



## About Slim For Life!

### Program & Author

Slim For Life! Release 2  
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Official release date: 8/1/94

### Distribution

So far I have lost 50+ pounds with my Slim For Life! program. I weighed 317 pounds, I'm now weigh 263 pounds and on my way to losing the rest. I am so tired of con artists who sell potentially dangerous, fraudulent, unworkable, expensive weight loss systems and products. The medical industry is as responsible and contemptible for it's greedy and ineffective answer. If this program helps you- and ONLY if it helps you, a gift of \$1.00 would be greatly appreciated. Your gift ensures future upgrades and more shareware products by yours truly!

Richard Tur  
25-09 34th Street  
Astoria, NY 11103 USA

Please upload this program to your favorite BBS's, on-line services, your friends and family. In the future I would like to see Slim For Life! include recipes, actual case histories (besides my own), and more. I consider Slim For Life! to be a work in progress. I would also like to see this program updated on a consistent basis to ensure accuracy, and ease of use. This depends entirely on the response I receive. If you have any questions or comments, you can write me at the address listed above. If you want a reply, you must include a S.A.S.E (Self Addressed Stamped Envelope).

### Where to get the latest version of Slim For Life!

1(718)779-5801 Blarney Stone BBS  
1(508)368-7036 Software Creations BBS  
1(718)837-3236 Consultant BBS

### Compatibility

This program will run under any computer that uses Microsoft Windows.

### On-Line Services & BBS's

You are welcome to post this program on your system as long as you do not alter, split, or modify this program in any way. This product is distributed as shareware. No fee may be charged for the distribution of this program. Please list this program as: #SLIM2.ZIP and use the FILE\_ID.DIZ file for description.

### Shareware Vendors/Retail Stores

You may not sell or distribute this program without written permission from Richard Tur.

### Disclaimer

The author makes no warranties to this product and will not be held responsible for any damages, if any, such as lost profits, data, or damaged equipment, among other possibilities. Always check downloaded programs for viruses before using. Slim For Life! is based on my own experiences at weight loss, not as a statement of claims to the user. Consult your physician before attempting this or any other weight loss program.

### Contents Of #SLIM2.ZIP

SLIMLIFE.HLP

The program itself.

FILE\_ID.DIZ

PCBoard file directory listing.

SLIMLIFE.ICO

If you want to add Slim For Life! to Program Manager, use this icon instead of the Windows Help icon. Consult your Microsoft Windows User Manual for installation instructions.

FOODLIST.TXT

A list of common foods and their respective fat and calorie count.

### **Coming Soon: 99-TILES**

Tired of that boring Windows background? Well here's a collection of 99 wallpaper tile designs that will liven up your desktop and save you precious memory. This incredible collection of sizzling 256 color BMP files are intended for use in Super VGA resolution and take up very little memory! These dazzling designs are sure to make your computing a more fun experience. Coming in Fall 1994.



# **Slim For Life!**

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## Chapter 1: A Bogus Industry

The weight loss industry is unregulated and mostly ineffective at what it does. In 1993, the weight loss industry grossed \$50,000,000,000 in revenue.

Books from just about every celebrity who have managed to drop a few pounds and diet experts keep pouring out from the pulp presses which make them very rich and the rest of us very disappointed when we try it. I've seen diet cookies, shakes, teas, hard candy that is supposed to make you lose weight and wonder what will come up next.

The pharmaceutical industry is the most contemptible player in the whole industry. Diet pills are addictive, dangerous, and cause behavior and mood swings that can be violent. The fact is, there is no magic pill that will cure obesity.

Society pays a big price. People who are obese suffer from a host of medical problems, are often sick, live shorter lives, and become a target of these con artists.

Obesity is not treatable, it is curable.



## Chapter 2: My Story

I've tried starving myself (the basis of every diet program to a greater or lesser degree), bought exercise equipment of every description, working out until I could hardly move, a liquid program, diet pills (which had the side effect of making me have violent temper tantrums) all by the time I was 21 years old. Sometimes I would lose weight at first, then the weight came back, and I gained extra pounds. I've spent at least a thousand dollars trying anything and everything to lose weight.

