

Table of Contents

| | |
|--|----|
| Introduction | 1 |
| About the Author | 9 |
| Ah Ha #1: Magic Pills Just Don't Exist | 11 |
| Ah Ha #2: It's Simple Math— Calories Consumed vs. Calories Burned | 15 |
| Ah Ha #3: How to Lose a Pound Mathematically | 36 |
| Ah Ha #4: Exercise, Exercise, Exercise | 42 |
| Ah Ha #5: Make Fitness a Budget Item | 50 |
| Ah Ha #6: Your Most Power Exercise Equipment: Your Brain | 56 |
| Ah Ha #7: Muscle is Your Friend | 61 |
| Ah Ha #8: Take the Stairs | 64 |
| Ah Ha #9: Fast Food isn't New—The Lack of Exercise Is | 70 |
| Ah Ha # 10: Focus on Nutrition, Not Diet | 76 |
| Ah Ha #11: Never Skip Breakfast | 79 |
| Ah Ha #12: Never Say "Never" | 85 |
| Ah Ha #13: Wasted Calories—Liquids | 90 |
| Ah Ha #14: Nutrition Labels 101 | 97 |

The Ah Ha's of Weight Loss

| | |
|---|-----|
| Ah Ha #15: Portion Control Means Gaining Control | 106 |
| Ah Ha #16: If You Don't Want to Eat It, Don't Bring it Home | 111 |
| Ah Ha #17: You Can't Reach a Goal Tomorrow if You Don't Know Where You Are Today | 117 |
| Ah Ha #18: How to Measure Success | 123 |
| Ah Ha #19: Take Lots of Pictures; They Don't Lie | 127 |
| Ah Ha #20: Never Too Late to Start | 130 |
| Ah Ha #21: Anything Worth Having Takes Hard Work and Commitment | 133 |
| Ah Ha #22: The Dreaded Annual Physical | 136 |
| Ah Ha #23: If you Really Love Them, Be Honest | 139 |
| Ah Ha #24: "Overnight Success" . . . Only in Hollywood | 142 |
| Ah Ha #25: Obesity Facts—You Can Make a Difference! | 146 |