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The diet itself

9. Keep up your food diary daily - total the calories at the days end to be sure you are not going more than 100 calories over or under your recommended amount.

10. Teenagers on a diet under 1500 calories should take a daily vitamin (like One-A-day).

11. Weigh yourself every Monday before breakfast and record the weight in your diet book. You may lose 1-2 pounds/week at first then you will slow down to lose 1/2 pound/week. A faster weight loss than this is not healthy, and you are more likely to gain the weight back quickly.

We want to recheck you in the office monthly.

Exercise

1. Start gradually - aim to exercise to the point of working up a sweat 30 minutes to one hour - every day.

2. Increase exercise is not an excuse to increase your calories for the day.

3. Good choices are cycling, running, swimming, tennis, cross-country skiing.

4. Exercise builds muscle, muscle tissue uses up calories all the time! Diet without exercise is useless.

Post these instructions and your diet on the refrigerator door.

GOOD LUCK!!!!