I've been to my personal physician several times in hopes of finding an answer to my problem and the best idea he could come up with was stomach stapling or going to a hospital for a few months and stay on an I.V. machine.

I'm 25 years old now and what I have been through because I had a weight problem is tremendous. I've paid a dear financial, personal, and emotional price because I was fat. I never smoked, drank alcohol, or did drugs and yet I always felt sick.

I had been so used to and resigned to being heavy I never quite realized how badly it was wrecking my life. I found that every problem I had was directly linked to my weight problem.

The basic theory of losing weight, eat less and work out was a long veined effort. But I knew it must be possible for the weight to come off although I have always been fat.

Having tried and failed so many times, I lost the willingness to try anymore. Basically, quit while I was behind. At home I was comfortable and I didn't have to feel any social pressure or discomfort at being fat.

If there is any hope for me, I'm going to have to solve this age-old riddle myself. August 10, 1993, was the day I started to shatter the wall of obesity.

I created a file on my PC and I started to collect data about weight loss, nutrition and developed a realistic personal plan for myself that I could live with. What I discovered to my surprise was that almost all the established facts and axioms about weight loss are not true. I found out why most people fail at losing weight.



## Chapter 3: Getting Control Of Your Weight

|      |  |
|------|--|
| 100% | Concluding the plan and now maintaining desired weight |
| 90%  | Following plan and losing weight                       |
| 80%  | Having problem following the plan: .....               |
| 75%  | Identifying problem(s) and resolving it .....          |
| 70%  | Taking action to lose weight                           |
| 60%  | Learning how to lose weight                            |
| 50%  | Not having a plan to lose weight                       |
| 40%  | Interested in losing weight                            |
| 30%  | Taking responsibility for being fat                    |
| 25%  | Quitting and gaining back lost weight .....            |
| 20%  | Angry and upset about being fat                        |
| 10%  | Being resigned to being fat                            |
| 0%   | Apathy or being unaware of a weight problem            |

There is so much bits and pieces advice and guidelines about health and diet that anyone can become greatly confused about how to lose weight. My discoveries about true and meaningful weight loss came from challenging established axioms and rules about weight loss. When I think of diet and exercise, I immediately associate it with these:

- |               |              |                 |
|---------------|--------------|-----------------|
| ·Health Foods | ·Pain        | ·Guilt          |
| ·Sacrifice    | ·Hard Effort | ·Sweat          |
| ·Sore Muscles | ·Tiring      | ·Disappointment |
| ·Failure      | ·Will Power  | ·Expense        |
| ·Starving     | ·Quitting    | ·Futility       |

In fact, most weight loss systems do fit these descriptions. For me to lose weight I had to redefine diet and exercise and take a fresh look at my problem. This is how I now define it:

- |            |                |               |
|------------|----------------|---------------|
| ·Success   | ·Planning      | ·Common Sense |
| ·Stability | ·Consistency   | ·Ease         |
| ·Relief    | ·Good Health   | ·Strength     |
| ·Energy    | ·Enjoying Food | ·Satisfaction |
| ·Control   | ·Power         | ·No Guilt     |

My system is revolutionary, not for what it is, but for what it isn't. Chances are you have tried and failed many weight loss plans you may not want to try again. Failing is hard. You failed because either you had no real system for losing weight or had one that is so unworkable you could not live with it. Going perpetually hungry is not a way to lose weight. 99% of all weight loss plans work on this single principle. I know that if you put 1/10th the effort you put into those other diet programs you will lose the weight-and keep it off forever. At one point or another you get tired of the problem and take action.

### Here is a checklist of things to do right now:

- Consult your doctor and get a thorough checkup. Tell your doctor that you intend on

- losing weight and get his medical approval.
- Take precise measurements of your body:
  - waist           ·thighs
  - upper arms   ·stomach
  - chest           ·wrists & ankles
- Get a good reliable scale.
- Get a notepad or open a document file on your PC to log your progress. This will allow you to measure how you feel and account any problems you might have. You will also need it to enter information which relates to the system.
- Tell your close friends that you intend to lose weight and enlist their support.
- Take a series of photos of what you look like now, front and profile.





