



RESET™ 12-Week Weight Management Program



There's no better time to RESET your life!

Weight is a heavy issue and Australia in New Zealand – there's no doubt about that! Yet where it comes to the extent of the problem, we may be deceiving ourselves.

For example, one large study looked at weight and attitudes to weight by assessing 13000 people worldwide including 1200 Australians. A third of Aussies classed themselves as being overweight. Yet BMI (body mass index) measurements found the figure to be twice as high – 60 per cent, nearly twice the number were actually overweight.

Getting into the right weight range for you is so important because carrying too much weight can have serious health consequences. It plays a key role in the development and progression of chronic (long-term) conditions such as coronary heart disease, stroke, type 2 diabetes and some forms of cancer such as colorectal cancer and post-menopausal breast cancer. So, could it be time for you to reset your weight, your health and your outlook?

Five reasons why we're getting heavier

Your weight is due to a whole host of factors but essentially, if you consume more calories than you burn, you'll gain weight. Weight problems occur because of:

1. Too many calorie-dense foods and drinks

Your body is tuned to enjoy high fat, high sugar foods – it's a part of our evolutionary insurance policy designed to help build up fat stores in times of plenty to help us through times when food was scarce. The trouble is, highly concentrated, highly processed foods are everywhere. And, the times of plenty just keep going...

2. Food and mood

Some people use food as a kind of emotional crutch, a way to boost mood. This can start very early so if you're a parent, it's important not to reward good behaviours with fatty/sugary foods whilst encouraging a taste for fresh, wholesome foods.

3. Portion distortion

Our portion sizes have increased steadily over the decades along with our waistlines. And we tend to finish all of our super-size portions even if we don't particularly like the foods or drinks we're offered. Brian Wansink, the director of Cornell University's Food and Brand Laboratory has proved this. His many studies suggest that most people aren't aware of how much they want to eat and after eating, they don't know how much they've consumed either. That's because we tend to rely on external cues, like portion size, to tell us when to stop. The result is that as portions get bigger, so do consumers!

Downsizing your plates and bowls is a good way to prevent overeating. Drinking plenty of water is important. But when you are drinking other beverages, go for a skinny, long glass. One recent study showed that you may drink less from a long tall glass than from a larger, rounder glass and drink more slowly, too.



Do you know your BMI?

Calculate your BMI (body mass index) by using your weight in kilograms divided by height in metres squared (weight (kg) / [height (m)]²).

So, if you're 165 cm (1.65 m) tall and weigh 68 kg, then your BMI calculation is: $68 \div (1.65)^2 = 24.98$

BMI is not suitable for children or for women who are pregnant or breastfeeding or for people who are very elderly or frail. Plus, inaccuracies can occur if you're very muscular (this gives a high BMI even if you have a healthy level of body fat).

If you have a BMI of:

- Under 18.5 = you're underweight
- 18.5 to 24.9 = you're in a healthy weight range
- 25.0 to 29.9 = you're overweight
- Over 30 = you're obese





4. Rushed eating

And talking of time, did you know that it takes up to 20 minutes or so for the stomach to register to the brain that you've had enough to eat? By eating slowly and chewing every mouthful repeatedly, you'll help to boost your awareness and give your brain time to register when you've had enough. Always wait at least 10 minutes before going for seconds and you may well find that you don't need an extra portion.

5. Not counting those BLTs!

Every little bit really does count. So, by not counting all those slices of cheese from your kids' lunch sandwich, not counting that taste of your friends lunch and tasting as you cook all count. In fact, BLTs (bites, licks and tastes) can add a huge number of calories to your daily intake adding up to kilos of excess weight over a year. For example, if every BLT provides just 25 calories, four of them daily add up to 100 calories. Over a year, this totals up to 36,500 extra calories in one year equating to a staggering 10kg over the course of a year! So, making a small change like banning BLTs could add up to big successes over time.

Everyone underestimates calories consumed

Even experts get it wrong! For example, one study investigated over 200 dietitians about the calories in five popular dishes and drinks. Results showed that even the experts underestimated calorie counts by a whopping 250 to 700 calories per dish!

Newcastle University's Dr Clare Collins says, 'studies have proven that no matter how experienced or how good we are at estimating calories and food intake, all of us get it wrong at least some of the time.' Dr Collins estimates that most of us underestimate calorie intake by anything from 25 to 40 per cent even when actively watching calorie intake. She suggests using an online diary to give you a much clearer picture of exactly what you're consuming and tracking where you might be falling down, too. To monitor your food intake and your portion sizes, enlist the help of an online calorie counter such as www.myfitnesspal.com - it'll give you a much clearer picture of exactly what you're consuming and pinpoint your diet disasters, too!

Don't forget drinks!

The best drink of choice – zero-calorie water is the natural way to quench your thirst. Drinks can provide a surprising number of calories. For example, that cappuccino that you bought on the way in to work and at afternoon tea provide over 80 calories each, the glass of cordial you downed with lunch provides a similar amount while a large glass of wine at dinner will set you back over 120 calories totting up to around 400 calories per day which could equate to a fifth of the calories consumed by a 'normal' weight woman.

Do you have exercise amnesia?

