

Re: Jenny Craig

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>

> 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?

I know what you say about less than 1200 calories, but less than that is the ONLY way I lose weight and I have tried the several small meals and I have gained weight. Believe me, I have read all the articles and I have tried them. 900 calories a day and I lose weight. Very slowly but I lose.

>

> What if each meal was only 300 calories?

That's still 1500 calories a day and I DO NOT LOSE. I don't gain, but I do not lose.

>Do you like stir fry?

Stir fry is about the only way I can tolerate most vegetables. I do a lot of stir fry.

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

I agree. It's hard keeping it to just once a week, but I have also tried to work in some favorite foods in my regular diet, too. I don't have a sweet tooth, so sugar isn't the problem, but most of my favorites tend to be fatty! Not good. I work on different ways of cooking some of them.

>

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

It may be fantastic, but the problem is that I lost over 80 pounds, and put the rest back. I do not consider that "success" and I am still way over my ideal weight, and over what I should weigh for optimum health. I don't care what I look like or what size I wear as long as I am comfortable. I go out on the dive boat regularly and wear a bathing suit. I'm a far better diver than 90% of the thin folks on the boat and when conditions are less than ideal out there people know it!

>

> Have you ever tried "running" in the deep end of the pool? You put on fins

You don't have to put on fins. When I do that it stresses the knee joints too much. I run in the deep end of the pool every day, as well as do laps. This time of year I try to do at least 20 minutes. If the pool isn't too cold I do 30 to 45 minutes of deep water running or laps every day. If the pool drops below 70 I really can't tolerate it. Fortunately down here that

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doesn't happen very often.

> doing aerobics outside of the pool.

Outside the pool, with my arthritis, I really find it hard to do aerobic exercise. The exercise bike will do it, but I really hate it.

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> 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.

Flat surface walking is same as treadmill, and treadmill gives more support. That's how I blew my Achilles tendon! I could definitely not tolerate ankle weights with my joint replacements. It is my back that limits my walking more than anything else (I have spinal stenosis) and carrying a backpack would be intolerable. Also, where I live I have to go a distance to get to a flat surface to walk! Supermarket or mall shopping brings me home with a severely aching back.and kills me for the rest of the day.

>Throw a bunch of vegetables cans in a knapsack,

Who has 20 pounds of canned veggies! I can't stand canned veggies--fresh ones please! I can't walk with 20 pounds of anything on my back!

>

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

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> Absolutely ... pull up a chart and look over everything that's available.

> Anything that burns calories and you enjoy is great.

"Enjoy" Ha! That eliminates everything but the swimming! I do work with my dog a few minutes every day which involves walking and running on a flat surface--I show her on occasion-- but 10 or 15 minutes is about the most my back will tolerate. I do back exercises at least once, usually twice every day, but they are not aerobic--mostly stretching and strengthening exercises.

Barb C.

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