## Chapter 4: How Did You Get So Fat In The First Place?

People can be successful in every aspect of their lives and yet are never able to solve the problem of controlling their weight. Being fat is not the problem, it is a result. For 1% of fat people, the cause of obesity is glandular or medical and is outside the scope of Slim For Life! For the rest of the 99%, it is purely behavioral.

Your body is an engine that is not burning all the fat and calories it receives, so it stores it up. To solve this you need to eat less fat and calories (but not less food), and increase your metabolism so your body will burn more. This is done naturally and gradient. I didn't really eat too much. I just made bad choices in what I ate. I was using food to fill a void in my life. Food was something for me to do, it was my best friend, and it made me feel good.

Many parents use food as a punishment or reward. Parents who force or deny their children to eat certain foods are setting them up for big problems later in their lives. If you are a parent, you would do your children a big favor and don't use food to gain power over them.

Women have the hardest time with food. For men it is considered normal and even masculine to have a healthy appetite and eat hearty, to grow up "big and strong." On the other hand, women are made to feel wicked or decadent to eat and enjoy food. Women are taught this from childhood. Women are taught that their role is to take joy in preparing food but not to revel eating it.

Although this is very unscientific, generally, people with poorer incomes have the highest probability of being fat. Supermarkets in low income areas don't always have the finest selection of foods to begin with. You may find ten different brands of pork rinds but a poor selection of fresh vegetables. Also the least expensive meats and poultry that are substantially higher in fat are often dumped into these stores.

With all the modern conveniences that come with life, it is easy for people to become sedentary. The "no pain, no gain" philosophy turns off most people (including myself).

Many people gain weight when a change in metabolism occurs, usually at the end of middle age or after a pregnancy. This is normal. It is solved by recognizing the change and adjusting diet and exercise to meet the body's needs.

Yo-yo dieting is caused when you try to crash diet and your body detects it as starvation. Scientists theorize that we have a fat thermostat and when it drops by losing weight, your body reacts by changing the metabolic rate to make you feel slow to conserve energy, puts irresistible hunger to motivate you to eat as much as you can and stores as much fat as possible as a safeguard against it happening again.

This may have been an important survival mechanism in the days of the cave dwellers when there were periods of when food was scarce. Today, it's about as useful as the appendix. I gained much of the weight because of this. If I never tried crash dieting I wouldn't have weighed 317 pounds.



## Chapter 5: Creating Your Own Future By Eating

The lean machine is a human body that burns as much calories and fat as it takes in. When you eat more calories and fat than your body can handle, you gain weight. When you eat less calories and fat, your body loses weight. It's not how much food you eat. Quantity is not the issue, you can eat like a cow all day and still lose weight if you eat the right foods!

Your body burns about 800 to 1000 calories a day without exercise. With exercise, your body can burn twice as much. But more about that later. The most important thing about weight loss is CONTROL. When you follow a diet plan, you follow somebody else's standard of what you should eat. That is an immediate loss of control, self determination, and judgment. How is somebody else supposed to know what you like to eat, when and how much?

Diet shakes work on this principle. You are supposed to drink 3-4 glasses of the stuff and not eat any or very little solid food. It goes against human nature that someone can follow such a program and not wind up cheating and gaining back the weight.

You must construct your own food plan that you can live with. The foods must be to your liking and personal taste. To do this you will have to create a detailed list of all the foods that you currently eat and include the fat and calorie content. You can do this on paper, but it's much faster on a computer. A simple text editor will do fine, such as Windows Notepad or MS-DOS Edit.

I'm including a list of foods with fat and calorie data as a point of reference and to give you a head start in creating your own food plan. The name of the file is FOODLIST.TXT.

When I started doing this, I went to the kitchen and took all the food I had and moved it next to my computer and I started to list everything. This took a couple of hours but it was well worth it. Right in front of me I had a very detailed list of everything I ate. This is when I discovered the truth. About 80% of the foods I ate were perfectly healthy, it was a few fringe foods that were the cause of my problems.

