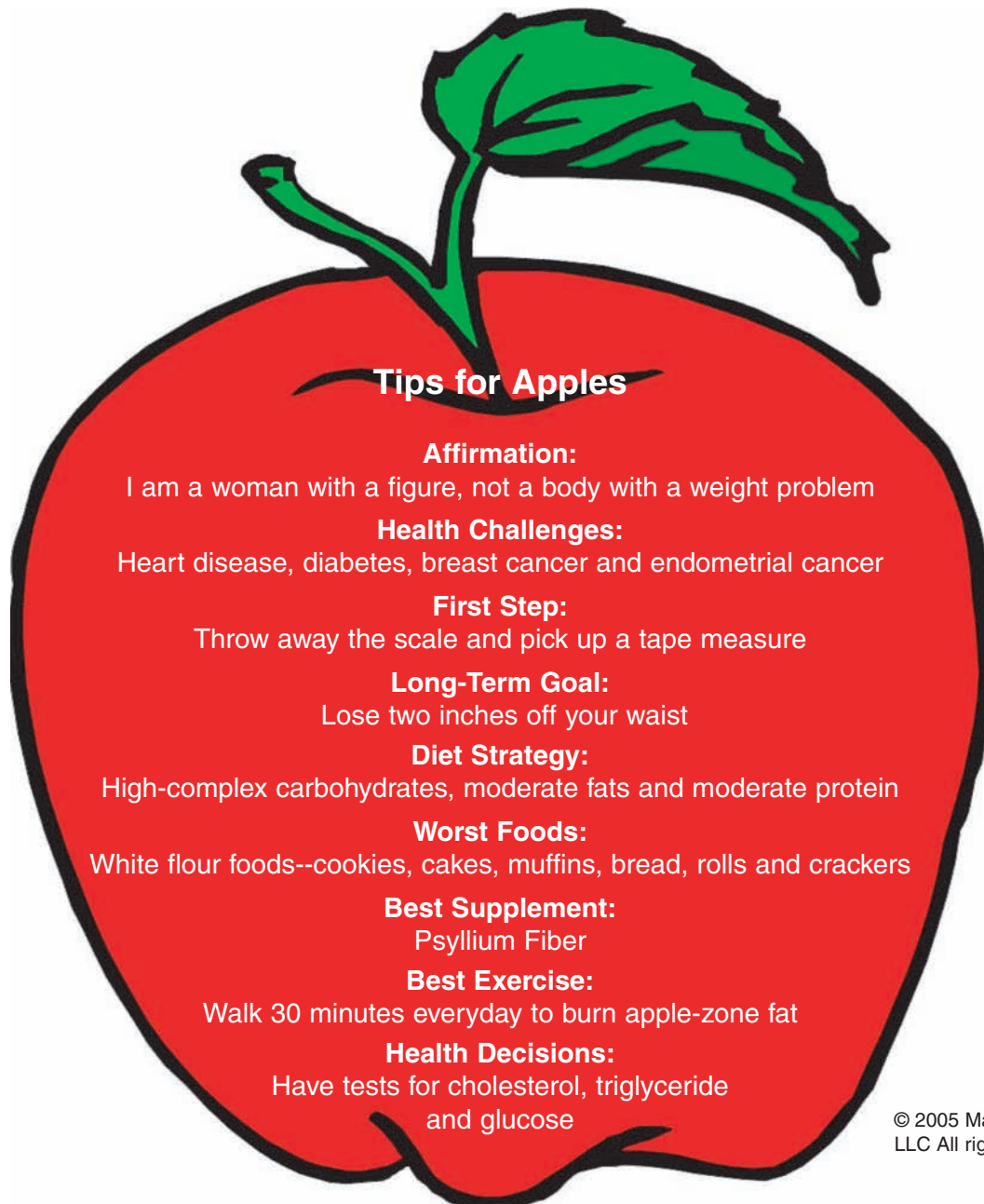


Are You an Apple or Pear?

Handout 3

To find out more, visit www.applesandpears.org

CUT THIS OUT AND POST ON YOUR REFRIGERATOR



Tips for Apples

Affirmation:

I am a woman with a figure, not a body with a weight problem

Health Challenges:

Heart disease, diabetes, breast cancer and endometrial cancer

First Step:

Throw away the scale and pick up a tape measure

Long-Term Goal:

Lose two inches off your waist

Diet Strategy:

High-complex carbohydrates, moderate fats and moderate protein

Worst Foods:

White flour foods--cookies, cakes, muffins, bread, rolls and crackers

Best Supplement:

Psyllium Fiber

Best Exercise:

Walk 30 minutes everyday to burn apple-zone fat

Health Decisions:

Have tests for cholesterol, triglyceride
and glucose

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