

Re: Jenny Craig

Source: <http://sci.tech--archive.net/Archive/sci.med.transcription/2006-02/msg00057.html>

- *From:* "Su" <no.name@xxxxxxxxxxxx>
 - *Date:* Wed, 1 Feb 2006 02:50:34 -0600
-

"Barbara Carlson" <bbcarlson@xxxxxxxxxxxx> wrote in message
news:AumdnVAYwLMovH3enZ2dnUVZ_t2dnZ2d@xxxxxxxxxxxx
> goes--so far so good. But...I lost the first 10 pounds easily and now it
> just doesn't want to come off any more--the story of my life.

How about many calories are you taking in every day, and about how much
exercise are you doing (time and intensity)? And did you go for a long
period of time consuming less than 1200 calories a day?

> There is simply NO EASY WAY to lose weight for those of us destined to
> have "efficient metabolism". Su's 5 rules may help, but they do not work
> for everyone. I cannot eat 5 meals a day and lose weight

What if each meal was only 300 calories?

> and I have a real problem with a lot of the foods I should eat I really do
> not like--I can't eat yogurt no matter how they try to disguise it, for
> instance!

Uh, yogurt is DIE(t) food. Do you like stir fry?

> Also, I really enjoy good food and it's a challenge to be able to include
> some of those dishes. I have learned to substitute, cut portion size,
> etc.--allow myself at least a "taste" of some favorites. Without doing
> that there is no way I could stick to a diet.

You should allow yourself at least one treat a week? It's almost mandatory.
It confuses your body.

> There's lots of advice out there--good and bad. You have to work out a
> plan that works for YOU. I'm 43 pounds lighter than I was at my highest
> weight, and that is considered as "success" by some, but I'm still well
> over what I should weigh.

That's fantastic!!! You should be very proud of yourself for losing that.
Nix the weight ... what size would you like to be?

> And, the older you get the harder it is to burn calories. I try to swim
> every day.

Have you ever tried "running" in the deep end of the pool? You put on fins
and run in place. I understand you don't get winded, it doesn't hurt the
joints, and you're not going to work up a sweat like you would if you were

Re: Jenny Craig

doing aerobics outside of the pool.

> I HATE the exercise bike. I rather liked the treadmill, but I blew my
> Achilles tendon on that and ortho says no more treadmill. With my
> arthritis ways to exercise are limited. I hear people giving advice and
> saying "everyone can walk." Well everyone can't walk enough to help the
> weight much. I walk as much as I can and I have increased my walking, but
> there are limits, and they aren't high enough to make that form of
> exercise a big help.

No, everyone can't walk, but, the walking that you do can be aided along in different ways. Ankle weights is one. Suppose you got the okay for flat surface walking, such as on a pavement for 20 minutes a day. No more than 3 mph. Throw a bunch of vegetables cans in a knapsack, enough to weigh 20 lb, and walk with that on your back. You'll burn more calories.

> Just find a way that you can live with and try to stick with it.

Absolutely ... pull up a chart and look over everything that's available. Anything that burns calories and you enjoy is great.

.