By paying close attention to the fat and calorie content I was able to create a personalized menu that I could live with and enjoy. In fact, during my weight loss period, I found myself eating more than before.

Before you embark on your new database, I want you to fully understand and use nutrition labels. Most food labels are inherently confusing. Here's an example:

| <b>Kraft Singles American Cheese (16 Slices)</b> |            |
|--|------------|
| <b>Nutrition Information Per Serving</b>         |            |
| Serving Size: 1 oz. Servings Per Pkg.            | <b>12</b>  |
| Calories   | <b>70</b>  |
| Protein (G)                                      | <b>6</b>   |
| Fat (G)  | <b>4</b>   |
| Polyunsaturated (G)                              | <b>0</b>   |
| Saturated (G)                                    | <b>3</b>   |
| Cholesterol (MG)                                 | <b>15</b>  |
| Sodium (MG)                                      | <b>420</b> |

At first glance it would seem that a slice equals 70 calories & 4 grams of fat. Look closer. There are 16 slices in the package but the label lists only 12 servings. Since you usually have one slice of cheese at a time, the information is misleading. Here's a formula to solve this:

$$\text{Fat \& Calories} \times \text{Servings} \div \text{Quantity Eaten} = \text{Amount}$$

For example:

$$4 \text{ Grams Fat} \times 12 \text{ Servings} \div 16 \text{ Slices} = 3.0 \text{ Grams fat}$$

$$70 \text{ Calories} \times 12 \text{ Servings} \div 16 \text{ Slices} = 52.5 \text{ Calories}$$

So one slice of cheese would have 52½ calories and 3 grams of fat.



There are no forbidden foods, but some foods can sabotage your weight loss. Here is a list of them:

### **Juice with Citric Acid**

Juice is not very satisfying and makes you hungrier. If you feel that you need more vitamin C in your diet, you can buy it as a supplement.

### **Butter**

If you've ever really looked at butter, it's greasy, it's a sickly yellow color and doesn't really taste that good. If that sounds hard to believe, try eating a spoonful of it all by itself. Butter is pure fat. An excellent substitute is a product called Butter Bud Sprinkles.

### **Peanut Butter**

This is one of those foods that we have been led to believe is good for us. One little jar of Peanut Butter has enough fat to equal about 3 days worth of meals.

### **Pork products**

Pork in any way, shape or form is so high in fat that it's not even worth the effort.

### **Pastries**

Increases your appetite level.

### **Hard Candy & Caramel**

These kinds of candies increases your appetite level. By the way, there's a host of hard candies that promote themselves as appetite suppressants, from my personal experience, they don't work.

### **Fried food**

Oil is 100% saturated fat. Don't let the folks at Wesson and Mazola tell you that their oils are healthy. The funny thing is, the foods that you fry, potatoes, chicken, fish are healthy, it's the oil that ruins it. Bake or grill them instead.

### **Carbonated Soda**

The sugar, citric acid, caffeine, and carbonation raises your saliva and appetite level. Even

diet soda works against you. At \$1.25 a bottle, it isn't a good buy, soda is sugar water.

### **Sugar, Aspartame (sold as NutraSweet, Equal), Saccharin, Caffeine, Alcohol**

These products are like addictive drugs, it goes right to your bloodstream, gives you a rush, and makes you want more. This includes coffee.

### **Peanuts, Grapes, Raisins, Pretzels, Potato/Corn Chips, Chewing Gum**

They all increase your appetite level regardless of their fat and calorie content.



Since you are eating fewer calories, it's important that the food you eat be nutritious, satisfying, healthy, and give you the energy you need to live. Some foods are clearly better than others. Here is a list of them:

### **Skim Milk**

I started having skim milk when I had my morning bowl of cereal, I was so used to whole milk I thought I would never get used to it. Now I prefer skim milk to whole milk.

### **Baked Potatoes**

It is satisfying and very filling. You can have it with Butter Bud Sprinkles or mustard.

### **Bagels**

Bagels are low in fat and very satisfying.

