

SPEAKER, CONSULTANT, COACH, AUTHOR

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WORK-LIFE BALANCE • STRESS MANAGEMENT • INCREASED PRODUCTIVITY

The Energy to Succeed
in Business & In Life

Fitness and Food – Simple choices you can make everyday to maintain your progress!

“10 minutes? What difference will that make?” The next time you try to talk yourself out of small activity efforts consider this. The average 170 pound individual engaged in just 10 minutes of effort will burn...

- 56 calories – walking 3 mph
- 146 calories – elliptical machine
- 66 calories – ashtanga yoga
- 58 calories – doing sit ups
- 90 calories – Stair Step Machine
- 104 calories – calisthenics or hockey
- 51 calories – raking the lawn, stretching or chasing your kids
- 90 calories – rowing machine, stair climber or stationary bike
- 78 calories – lifting weights (vigorous)
- 129 calories – running 6 mph
- 78 calories – low impact aerobics
- 90 calories – hot yoga
- 14 calories – sitting/resting
- 104 calories – Walking up stairs
- 129 calories – jumping rope

Let's say your goal is to burn 250 to 500 calories *extra* per day beyond daily routine. Choose wisely and that can be accomplished quickly. If you need a more moderate pace a few 10 or 15 minute efforts throughout the day will get you there too.

Just remember, if you weigh more you'll burn more per minute of exercise (and less if you're lighter). To find more accurate results for your specific body weight do a quick internet search for <http://www.healthstatus.com/calculate/cbc> and motivate yourself to do just a little more.

And what about the food choices? Here's 18 ways to make small cuts in daily calories. It all adds up.

1. **Choose fruit instead of juice:** A medium orange has 60 calories, while a cup of orange juice contains 110 calories. Plus, fruit has more fibre! (Calories saved: 50)
2. **Wrap it up:** Use a 110-calorie 10-inch tortilla instead of a 240-calorie medium bagel as the base for your breakfast or lunch. (Calories saved: 130)

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3. **Choose light cream cheese:** One ounce (2 tablespoons) of light cream cheese contains 60 calories, while regular has 100 calories. (Calories saved: 40)
4. **Go Canadian:** Have Canadian bacon at 90 calories for two slices instead of regular bacon at 250 calories for two slices. (Calories saved: 160)
5. **Add the real thing to your yogurt:** One cup of fruit flavored low fat yogurt contains 230 calories. Instead, consider having one cup of low fat plain yogurt with 1/2 cup of fresh fruit for only 180 calories plus extra fiber! (Calories saved: 50)
6. **Spray it:** Spraying your non-stick pan with a cooking spray costs 6 calories while using a tablespoon of butter or margarine cuts into your daily calorie budget by 100 calories. (Calories saved: 94)
7. **Season up:** Using herbs to season your vegetables instead of butter or margarine will save you 100 calories per tablespoon. (Calories saved: 100)
8. **Choose fish in water:** A 6oz can of chunk light tuna stored in oil has 275 calories. Packed in water, it has only 150 calories. (Calories saved: 125)
9. **Lower the fat in your cottage cheese:** Use 1% cottage cheese rather than 4%. (Calories saved: 40 per half cup)
10. **Starching down:** Try cutting back on your portion of rice, pasta or noodles by just 1/4 cup. (Calories saved: 45 – 60)
11. **Lightening your coffee:** Use 2 tablespoons of whole milk rather than 2 Tbsp half and half cream. (Calories saved: 20)
12. **Soda shocker:** By drinking an 8 oz mini can of regular soda rather than the usual 12 oz size, you save 50 calories. Better yet, drink water or diet soda to save 150 calories for a 12 oz can. (Calories saved: 50 – 150)
13. **The chips are down:** Try a bag of baked chips instead of regular chips. (Calories saved: 70 per 2 oz bag)
14. **Go fresh:** Choose a 60-calorie 1/2 cup of fresh fruit instead of a 250-calorie 1/2 cup of dried fruits like raisins. (Calories saved: 190)

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15. **Vary your chocolate options:** Instead of a 1.5 oz chocolate bar at 225 calories, consider having a cup of chocolate milk (160 calories) or a fat free chocolate pudding (85 calories). (Calories saved: 65 - 140)
16. **Ah nuts:** Measure out your nuts - they add up quickly! One ounce of nuts (about 23 almonds, 18 medium cashews, 18-22 mixed nuts, 15-20 walnut or pecan halves) are worth 100 - 200 calories. It is easy to eat more than this if you are not paying attention and measuring... (Calories saved: Lots!)
17. **Cut the juice:** Have 1/2 cup of orange juice instead of a full cup. (Calories saved: 55)
18. **Leaving behind:** Why not leave 3-4 bites on your plate? You don't have to finish it all if you are full. (Calories saved: Varies).

Make one or two small changes every day. Try different ones or keep adding to your efforts. In no time at all, not only will you have more energy, but if you're trying to manage your weight you'll be consuming fewer calories ... and that will show up as healthy weight loss.

Michelle Cederberg, CSP (Canada's *newest* Certified Speaking Professional)
MKin, BA Psyc, CEP *Co-Active Coach*

Michelle Cederberg leads the industry for life balance, health, and stress management programs, resources, and tools that *actually* conquer procrastination, fatigue, and loss of motivation. Her expansive education and experience combined with her unique products, platform skills and messaging help you find the energy to succeed in business and in life, and you'll have fun learning how. She has built her career since 1990, as a college educator, personal trainer, author, life coach and entrepreneur. As a professional speaker, she shares her experiences in a humorous and realistic way with delighted audiences across North America. This past July she was awarded her Certified Speaking Professional (CSP) designation – the highest earned designation in the speaking business, held by less than 10% of the global speaker's federation. If you hire a CSP you can be guaranteed a professional, high quality presentation that will make an impact on your organization.

Michelle knows her energy has fueled her business success! Today, through her products and presentations she helps you increase energy and productivity through a small steps philosophy that just makes sense.

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