

Haven't we had enough of complicated, expensive weight loss programs and countless diet books filled with hundreds of pages of advice that people don't read or put into use? A diet plan does not have to be so hard or take up so many pages. My goal is for you to take action because action is what will produce results. Weight loss, like everything in life, is the result of doing ordinary and simple things with extraordinary commitment, consistency and focus. I was inspired to share this plan with you after a friend asked me to share some simple energy and weight loss tips with her. The result was the *One Page Energy Diet*. Follow it and you'll see results. Weight loss is not about dieting. It's about feeling great, getting fit, thinking positive thoughts, sleeping, staying calm, eating foods from nature and enjoying life. When you find your energy, you'll lose the weight. Stay energized!!! - Jon

- Start the night before with a good night sleep. Tivo your late night shows and get more sleep. Sleep helps you reduce the stress hormone cortisol which causes fat accumulation around the mid section. **GET MORE SLEEP.**
- Roll out of bed, warm up, stretch and do sit ups, push ups (knee push ups or wall push ups) and chair squats. Building muscle is important. Each pound of muscle burns 50 calories a day. Each pound of fat only burns 2 calories. More muscle means a faster metabolism and enhanced weight loss. Do this 3x a week.*
- Drink a cup of water when you wake up. Drink plenty of water throughout the day. Visit www.jongordon.com/toolsforsuccess.html for a water calculator that recommends how much water you should drink. Being well hydrated enhances your metabolism.
- Only eat foods from nature. Avoid processed foods. The goal is to eat 5 smaller meals throughout the day.
- Breakfast—Eat protein and fiber. Examples: Eggs and fruit. Organic, all natural bread and almond butter. All natural oatmeal, raisins, blueberries and nuts. Organic Acai bowl with granola and banana.
- **DO NOT SKIP BREAKFAST.** It speeds up your metabolism.
- Take a walk or run in the morning. While walking, pray and practice gratitude. If you have time, try to make this walk 30 minutes to an hour.
- Eat a healthy snack between breakfast and lunch. Examples: Hummus and pita. A piece of fruit. Organic peanut butter and celery. Enjoy an Acai Berry Smoothie.
- **DRINK ONLY WATER AND GREEN TEA FOR 30 DAYS.** (No Diet Sodas)
- Avoid all junk foods. Avoid all soft drinks. Avoid sugar as much as possible.
- Eat a healthy lunch. Examples: Fish, chicken, tofu, or meat with as much salad as you'd like.
- Take a 10 minute walk after lunch. This exponentially increases your metabolism.
- Focus on your breathing during the day as you find yourself feeling stressed. Inhale for 3 seconds and exhale for 3 seconds. Repeat this 5-10 times. This helps your body reduce the stress hormone cortisol.
- Eat a small snack between lunch and dinner. Protein and fiber. Something from nature. A handful of nuts and raisins would be great. For a treat, eat a piece of dark chocolate (more than 70% cacao) or organic low fat yogurt.
- Eat a small dinner. Protein and vegetables. Examples: Chicken and broccoli. Fish and steamed mixed veggies. Steak and asparagus. Add a salad too if you'd like. My favorite healthy dressing is olive oil, lemon, and Italian seasoning.
- Take another walk after dinner. 10-30 minutes. If you have some dumbbells at home you can do some simple exercises with light weights as well.*
- Relax and unwind at night. Read great books.
- Before you go to bed think about your success of the day. The one thing that made you smile. The one thing you felt good about. Write it down. Start a success journal.
- Go to bed, sleep well and get ready for an energized day tomorrow.

*Talk do your doctor before beginning any exercise routine. You may want to talk to a trainer at your local YMCA or gym and ask them to show you the proper technique for push ups, sit-ups, chair squats and dumbbell exercises.

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