

DAY 20

A FINAL REVIEW OF WHAT YOU'VE LEARNED



DAY 20

A FINAL REVIEW OF WHAT YOU'VE LEARNED



Today, as we come to the close of these three weeks, I want you to look back through all the previous pages and review what you have learned. In all honesty, you have been given an amazing amount of information. I don't expect you to remember all of it, of course. As long as you remember the program's basic cornerstones, it will last you a lifetime.

- 1** Eat five meals per day, once every three to four hours.
- 2** If at all possible, each meal should contain a serving of lean protein and a serving of starchy carbs with a fibrous vegetable thrown in whenever you wish.
- 3** The lean protein should be about the size of your hand, the starchy carb should be about the size of your fist, and the fibrous vegetable should fit into a cereal bowl.
- 4** Gradually reduce as much dietary fat out of your food as possible. Recognize that you will be getting enough fat in the healthful foods that you will be eating on this program. The more fat you reduce, the quicker your body loses body fat.
- 5** Maintain a walking program three to four times a week in which each walk lasts 30 to 60 minutes.
- 6** To tone your muscle tissue, which is where the most calories and fat can be burned, do up to twelve 60-Second Workouts every day, half of which should work your upper body and half your lower body. Include stretches to give your muscle tissue elasticity.

That's all there is to it. That's all you need to remember. The 21-Day Slimdown is simple, reliable and effective. By regulating your meals every three hours, you are preventing your body's digestive system from being overly swamped with food, thus preventing the excess calories from flooding your fat cells. By eating lean proteins, starchy carbs and fibrous vegetables, you are feeding your body only the most healthful foods that will bypass the fat cells if taken in the proper amounts. And by cutting back on dietary fat, you are cutting back on the unhealthful foods that truly make you fat. Finally, your walking program will burn the fat in your body, and your 60-Second Workouts will build the muscle so that you can burn even more calories.

YOUR DAY 20 EATING GUIDE

MEAL	EATING GUIDE
BREAKFAST	An Egg Muffin and 1 cup of oatmeal.
LUNCH	Eat at an Asian restaurant. Try a shrimp spring roll (not fried), grilled lemon grass chicken and rice noodles (or a similar combination).
SNACK	A chicken breast and rice.
DINNER	Pasta with Ham and Peas from the Cooking Guide.
SNACK	Egg white omelette and 1 cup of creamed rice cereal.

YOUR DAY 20 WORKOUT

1. Complete a total of twelve 60-Second Workouts.
2. Walk for 45 to 60 minutes.

EVENING PEP TALK

As you go to bed tonight, I want you to say three words out loud: moderation, balance and steadiness. Yeah, yeah, I know, they are very boring words for a pep talk. But as you know, they have been the keys to your success. You cannot follow an eating and fitness program for the rest of your life that forces you to act in an extreme manner. I said it at the start of the program, and I'll say it again here: Any program you can't do for the rest of your life is not worth doing for a single day. If you want to be successful, you must commit yourself to taking small steps that require moderation, balance and steadiness. It's because of these words that you will be able to transform your body, shed your old identity and step forth boldly into the future. You might not see it yet, but these small steps are growing larger and larger, and the results are becoming more tangible. Just as a downhill skier starts off slowly at the top of the hill but quickly becomes unstoppable down the slope, you too are building momentum to reach your ultimate goal of a lean, healthy body.

Slimdown Tip: *Getting Tighter Abs*

Many of you are getting great results on the program, but you're wondering if there is something extra you can do to get a tighter stomach. You are doing all the stomach crunches described in the Exercise Guide, but you just can't seem to get rid of the fat around your midsection. I'm sorry to tell you this, but doing sit-ups and stomach crunches or any other abdominal exercise is a pure waste of time when it comes to removing the extra fat around your middle. That doesn't mean abdominal work isn't good for you. It tightens your muscles there so you do look fitter. But the only way to lose that extra weight around your waist is through the 21-Day Slimdown Eating Guide. An increase in your cardio activity can help slightly, but the true secret is to cheat less and reduce the foods you're not supposed to eat. All in all, there is no exercise substitute for the eating program.

