

# Gym Rat Rantings

by Bob Ring



## Living Healthy – Weight Control

OK, let's get back to my diet and weight control plan. This stuff is going to be important with Thanksgiving feasting occurring this month. Last time we covered Steps 1 and 2, "Pick the Right Diet" and "Paying Attention to What You Eat."

### Step 3 - Get Enough Exercise

The old adage about exercise being just as important as food in weight control is certainly true. The usual guidance is to exercise after meals to burn up those extra calories. Some diet counselors advise you to exercise just prior to meals as an appetite suppressant.

Either of these methods can help, but the real payoff is to exercise during meals. That's right – during meals.

Have you ever watched a marathon race, where the runners have water stashed at various locations along the course? They run by, grab a cup of water and choke it down, often spilling half the contents. The same principle will work for food! This not only limits your food intake from any single "meal," but additionally, to get enough food to sustain (your) life, you'll have to keep running all day, producing important aerobic benefits.

You can adapt this method to whatever type of exercise you prefer. For example, you swimmers can keep meals in a close-fitting backpack. You can adjust your re-supply schedule based on how often you eat and how much time your periodically non-buoyant body spends at the bottom of the pool.

### Step 4 - Measuring Progress

When trying to reach any objective, it's very important to stop once in a while and evaluate your progress, to get that important feedback that tells you how you're doing. Traditional measures for weight control include your weight (duh!), percentage of body fat to muscle, and waist size. However, these are inadequate because each covers only one characteristic, and there can be errors in scale readings, lab test reports, tape measurements, and the like.

I have carefully developed and tested a much more effective weight control evaluation tool that combines all the traditional measures into a single, easy to apply, error-free approach. This is the "Number of Hoots and Hollers in Ten Minutes" method. You need only stand naked in front of the Gym for ten minutes, and simply count the number of hoots and hollers on your appearance. The feedback is immediate and you can take prompt appropriate corrective actions, including getting back into your clothes before the cops arrive. (By the way, this is the life changing part of the plan that I promised you.)