



# WEIGHT ★ NO ★ MORE DIET CENTER <sup>SM</sup>



[www.weightnomoredietcenter.com](http://www.weightnomoredietcenter.com)

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## TEACHING AN OLD DOG A NEW TRICK

Do you tell yourself that you can't make changes in your eating and exercise habits? You can't stick to eating better foods. You can't add enough fresh fruits and vegetables to your diet. You can't eat more green-leafy, vegetable salads. You can't give up coffee. You can't give up soda. You can't give up your junk food. You can't change your eating habits while you are cooking for your husband and children. You can't give up chocolate. You can't give up desserts and sweets. You can't give up cheese and pizza. You can't give up chicken, mashed potatoes, and gravy. You can't stick to an exercise program. You wonder why you can't lose weight quickly or not at all, and if you do lose weight, you can't keep it off. In fact, the instant you go off the latest, most popular diet, the weight comes back and with a vengeance. Look at the word CAN'T a little differently. It could stand for Could've And Never Tried.

Throughout our lives, most of us have told ourselves hundreds of times that we "can't" do something. I can't dress myself. I can't tie my shoes. I can't go to school by myself. I can't ride a two-wheeler. I can't read those words. I can't understand that number problem. I can't make the team. I can't get an "A." I can't find new friends. I can't get the job. I can't get into college. I can't cook. I can't buy a home. I can't make this relationship work. I can't understand this child. I can't get everything done. I can't handle this stress.

But how often in your lifetime did those "can'ts" magically transform into "cans?" Surely, almost every time. And why did this happen? Just because you TRIED. You tried often enough and hard enough until the "t" dropped off the word "can't." Whether you are aware of it or not, you have proven to yourself thousands of times over your lifetime that you in fact CAN—if you try often enough and hard enough.

So when you start that familiar cry that you can't exercise for one hour, or you can't lose weight, or you can't change your eating habits, or you can't live without certain, favorite foods like meat, cheese, chocolate, sweets, junk foods or refined bread, or you can't adopt an eating plan that is loaded with life-supporting and life-saving fruits and vegetables, perhaps, just perhaps you "Could've And Never Tried" hard enough and long enough.

Seek out the truth. Discover which foods feed you and which foods deplete you. Fill up on those foods that feed your body—whole, fresh fruits and vegetables, and whole grains and beans. These foods are nutrient-dense but calorie light, which translates into health and permanent weight loss. If you fill up on the good foods first, you naturally gravitate away from those foods, loaded with fat, cholesterol, chemicals and calories, which compromise your body and your health—meat, dairy products, white sugar and white flour products, junk foods, salty foods, fast foods, and processed, manmade, and refined foods. These are also the foods that happen to make you fat.

Now is the perfect time to take the steps that will magically transform that "I can't" into "I can, I will, and I am!"

"I CAN fill up on the healthy foods to lose weight and gain health and fitness."

I WILL exercise every day, starting today."

"I AM down two sizes and feeling great for the first time in years about myself and my body."

Your body, your health and your very life depend upon "I can, I will, and I am." So, will you age gracefully energetically and in good health—or not? In your senior years, will you *live* or will you *exist*? It's up to you.