



## DIET FREE Lifestyle Program Outline

After watching the DIET FREE Introduction video seminar and reading “Welcome to DIET FREE” in the *DIET FREE Lifestyle Guide*, each of the following weeks focuses on one DIET FREE habit starting with “D.” However, because exercise (the final E in DIET FREE) is too important to wait until the last week, Zonya has cleverly included a specific exercise focus each week. Below is a summary outline of what each habit teaches and the exercise focus for that week, concluding with a final **Every day exercise** summary in the last session.

### Habit #1

#### **D**rink water... and think before you drink anything else.

Water is the body’s most important nutrient. It provides the healthy internal “car wash” you need for better concentration, fighting diseases and flushing away fat. Begin drinking water first thing each morning and add lemon or lime for a refreshing taste change throughout the day. Replace calorie-filled sodas with water because unconsciously drinking high-sugar beverages can account for up to 50 extra pounds you may be carrying around. And drinking just one can of soda per day can double your chances of type-2 diabetes.

#### **Exercise Focus: Just MOVE It!**

Just by moving more and being more active in your everyday living, you can burn 350 more calories every single day.

### Habit #2

#### **I**nclude breakfast... and stop eating two to three hours before bedtime.

People who include breakfast eat fewer calories daily than people who don’t. And when you stop “unconscious” evening snacking, you’ll save another 300 or more calories daily and be ready to start the next day right by eating a nutritious breakfast. This habit won’t make you weigh less after just one day or even a week. But after a full year of including breakfast and eliminating evening snacking, you could be 30 to 50 pounds lighter!

#### **Exercise Focus: Commit to be Fit**

Before exercise can become your middle name, fitness has to become a priority. It isn’t postponed, rescheduled or forgotten.

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**Habit #3**

**Eat often... and include a fruit or vegetable each time.**

Eating often keeps your hunger hormones under control and prevents you from feeling starved and then overeating. By including a fruit or vegetable with every meal or snack, you'll be satisfied with fewer calories while loading up on disease-fighting, fat-flushing vitamins, minerals and antioxidants. This 200-300 daily calorie savings may not seem like much, but this habit alone can melt off 20 to 30 pounds in a year while protecting you from heart disease, type 2 diabetes and cancer.

**Exercise Focus: Abandon Pain; Embrace Pleasure**

Prepare your body for pain-free, healthy ACTION. Learn to love how your body feels when moving.

**Habit #4**

**Tame your sweet tooth... and naturally eat as little sugar as possible.**

First, put a halt to your sweet cravings by eating fruit. Fruit is nature's candy and a natural way to give your brain the simple carbohydrates it needs to prevent sweet cravings. Then, learn to dial down the level of sweetness you desire by gradually choosing cereals that are lower in sugar, unsweetened beverages and desserts made with half the typical sugar. Finally, learn to recognize what is "sweet" and plan to enjoy two small sweet treats a day. Once your taste buds no longer enjoy an intensely sweet taste, you'll naturally eat less sugar without feeling deprived. Adopting this habit will save you 100-500 calories a day, helping you to lose 10-50 pounds by the end of one year!

**Exercise Focus: Be Curious and Courageous**

Step outside your comfort zone and have fun exploring until you find the fitness you love. Turn exercise from something you *have* to do into something you *get* to do!

**Habit #5**

**Find the fat... and know the good, the bad and the ugly.**

Choose foods that are as low in fat as possible, then add back limited amounts of good fat. Become a no-fried-foods person and begin exploring low-fat cooking methods. Choose lean meats, low-fat cheeses and skim milk. Clear your pantry of anything labeled "partially hydrogenated" or "hydrogenated." Then add back limited portions of unsaturated and omega 3 good fats, the kind found in nuts, seeds, olive oil and salmon. This is the easiest way to eliminate the bad saturated and ugly trans fats while getting just enough of the good unsaturated and omega 3 fats your body needs. Not only will this habit help you lose weight by reducing the total amount of fat you eat, it will also help you stay on the safe side of the statistic that one out of every two people dies of heart disease.

**Exercise Focus: Aerobics R U**

Maximize your metabolism and health through aerobic conditioning. Commit to 150 minutes of moderate intensity or 75 minutes of vigorous intensity each week.

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**Habit #6**

## **Replace processed food with wholesome... and shop natural, close-to-the-farm.**

Choose whole-grain bread, rice and pasta instead of white. Go for fresh meat and cheese, not processed. And don't be suckered into thinking fruit-flavored snacks or vegetable chips are healthy alternatives to real fruit and vegetables. Wholesome food has less sugar, fat, sodium and chemicals and provides more fiber and natural nutrients. Natural, close-to-the-farm food also helps normalize blood sugar and blood pressure, while providing greater hunger control than processed and chemically enhanced food.

**Exercise Focus: Muscle Up for Life**

"Use it or lose it" refers to maintaining muscle mass at any age. Just two months of strength training can reverse two decades of muscle loss. All it takes is 30 minutes, twice a week.

**Habit #7**

## **Eat until no longer hungry... and stop the lead-filled beach ball!**

This is the most difficult habit to master but the most important to adopt. Share an entrée, quit the "clean-plate club," eat slowly and savor every bite. Learn to enjoy feeling light on your feet instead of stuffed, like a lead-filled beach ball. When you regularly stop eating when you're beginning to feel no longer hungry, you can save as many as 400 calories a day. That equates to 40 pounds lost in a year's time. Combine that with ending *emotional* (mindless) eating, and you could drop another 20 pounds. Now you've lost 60 pounds in a year from adopting just this one habit alone!

**Exercise Focus: Respect the Stretch**

Regular stretching keeps muscles, tendons and ligaments agile, flexible and mobile, and helps prevent injuries and pain.

**Habit #8**

## **Every day exercise... and make it your middle name.**

The benefits of exercise far exceed boosting your metabolism and burning fat. Aerobic activities improve your immune system while fighting heart disease, type 2 diabetes, cancer, dementia and depression. Adding strength-training bumps up these benefits even more by helping you maintain proper strength and balance, and helps prevent insulin resistance and osteoporosis. When you commit to be fit, are curious and courageous enough to discover your "fitness love" and surround yourself with like-minded friends, then exercise will become who you are as much as your own middle name. When you think of exercise as something you "get" to do instead of something you "have" to do, your life will truly change forever.

**Exercise Focus: Get Support!**

To make exercise your middle name, it's important to consciously create an active lifestyle "community" that will support you and help you stay consistently exercising like never before.

**Every once in awhile, when the urge or circumstance dictates,  
it's OK to live outside the guidelines of these habits.  
That's because this ISN'T a diet. This is DIET FREE!  
And if any one of the habits ever begins to feel like a diet,  
then it becomes worthless!**