weight or body fat?*

CALCULATING BODY FAT MEASUREMENTS is the best method for estimating weight loss. **Note:** When people tell us they want to lose weight, they usually mean they want to lose body fat.

Step 1: Calculate your body fat measurement.

Once you have properly determined your current body fat measurement, it's important to know the percentage you may need to reach to achieve a healthier standard of living.

There are many methods for determining body fat—a home body fat scale; skin fold calipers; measuring tape (Army standard); and hydrostatic weighing. Find the method that's best for you.

Step 2: Determine your ideal body fat percentage.

According to the American Council on Exercise (ACE), a certain amount of fat is essential to bodily functions. Body fat regulates body temperature, cushions and insulates organs and tissues, and is the main form of energy storage for the body.

The following table describes body fat ranges and their associated categories:

Women

Essential fat needed: 10–12%
Athletic range: 13–20%
Good fitness range: 21–24%
Acceptable range: 25–31%
Obese range: 32% and up

Men

Essential fat needed: 2–4%
Athletic range: 5–13%
Good fitness range: 14–17%
Acceptable range: 18–25%
Obese range: 26% and up

Note: For Army body fat measurement standards, refer to Army Regulation 600-9, Army Weight Control Program (prior and current service), or Army Regulation 40-501, Standards of Medical Fitness (non-prior service).

“I started this program weighing 209 pounds. I now weigh 182 pounds in just two months! My APFT scores have improved a lot. I thoroughly enjoy this program! Hooah!”
—PV2 Andrew Atwood, Tennessee Army National Guard Recruit Sustainment Program



Would you like to know what SGT Ken eats? Here's a sneak peek at his *Savory Survival Guide*.

Monday Meal Strategy

Breakfast

- Scrambled egg whites (2-3 eggs) with mushrooms, arugula, avocado (half), and 4 oz. of cooked chicken (skinless)
- Fresh fruit
- Hot tea (black), with a small amount of honey and soy milk
- Water (16 oz.)

Mid-morning snack

- Red bell pepper, sliced into strips, with half a cup of hummus
- Water (16 oz.)

Lunch

- Grilled salmon (4-6 oz.) over fresh spinach, walnuts, raisins and a small amount of light balsamic vinaigrette
- Water (16 oz.)

Pre-dinner snack

- Granola
- Fresh fruit
- Water (16 oz.)

Post-workout snack

- Whey protein (30 g.) smoothie with blueberries, banana, strawberries and soy milk (24 oz.)
- Water (16 oz.)

Dinner

- Boiled, baked or grilled chicken (6-7 oz.) over brown rice and steamed vegetables
- Water (16 oz.)

Note: Additional water is consumed between meals in order to meet a daily total of 128 oz.

Get the complete *Savory Survival Guide* at www.NATIONALGUARD.com/fitness.

Warning: Always seek the advice and guidance of a qualified health provider with any questions or concerns you may have prior to commencing a fitness program. This article should not be relied on or substituted for professional medical diagnosis or treatment. The exercises presented are for suggestion only. Participate at your own risk. Stop if you feel faint or shortness of breath.