

Day 1: Hit the Ground Walking for Day 1!

Are you missing your bowl of Special K in skim milk, a 12-ounce glass of OJ and yogurt this morning?

Here, Have 3 Cokes for Breakfast Instead...

Pop quiz time: which has more sugar? 3 cans of Coke or an All-American breakfast?

1. 3 12-ounce sodas = 114 grams of sugar.
2. Skim milk and Special K cereal = 48 grams of sugar.
3. 12-ounce Orange Juice = 33 grams of sugar.
4. Lucerne low-fat yogurt = 32 grams of sugar.

America's 'Healthy' Breakfast has a whopping 113 grams of sugar! You might as well have 3 Cokes for breakfast, because your body doesn't know the difference between the sugar from soda and the sugar from cereal, yogurt and milk. America is obese because America is confused about what to eat.

Going from cereal to eggs for breakfast might be a big change for you, but the results will be well worth it when you see your slim body emerging over the next month.

Finding a Treadmill for Walking

Are you ready to start your daily walking routine today? Have you already done it?

A treadmill is one of the easiest and least expensive ways to get your exercise in. If you don't have one yet, you can pick treadmills up for cheap (sometimes free) on Craigslist. Chances are you even have a few friends who would be willing to give up their expensive clothes hanger for nothing at all.

And you don't have to spend any money on shoes. In most cases, any running shoe, light hiker, multi-sport or casual shoe can be used for walking. The most important thing is to have a shoe that fits snugly but is not too tight at any point and in which you can wiggle your toes. A good fit such as this trumps any other feature about your shoe, including price.

The Best Way to Count 2,000 Steps a Day

There are all sorts of pedometers on the market today. You can find them for just a few dollars at any store, but be forewarned: you may want to spend a little more on your pedometer. The cheaper ones are notorious for being inaccurate and breaking.

Usually, the more you spend on a pedometer, the more features it will have. A good mid-range pedometer is absolutely sufficient for the purposes of REV, costing about \$15-30 dollars.

There are some highly popular models that represent the high-end range for pedometers. They do just about everything except your laundry at the end of the day, but they do come at a cost of \$75-120 each.

A quick search on Google will help you to find the best pedometer for your needs and budget. You can also convert your smart phone into a pedometer. There are a good number of well-

reviewed and free pedometer apps available for iPhone and Android operating systems. Be sure to get yours now!

Here is our Pedometer Reference Guide you can print out to help you choose the best one:

www.PersonalTrainerFood.com/rev/guidelines/Pedometers-for-REV.pdf

Why do We Walk at PTF?

Everyone at PTF walks. There are treadmills set up in our office, and at any given time you will see our team, including our CEO Mike getting their steps in. It is easy, efficient and refreshing to take a walk, and can be readily fit in during a work break.

Walking is especially important as you do REV. Now is not the time to take on killer workout routines, intense training or boot-camps in order to lose even more fat. It just doesn't work that way! But we do have some great ideas you can use to boost your daily steps here:

www.PersonalTrainerFood.com/rev/guidelines/More-Steps_In-Your-Day-REV.pdf

Walking each day will help boost your metabolism and control your appetite while being kind to your joints. Walking works because it keeps your blood sugar levels from dropping too low (which triggers your appetite and decreases your metabolism).

You must ignore all the noise about exercising to lose fat. Health club memberships have never been higher in our country, and we have never been fatter. Fat loss is more dependent on the foods you eat than the exercise you do. Remember: weight loss is 80-90% the foods you eat, not the exercise you do.

Living the PTF Lifestyle

Over the next 27 days, you will change your body and mind. You will learn how to effortlessly lose fat by sticking to the right foods to eat. You will also set up sustainable routines that will make getting to and maintaining your goal weight a no-brainer. Download and fill out this handy Daily Routine Form, you can also use it to discuss how to create simple routines with your Weight Loss Coach: www.PersonalTrainerFood.com/rev/guidelines/Daily-Routine.pdf

This is not a hyped up quick fix—what you are doing is a long-term lifestyle change. So lace up your walking shoes, and get ready for a lifetime of health and well-being with PTF.

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

You can Live Chat us at www.PersonalTrainerFood.com

Email us at WeightlossCoach@PersonalTrainerFood.com

Call us at [1-800-273-1686](tel:1-800-273-1686) x4