### **Rice & Legumes**

Rice is rich in complex carbohydrates and beans are rich in protein. Cuban style Red or Black Beans & Rice makes an unbeatable combination for nutrition, satisfaction and taste.

### **Chicken/Turkey**

Chicken and turkey are more lean than beef or pork products.

### **McLean Deluxe Hamburger**

Although I try to avoid beef products, I cannot resist McDonald's. A McLean Deluxe sandwich and a side salad are a smart choice for eating out.

### **Popcorn**

I strongly recommend that you buy a hot air popper instead of buying microwave popcorn. Microwave popcorn cooks in a bag of oil and is unhealthy. Hot air popcorn is light, fluffy and tastes much better.

### **Frozen Egg Product**

A regular egg has about 5 grams of fat and about 80 calories. Frozen egg products such as Egg Starts have 0 grams of fat and 30 calories, plus it's cholesterol free. The egg product is homogenized and pasteurized so unlike regular eggs, there's not even a risk of salmonella.

### **Fruits & Vegetables**

Eating less meat and substituting more fruits and vegetables is key to a healthy diet. This doesn't mean you should eat a carrot and a glass of water and consider that a meal. We're not rabbits. Just add a side salad with your dinner, and enjoy a piece of fruit for a snack occasionally.

If you eat at regular intervals, you will not go hungry. I had a habit of waiting until I was starving before I would go eat something. This gave me the feeling of food deprivation and would eat as if food was going out of style. This behavior caused me to overeat often. I created this chart when I started to lose weight and represents a sane and intelligent way to manage your eating lifestyle.

| Eating Schedule 30 Grams Fat 1400 Calories |                    |              |              |
|--|--------------------|--------------|--------------|
| 8:00 am                                    | Breakfast          | 4 Grams Fat  | 200 Calories |
| 10:00 am                                   | Snack              | 3 Grams Fat  | 125 Calories |
| 12:00 pm                                   | Lunch              | 5 Grams Fat  | 225 Calories |
| 2:00 pm                                    | Snack              | 3 Grams Fat  | 125 Calories |
| 4:00 pm                                    | Dinner A . . . . . | 6 Grams Fat  | 300 Calories |
| 5:00 pm                                    | Main Dinner        | 12 Grams Fat | 600 Calories |
| 6:00 pm                                    | Dinner B . . . . . | 6 Grams Fat  | 300 Calories |
| 8:00 pm                                    | Snack              | 3 Grams Fat  | 125 Calories |

Main Dinner & Dinner A/B are options, you can have one or the other. Sometimes, two smaller dinners are more satisfying than one large dinner, so the choice is yours.

You can adjust this chart to meet your personal lifestyle. For example, you adjust the fat and calories to meals that you eat. If you enjoy a breakfast that is only 150 calories and 3 grams of fat and you want a lunch that is 275 calories and 6 grams of fat you can offset the 50 calories and 1 gram of fat. You can also switch meals if you wish.

I print this chart weekly as a part of my to-do list. This system has taken away all my anxiety and worry about food. I have enjoyed a new-found freedom to eat without guilt.



## Chapter 6: Creating Your Own Future By Exercising

Exercise is not about pain or suffering, it's about motion. Motion is the essence of life, if you do not move, you are dead. The no pain, no gain philosophy society attaches to exercise is why I was always turned off to it. By following a gradient natural exercise program that you can live with, it can actually be pleasant and energizing to do. The most natural exercise you can do is walking. There are so many advantages to walking: more energy, strength, increased body circulation, and better sense of health.

Push-ups, pull-ups, and weight training are fine if you are toning your body, but not effective to lose weight. I started out walking in place at home. I felt rather silly doing this at first, but when the pounds came off, I was fine. As I continued to lose weight, my confidence and self esteem improved and I made a point of exercising outside regularly.

You don't need any fancy exercise equipment to lose weight. In fact, I have found no machine is as effective or enjoyable as walking. About the only "equipment" you need is a good comfortable pair of walking shoes, which you probably already have. If not, buy a shoe based on comfort, not on price. An expensive pair of shoes is not indicative of quality. Regardless of how much the shoe sells for, they cost only \$7 to \$10 to make in Korea. Even top of the line \$200 sneakers cost that much to make. Be smart.

