

Do You Need To Cut Down 100 Calories A Day? But Don't Know What 100 Calories Is?

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**Do You Need To Cut Down 100 Calories A Day? But Don't Know What 100 Calories Is?**

**By Roy Thomsitt**

The difference between weight loss, and steady or weight gain, can be as little as 100 calories a day. Well, that is according to the American Dietetic Association, and it is very easy to believe the underlying truth in that.

Most overweight people in the US and UK put on weight very slowly over the years. A weight gain of 2lbs per year, which is about average, may seem very little. In fact, it is very little, if it stops there and you take it off again. However, a steady weight gain of 2 lbs per year for 10 years is 20lb. In 20 years it is 40lb. Now, that is a serious weight gain that can increase vulnerability to chronic disease. If you are in your 20's now, you can look forward to a weight drift upwards of 60 lbs by the time you reach your 50's.

That, for sure, is not a healthy trend. But the cause of that 2lb weight gain each year could be as little as an extra 100 calories a day regularly over the year. So, if you can cut out 100 calories a day, you may keep your weight under control over the years. Or how about doing that little bit extra that will use 100 calories per day? Neither task is that difficult; you just need to ensure you do it every day.

**Examples Of Cutting Out 100 Calories Per Day Intake**

Here are just a few examples of what 100 calories a day means, and how you may cut it out of your regular diet:

1. Do you drink non diet soft drinks? An 16 ounce can could add 250 calories, so if you switch drinks to a lower calorie drink, or just cut them out altogether, that's a significant saving in calorie intake.
2. Are you a beer drinker? Even a 12oz light beer is 100 calories or so, which means cutting out one beer will achieve your daily reduction need.
3. Are you a coffee lover? Do you drink your coffee with whole milk? If yes, you can save 100 calories a day by drinking two of your regular cups with skimmed milk instead of whole.

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4. You think salads are low calorie? Maybe, but not if you plaster them with dressing. One packet of French dressing can have 160 calories in, so if you usually use the whole packet in a restaurant, try using just under half instead.

You will find many more examples of easy 100 calorie savings. If you look at your diet now, and then check the calories on all the items you think may be high calorie, you will soon find an easy way to reduce your calorie intake by 100 calories a day. That is not too painful a diet experience.

### How To Burn An Extra 100 Calories A Day

Would you prefer to burn that 100 calories instead of cut it out of your diet each day? If so, here are a few ways to burn 100 calories extra:

1. Vigorous cycling on a stationary exercise bike should use up over 100 calories.
2. Swimming energetically for just 10–15 minutes should burn more than 100 calories.
3. Walking at about 3mph pace for half an hour should also use up more than 100 calories. You can burn up 100 calories in only 10 minutes that way.
4. Do some aerobics for 15 minutes. That alone could shed that 100 calories. Make it enjoyable by putting on some of your favourite dance music.
5. Do you like golf? Play more often if you can. Just half an hour of golf activity, carrying your own clubs, could help you shed 120 calories.

There are many more similar examples to the above, so make them as pleasurable and easy as possible. 100 calories intake or burn is very modest. Do it every day, and your weight may be under control. Start while you're young and normal weight, and that's a good investment for your future health.

Roy Thomsitt is owner and part author of

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### **Simple Weight Loss**

**By Heather Moreno, PeopleFit USA**

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Did you know that weight loss (and weight gain) is simple mathematics? For example, if you were to eat an extra 100 calories per day you would gain 10 lbs in one year. The

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good news is that the opposite holds true too - burn 100 calories more per day than what you take in and by the end of the year you can lose 10 lb. But why is it so much harder to lose weight than to gain it? Because it takes a matter of minutes (sometimes seconds) to eat 100 calories, but longer to burn it off.

Looking at the big picture of losing say 30 or 40 pounds can feel daunting, so give yourself a break. That is, break your goal down into small doable pieces. Accumulate a 100 calorie deficit per day - burn 100 calories more than you consume - and you will lose 10 pounds by the end of the year. Double that and you've lost 20! It's easier than you might think.

First, do you ever eat something just because it's there? You can eat a couple hundred calories and not even realize it. The mayo or dressing on a deli sandwich, the butter served with the bread basket or a cookie from the office lunch room... before you know it you've eaten 100 calories. Pay attention to condiments and cheese that are added to most sandwiches. If you can take it or leave it, leave it. Watch out for snack plates at the office or home. It's easy to eat 100 calories or more when you're not even hungry. Look at your eating habits to see where you can carve unwanted items. My motto is, eat when you're hungry and make it worth the calories!

Next, look at the calories you put out. Use an accelerometer (a pager-like device that accurately measures calories burned during activity) to measure your current level of calorie burn and then burn more over time. To burn an extra 50-100 calories park farther away, take the stairs, walk the dog an extra block and do a few jumping jacks. The key is to measure the calories so that you can see your success daily and know that what you are doing is working.

Start measuring calories out and paying attention to "hidden"

calories coming in. You will quickly see how to achieve a 100 or more calorie deficit per day and easily have a more fit and trim body next year!

Heather Moreno is a CPA escapee who followed her passion for fitness. She is certified by the American College of Sports Medicine and the American Council on Exercise. Heather is president of

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