Whilst underestimating the calories we consume, many of us overestimate the number of calories burned during exercise. Studies show that dieters also overestimate the length of time of our exercise-workouts. The only way to know for sure is to be mindful of exercise intensity and again, using an online diary can help.

Not ready to train for the next Olympics? Think about investing in a pedometer; the recommended healthy number of daily steps is 10,000. Using a pedometer at your normal activity will show you how much you're moving. Aim to increase this by 10 per cent daily until you reach at least 10,000 steps daily. Around 12,000 steps will help you lose kilos and shape up fast!



Meal Replacements – what the experts say

According to Dr Gary Egger writing in the *Medical Journal of Australia* 'Clinical trials show partial meal replacements (MRs) seem to be safe, acceptable and more effective over the long-term than most other diet-based weight-loss techniques...'

He adds, 'Because most individuals in modern societies consume too much energy in relation to expenditure, there now seems little reason not to prescribe properly constituted partial meal replacements for whom this treatment is appropriate. In fact, with the trend to modern sedentary lifestyles and escalating levels of obesity, it is not difficult to imagine much of our population needing to use partial meal replacements judiciously at some time in the future for prevention or treatment of overweight and obesity.'



Product of the Month

Can meal replacements help you to lose the kilos and keep them off?

The answer is a definite yes! Studies show that meal replacements (MRs) can be really effective in helping to kick-start weight-management, help to break up bad habits and may even help you overcome the dreaded weight-loss plateau. USANA's **RESET™** plan is designed help you shake off bad habits, focus on health and weight and start you on your way to a healthier new you.

Why RESET™ works

It's all about energy. Most foods and drinks contain energy in the form of calories. Your body burns calories while exercising and simply by living – even breathing burns them! If you take in more calories than you burn, you will store the extra on your body and if you burn more calories than you take in, you will lose weight. Do it right, by combining fewer calories in and regular physical exercise, and you'll lose fat and retain metabolism-boosting muscle. This will help you maintain and burn calories faster plus more body muscle means less wobbly bits and more shape.

RESET is a three-step plan to shake up your weight-management goals.

Step one – replace all three meals and two snacks per day with **Nutrimeal™** meal replacements.

Use USANA foods to replace all your meals for five days – this is long enough to encourage you to maintain your focus and to kick-start your weight-management plans. But it's not so long that you crave regular foods!

The five-day plan involves USANA snack bars – choose from Chocolate Fusion or Peanut Butter Crunch, these snack bars are a deliciously easy and convenient plus perfectly calorie controlled, high in protein and low GI to keep you satisfied for longer. And, while you control calories consumed, your daily key nutritional requirements are supplemented by taking **HealthPak™**.

Step two – Transform. Replace two meals with **Nutrimeal** and have a healthy low GI, veggie-heavy meal. Replacing one or two meals a day with a **Nutrimeal** and having a healthy balanced dinner means making healthy food choices workable. Plus, you'll get the sheer pleasure of eating a delicious meal while you shift the kilos. Use your diary to ensure that you keep your calories under control and fill your plate with a rainbow of colourful vegetables, plus fish, lean meat or veggie alternative. Go for a small handful of carbohydrates like noodles, potato, rice or pasta. And, your daily **Essentials™** help to ensure your nutritional needs are covered. You can go with this step for four to eight weeks.

Step three – Maintain. When you feel more in control of weight and of your eating habits, when you are on track, cut down to just one **Nutrimeal** to maintain and manage your weight. This will help to keep you focussed and help to ensure that the weight doesn't go back on. Grab your favourite flavour for quick breakfast or lunch or when time is tight – or when your waistbands are! It's a great way to get back on track if you've put on a few kilos or to give yourself time to get organised if your eating habits have slipped or when you are pressed for time. Again, your daily **Essentials** will help to ensure your nutritional needs are met.



5 Day Jump Start



Phase 1 - Transform



Phase 2 - Maintain



Why give RESET™ a go?

There are lots of reasons to start your own challenge including:

- To kick-start your weight-management.
- To get things moving in the right direction if you have hit that dreaded dieting plateau.
- To have a break from having to think about planning or preparing individual meals.
- You'll benefit from meal options that are already strictly calorie and portion-controlled.
- To enjoy a plan that's structured.
- To feel satisfied – their low GI formulations means that **Nutrimeal** helps you feel fuller for longer. Plus, the high protein content helps to maintain muscle. More muscle means a more revved up metabolism.
- To prevent the weight from returning if you have lost weight and are having trouble getting used to healthier eating habits.
- To boost your overall nutrition if you tend to often choose foods high in salt/sugar/fat.
- To benefit from the award-winning added nutrition that comes with **HealthPak** and **Essentials** these provide healthy combinations and quantities of essential vitamins, minerals and beneficial plant protectors.

A healthier new you!

Remember, the **RESET** plan is only part of your long-term solution to better health. Think about what you eat, make the right food choices, get your head around portion control and learn about food preparation and cooking skills to get the most from your healthy new lifestyle. Exercise also needs to be a part of your regular life. Getting into good habits means that you are less likely to go back to eating the types and quantities of food that caused your body to put on the excess kilos in the first place. Don't forget to drink plenty of water.

Look forward to a healthier new you!



References

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