I also recommend using a home stereo or Walkman, to keep you motivated and in step. This is a gradient chart of aerobic exercises and the approximate amounts of calories you can burn.

| Exercise         | 1min | 5min | 10min | 20min | 30min |
|------------------|------|------|-------|-------|-------|
| Walking          | 5    | 26   | 53    | 105   | 158   |
| Bicycling        | 8    | 42   | 83    | 167   | 250   |
| Aerobics/Jogging | 9    | 44   | 89    | 178   | 266   |
| Running          | 20   | 100  | 200   | 400   | 600   |

To lose weight you only have to walk 30 minutes a day, preferably in the morning/early afternoon after breakfast. Walk nonstop, if you pause while walking you will compromise the routine, the idea is to increase your pulse rate. Walk every day, do not skip days.

Everyday walking is different. The purpose of the exercise is to increase your metabolic rate so your body will burn more fat and calories. Even hours after you've finished walking, your body will burn fat and calories at an accelerated pace.

Breathing is very important, if you become short of breath, or experience any discomfort, stop. Exercise is not about pain. If you cannot walk for 30 minutes, start at 5, 10, or 15 minutes, it doesn't matter. In time your strength and stamina will improve, and you can gradually work your way up to 30 minutes.



## Chapter 7: The Myths & Facts Of Weight Loss

### **Myth:**

"Eat slowly, chew each bit 20 times before putting another bite in your mouth."

"ALWAYS leave some food on your plate."

"Soften butter or margarine so that you can spread it more thinly."

"Always sit when eating and avoid distractions like reading or watching television."

"Eat only when you are REALLY hungry."

"Eating out: Sit across the room from the food, if a buffet. Always keep serving dishes away from you."

"Develop a tolerance for hunger by thinking of it as a positive feeling."

### **Fact:**

This dumb advice comes from a booklet on weight loss from Beecham Laboratories, makers of "Fastin" (get it, "fasting?") diet capsules. This is the kind of "expert" advice that only serves to confuse people about losing weight.

### **Myth:**

The scale determines how much weight you've lost.

### **Fact:**

A person's weight can fluctuate by 1-3 pounds a day. If you exercise, you will probably build muscle mass that weighs more than fat. The way your clothes feel is the best indicator of weight loss.

### **Myth:**

You have to eat health & diet foods to lose weight.

### **Fact:**

Losing weight means eating healthier; foods that are better prepared, foods that are not fried. I hate cottage cheese and yogurt, and yet in one of my many failed diets, I used to eat it thinking that would make me lose weight. Eat only foods that you like to eat.

### **Myth:**

You have to have will power to lose weight.

### **Fact:**

Losing weight is not about will power or sacrifice. Losing weight is about making smarter food choices and being more active.

### **Myth:**

Grapefruit causes weight loss.

### **Fact:**

For years I've heard about the Grapefruit Diet, where eating plenty of grapefruit and other citrus fruit causes rapid weight loss. I don't know of any food, drink, or pill that causes your body to shrink or burn fat cells.

### **Myth:**

To lose weight you must eat less.

### **Fact:**

Food deprivation at any degree doesn't work. Food is your fuel.

### **Myth:**

If you drink a lot of water, your body will hold water.

### **Fact:**

Except for fat, the body tends to keep what it cannot get often and disposes what it gets frequently. If you have a problem with water retention, now you know why. Drink at least 8 glasses of water a day. When I drank larger quantities of water, I found myself going to the bathroom frequently. Within a week, however by bladder adjusted, and my face and body

which always looked puffy, looked much slimmer. Drinking water keeps your system clean and healthy.

**Myth:**

It's okay to reward or deprive yourself of certain foods.

**Fact:**

Eat what you like when you like, but respect your fat and calorie intake limit for the day. Food is neither friend nor foe, punishment or reward.





