

Five easy ways to drop five pounds

Crunches? Weights? No, more about lettuce wraps, less soda



Get Fit

Fred Sassani

your weight goes right back to where it was.

The second is a combination of simple lifestyle changes. This is where you change a few key factors about what you eat and how you exercise, without making it a fulltime job. This type of weight loss is gradual and permanent, since you are able to maintain it long term.

The five simple strategies below all fall into the lifestyle change category. These strategies may seem ridiculously simple, but do them over an extended period of time and you will see amazing, permanent results.

Strategy No. 1: Ditch your diet soda

Studies are coming out

Tasty Tuna Lettuce Wraps

Who needs bread weighing them down? These tasty tuna lettuce wraps are so much better than a traditional tuna sandwich, and will leave you feeling light and lean. Use wild-caught albacore tuna packed in water. Servings: 2

Here's what you need...

- 1 (5oz.) can albacore tuna, packed in water
- 3 celery stalks, diced
- 1 Tablespoon relish
- 2 Tablespoons light mayonnaise
- 2 teaspoons mustard
- 2 teaspoons dried dill weed, plus more for garnish
- dash of freshly ground pepper
- 1/2 cup purple cabbage, shredded
- 4-6 butterhead lettuce leaves, washed

In a medium bowl, flake the drained tuna with fork. Add celery, relish, mayo, mustard, dill and pepper. Mix well.

Place lettuce leaves on plates, evenly divide cabbage on the leaves and then fill with tuna mixture. Sprinkle with dried dill weed.

Nutritional analysis: One serving equals: 148 calories, 7g fat, 434 mg sodium, 7g carbohydrate, 2g fiber and 13g protein.

that link diet soda to weight gain.

Researchers from the University of Texas Health Science Center at San Antonio (uthscsa.edu/hsc-news/singleformat2.asp?ne wID=3861) concluded that those who drank two or more diet soft drinks a day had the largest waistline increases – about five times more than that of non-drinkers. They stated, “Data from this and other prospective studies suggest that the promotion of diet sodas as healthy alternatives may be ill-advised: they may be free of calories, but not of consequences.”

Bottom line: Artificial sweeteners are addictive, lead to waistline increases, and cause you to crave sugary foods. By cutting diet soda out of your daily routine, and replacing it with water, you will lose inches and pounds – effortlessly.

Strategy No. 2: Swap sandwich bread for lettuce

Move over bread, lettuce is better.

It's time to re-define your sandwich. While bread has tradition on its side, lettuce wraps offer you weight loss and increased energy. Try my Tasty Tuna Lettuce Wraps recipe shown here.

Bottom line: Eating bread and other starchy foods always leads to extra pounds, so change your ways. Swap your sandwich bread for lettuce for 30 days and see how much you will effortlessly lose. I bet you'll feel more energetic after lunch too.

Strategy No. 3: Trade slow cardio for intense intervals

Doing slow cardio will not give you results.

In order to really make your workout effective, you

FRED'S EXTRA FITNESS TIP OF THE WEEK:

The Halloween excuse

The stores are brimming with Halloween candy – and it calls your name every time you walk by it. Stop! You don't have to buy loads of candy just because the holiday is approaching. Admit it to yourself that you've used Halloween as a big excuse to eat candy.

This year stop and think. Do you really want to eat candy and put on a few pounds? I didn't think so.



need to turn up the intensity. If you love the treadmill, then do a series of sprints throughout your workout. If you're a swimmer, then push yourself extra hard every other lap.

Bottom line: Doing slow, easy cardio will not give you the streamline body you want. Only intense intervals will do that for you. Pepper your workout with bouts of intense cardio and watch as the fat starts to disappear.

Strategy No. 4: Avoid sugar 99 percent of the time

Sugar will cause you to gain weight every single time.

There's really no way around that simple truth. Sugar is standing between you and your perfect body. If you're serious about looking and feeling great, then understand that sugar has no place in your diet.

Bottom line: If you avoid sugar 99 percent of the time, then you will be on your way

to a lean and energetic body. If it's your birthday or a special holiday, then partake in a small amount of sugar, but make that the exception and not the rule.

Strategy No. 5: Exercise with a professional

You can get long lasting results with the help of a fitness pro.

People who work with a personal trainer get better results than those who attempt to do it on their own.

Fred Sassani is founder of Bodies By Design Personal Training Services, nationally certified personal trainer and nutrition specialist in Pflugerville. For comments or questions you can reach Fred at getfit@trainerfred.com or visit his new website at trainerfred.com

Sticking Your Nose into Everything

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