Food Tips from the Top Trainers at the Biggest Loser

Bob Harper: If it grows out of the ground, or you can pick it off a tree, chances are that it’s good for you; get rid of temptation foods in your house; add a little Crystal Light to your water for a sweeter taste; if you don’t use a measuring cup just about every portion of food that you eat should be the size of your fist; make dining pleasant and sit down to eat and enjoy your food.

Jillian Michaels: Losing weight is not about starving yourself, it’s about eating what you want with certain modifications; find out what you like and make it work for you; prepare several meals for over the course of several days if you don’t have time to cook each night.

Selecting Effective Goals in 2009

Be sure to include the following attributes:

**Believable** – Be realistic in knowing your strengthens and weaknesses. Believe you can reach the goal, or you won’t be motivated to try.

**Challenging** – Make a list of goals that take energy and discipline to accomplish. Completing smaller goals first will give you the confidence for larger ones.

**Forgiving** – Missing a deadline does not mean failure. Recognize the smaller successes and be persistent at working toward your goal.

**Measureable** – Goals should be measurable and specific enough for you to know whether they have been completed or not.

**Specific** – Although deadlines motivate us into action, they should not cause undue stress. Reset a missed deadline to a new realistic date and keep working on the task.

**Written** – To maintain motivation and focus clearly state your goals and identify obstacles that may stand between you and your objectives.

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**Bulletin Board**

Go to [www.organizeyourlife.org/expiration.htm](http://www.organizeyourlife.org/expiration.htm) for expiration dates on other household products.

For drug expiration dates Google: Johns Hopkins: Prescription Drugs on drug expiration dates.

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**Back Pain?** Staying in bed more than one or two days may slow your recovery. Moderate, daily movement – including walking and doing simple activities – keeps your muscles strong and flexible. Avoid heavy lifting, pushing or pulling. Of course, be sure to follow your doctor’s recommendations regarding rest and exercise. *Mayo Clinic*

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