## **Chapter 8: My Ratings Of Weight Loss Products**

### **Exercise Equipment**

To lose weight you don't need any. If you insist on buying exercise equipment, look in the classifieds. Every day I see people trying to sell their Nordic Track and Soloflex machines at 20-60% off what it would cost if new. Since these machines are generally built to last, it will usually be in good condition. Most people buy exercise equipment only to get tired of it after a few weeks. It looks good on TV, robust men and women coolly doing their reps-as if they really do use it. In fact, they are professional sports models who get their physiques working out with professional equipment in real gyms, and wouldn't use such amateurish equipment in the first place. To me, these machines look and work like modern day iron maidens. Watch out for cheap products like the "Trim Track" and "ThighMaster." Some of these contraptions have injured people.

### **Jenny Craig/NutriSystem/Weight Watchers**

While on Jenny Craig or NutriSystem you are only allowed to eat their products, and take weekly classes on nutrition and cooking. After the initial weight is lost, Jenny Craig offers you a 50% refund if you can keep the weight off for a year. In other words, they profit if you fail. Jenny Craig is one of the richest women in the world selling TV dinners.

### **Liposuction**

Liposuction is a cosmetic procedure where a doctor jerks a cannula in fatty areas of the body to extract fatty tissue. The good news is it effectively removes fat, the bad news is that it can remove very little fat. Liposuction is not a solution for obesity.

### **Microwave Dinners & Entrees**

When I first got started with my program, most of my meals were microwave dinners and entrees. Most of them are quite good, but don't eat them exclusively.

### **OptiFast/MediFast/United Weight Control**

Optifast, and Medifast & United Weight Control are basically the same. Under the direction of a physician, you drink 3 to 4 diet shakes a day with no solid food. The "training" doctors receive in administrating the program is a weekend seminar on how to market and sell the product. Oprah Winfrey once lost the weight this way and on her show came out in tight blue jeans and a wheeled out wagon of animal fat to demonstrate how much weight she lost. Within a year the weight came back, in witness to the whole world. I was suckered for over \$400 by United Weight Control for their program, I got sick the very first day I was on it.

### **Exercise and Aerobic Video's**

Jane Fonda, and just about every (has been) celebrity with a decent body has a video out. If you must buy a video, rent it first and try it out at home. The best aerobic exercise in the whole world is walking, and you don't need a video for that.

### **Slim Fast Products**

I like Slim Fast products. Although the company recommends having 3 shakes a day, I mix it with ice water (Slim Fast recommends skim milk) and drink it as a snack occasionally. The popcorn, and crunch bars are excellent snack choices.

### **Diet Pills**

The idea behind diet pills is to accelerate your metabolism so your body will burn fat. The other process is to suppress appetite. The inherent problem is that after a few weeks it loses it's effectiveness and you have to take a stronger dosage for it to remain potent. Because diet pills are stimulants, they are very addictive and cause mood/emotional swings. Even over the counter pills are dangerous as they work the same way. There is a right way

and a wrong way to lose weight. This is definitely the wrong way.

### **Stomach Stapling**

Don't even think about it.



## Chapter 9: Staying Ontarget

Slim For Life! is not weight lose scheme, it is a lifestyle change. I always pay close attention to what I eat, and I exercise everyday. The key to successfully starting and continuing the program is starting at a gradient. Exercise no longer than 30 minutes a day.

Lose no more than 10 pounds a month. If you are losing more than that, add 100-200 calories to your eating plan. If you lose more than 1-2 pounds a week your body will experience the yo-yo dieting effect and fail. Never eat less than 1300 calories.

You want to be concerned about 3 things: fat, calories, and good nutrition, that's it. If you eat good healthy foods, you will not have an urge to eat junk food.

Many people find comfort and strength in having a religion/faith. If you feel that you will gain strength in practicing your beliefs, do so.

Your health is more important than all the money and possessions you have. Your weight loss must take priority over what you do in life. There is no such thing as having not enough time to eat and exercise correctly.

