



Top 10 Recommendations

Excerpted from the best seller

*“Every Time I Diet I Gain 5 Pounds, Step Into Your True Self And Shed Your Baggage”
by Galina Knopman*

A practical, straightforward way to achieve goals is to change one habit at a time. Each month, as you are ready, add one supportive, constructive behavior and cut one destructive behavior to your diet and exercise program. Persist with this as you need to, possibly for the rest of your life. If you regress, just work on it again. Every time you work on a habit, it will get easier, moving toward becoming a learned and automatic behavior.

Don't give up. Some behaviors may be easier to change than others. Think long-term. Think persistence.

Recommendation 1: Exercise - it won't keep you thin, but it will keep you hard.

You can eat more when you do it. Start out easy. Build your core strength – this will help to keep you injury free also.

Self-Assessment For Insight 6.11

6.11.1 What exercises do I like doing?

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6.11.2 What type of exercise can I incorporate easily into my lifestyle?

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For example, if you watch TV a lot, you can do push-ups and sit-ups or ride an exercise bike while your watching, or during the commercials. Whatever exercise that you do, get in the habit, make it part of your life, slowly but surely.

Recommendation 2: Reduce Caffeine and Sugar

Alternatives to caffeine and sugar:

- Add the mineral Chromium Picolonate to your diet, as it helps balance sugar levels; it can be found in dark green leafy vegetables or as a vitamin supplement.
- Substitute other sensory stimuli, such as music, communication with others, mild exercise, changing scenery – moving to a different room, etc.

Self-Assessment For Insight 6.12

6.12.1 How sensitive am I to caffeine and sugar?

6.12.2 If I get caffeine or sugar cravings, how do I deal with them?

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6.12.3 If I crash after too much sugar or caffeine, how do I deal with crashing?

6.12.4 How do I know how much is too much?

6.12.5 How do I pick myself up after I crash?

6.12.6 How well does my pick-me-up method work?

6.12.7 What might be better way to energize myself (e.g., no more caffeine or sugar, going for a walk instead, playing music, dancing, etc.)?

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6.12.8 Why am I ingesting caffeine and sugar?

6.12.9 Am I okay with it or would I like to reduce my intake?

6.12.10 How does my intake of protein, fruits, and vegetables compare to sugars and fats?

6.12.11 Am I eating whole grains or fast converting white grains?

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Recommendation 3: Fruits and vegetables are always available

- Fruits and vegetables are good. They're good for breakfast, lunch, and dinner, and great for snacks. Eat up!

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Recommendation 4: Don't shop when hungry

- Plan to food shop after you eat. Also, plan what “fun foods” you will buy. Don't wait until you're at the food store to select your treat! Decide ahead of time and plan it into your shopping routine. No guilt allowed here! Impulse buying of vegetables and fruit is always great!

Recommendation 5: Veggie, Salad, and Bean Pig-outs

- Go for it! Eat as many vegetables, as much salad, and as many beans as you'd like. Knock yourself (and everyone else) out. Enjoy toppings and sauces, too. It beats boxes of cookies and candy, not just from the perspective of sugar and fat intake, but from the perspective of healthy habits. Over time, start switching the ranch dressing to oil and vinegar.
- Fill up on low-calorie, healthy veggies and beans. This is a great habit to get into and can resolve a desire to binge. When I pig out on salad, I typically don't stuff myself on the rest of the meal. It's especially great because by the time I get to dessert, I have no more room!
- Explore how salads and vegetables are made in different cultures. There are so many kinds of salads you can make. When was the last time you ate sauerkraut?
- Legumes and beans are a wonderful source of protein, are low-calorie, great for digestion. They're high in fiber, so they can take some getting used to. Explore other cultures for great recipes.

Recommendation 6: Roughage, Myths and Potatoes

I'm a believer in pasta, rice, and potatoes — as long as they're whole grain so they metabolize more slowly and don't convert immediately to sugar. I believe these are especially important in conjunction with exercise. When I'm drinking wine with dinner, I may have smaller portions of potatoes, rice, or pasta, because the alcohol in the wine will convert to sugar, as will the carbohydrates in potatoes, rice, and pasta.

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Recommendation 7: Fish Pig-out

What can I say, other than the obvious? I can't think of any downsides. How many people do you know who eat tons of fish and are overweight? Do I need to say, "not fried"?

Recommendation 8: Forget Fast Food Places

I hear the coffee is good at McDonalds.

Recommendation 9: Those Damn TV Commercials

Change the channel.

Recommendation 10: Pay Attention and Honor Yourself

- Don't put temptation in sight. Move away from temptation. From your magazines to the activities you do with friends and family, to what you keep in your house — all provide opportunities to set yourself up to win or lose. The choice is yours. Remember to think as if you are already your dream self, living your dream life. How does that dream self behave?
- Don't do puzzles with candy and cupcakes at hand. Put your attention elsewhere.
- Do Pilates or yoga, go for a walk, swim or dance. Move around, enjoy yourself, do things that are good for your body.

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