You are responsible for your weight problem, it is no one's fault. Being fat is not an issue of blame, but of taking responsibility to resolve. By taking responsibility, you can take control of the situation. But also recognize and deal with anyone who may be contributing to your problem. If you live in a household where people eat foods that you are trying to avoid, you may have to have a talk with your family and gain their support by keeping certain foods out of plain sight. Out of sight, out of mind. And if you have an insensitive family member or friend who gives you a big chocolate cake as an overt or covert way of getting you off your plan, don't hesitate, hit `em with it.

Education about health and nutrition will give you a whole new way to look at weight control. Though Slim For Life! is a complete system, visit your local library or bookstore and get books on healthy cooking, lifestyles, and nutrition.

Prepare a list of all your food options so you don't have to sit and wonder what to eat for the day. Following a weekly menu is a good idea, by knowing in advance what you will have, you can do all your shopping at once.

There are always going to be occasional days when you may eat more than you should, like on Thanksgiving, or at a party. That's not a big deal, so don't sweat it.

Don't live and die by the complements and criticisms of others, when I was losing the weight I got many compliments but I also got a few obnoxious comments about how much more I have to lose, as if it was their business.

Keep and maintain a log of your weight loss. It provides comfort and motivation.

You may want to consider having a weight loss partner/buddy. Your partner may keep you motivated and you'll have a feeling of not going it alone. On the other hand, you may feel a sense of co-dependancy and if your partner quits, you may want to quit too. It's a choice you have to make.

The way you feel may be indicative to what and how much you eat. Feeling depressed or sad can make you eat excessively as does drinking. When you are unhappy, find something to do not involving food.

The more something seems forbidden the more you will want it. This is human nature. For example, Filet Mignon is generally more desirable than hamburgers though it tastes better, and cost much less. There are no forbidden foods on my plan, eat whatever you want as long as you do not exceed your fat and caloric limit for the day.

Finding the motivation can be very hard. When you are comfortable, you become content. Betterment comes from dissatisfaction. Sometimes using negative thoughts and feelings can work for you. When I think of all the personal problems that my weight has caused me, the thoughtless things people have said to me about my weight, and the personal rejection I've gotten through the years, at first I get depressed and sad. Then I get angry and I feel rage. That is where my energy comes from, and that keeps me motivated. Once you find the emotional charge in you, that is where you will find your strength.

If you exceed your fat/caloric limit or forget to exercise, that's not an excuse to quit. You're trying to change lifelong habits by creating new lifelong habits. Give yourself the time to improve your lifestyle. But never quit.

This is not mind over body, this is intelligence over body.



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**Consult your physician before attempting this or any other weight loss program.**

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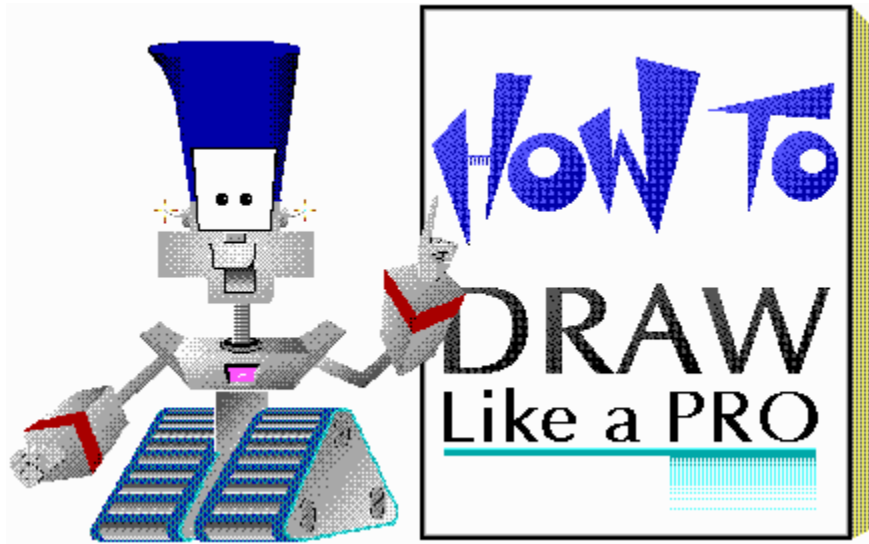
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