



# **Habits of Highly Effective Weight-Losers Free eBook**

Click to download. No registration.

## ***Licensing Agreement***

### **“The Art of Weight-Loss”**

By: Chef Charles Michael Kandutsch

Published by Chef Media and Publishing Company.

Copyright 2013. Chef Charles Michael Kandutsch. All rights reserved.

The right of Chef Charles Michael kandutsch to be identified as the author of this Work has been asserted by him in accordance with the Copyright, Designs and Patents Act 1988.

No part of this course may be used or reproduced in any manner whatsoever without written permission. The course is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out or otherwise circulated without the publisher's prior written consent. If you wish to quote any part of this work in an article or a review please contact: Chef Media and Publishing Company, [info@chefmediaandpublishing.com](mailto:info@chefmediaandpublishing.com)

Excerpts From: Kandutsch, Charles. “The Burn 500 Healthy Eating and Weight-Loss Program”  
Chef Charles Michael Kandutsch. This material may be protected by copyright.

This eBook is licensed for your personal enjoyment only. This ebook may not be re-sold or given away to other people. If you would like to share this book with another person, please purchase an additional copy for each recipient. If you're reading this book and did not purchase it, or it was not purchased for your use only, then please return to [www.chefmediaandpublishing.com](http://www.chefmediaandpublishing.com) and purchase your own copy. Thank you for respecting the hard work of this author.

### **Disclaimer**

This course contains advice and information relating to weight-loss and nutritional diets. It is advisory only and is not intended to replace medical advice. It should be used to supplement, rather than replace, regular care by your own doctor or mental health professional. While all efforts have been made to ensure the accuracy of the information contained in this course as of the date of publication the information and opinions contained herein should not be used or relied upon without the consultation and advice from a physician. The publisher and the author disclaim any responsibility for the accuracy of such information and opinions and are not responsible for any adverse effects or consequences that may occur as a result.

## Outline

Licensing Agreement .....	2
Outline.....	3
Chef Charles Michael Biography.....	4
What is the #1 secret to weight-loss?.....	6
Personal Commitment to Eat Right for My Health .....	8
Habit #1: Drink Water, instead of calorie laden drinks .....	11
Habit #2 Cut calories from your favorite foods .....	14
Habit #3 Learn to cook healthy meals at home.....	16
Habit #4 : Cut out refined, processed and other junk foods.....	25
Habit #4 : Cut out refined, processed and other junk foods.....	25
Habit #5: Learn how order healthy at any restaurants .....	29
Habit #6: Spend Your Time Eating Right, Not Exercising. ....	31
Habit #7: Learn to diffuse emotion eating to avoid overeating .....	34
Putting it All Together .....	37
Press Release Burn 500 Program.....	42

## **Chef Charles Michael Biography**



Chef Charles Michael Kandutsch is a freelance writer who enjoys the challenges of converging the medias of print, video, eBooks and Internet. His latest challenge has been turning his trilogy of nutrition and healthy cookbooks in to an online and offline 16-week course that helps augment participants' eating to lose weight and reduce their risks of diet related chronic disease. He is the author of Eat the Right Foods, Cook The Right Foods and Shop the Right Foods (Chef Media and Publishing Group, 2008-2011) core content of the Burn 500 Healthy Eating and Weight-Loss program and several children focused nutrition books. He has as also been featured on most major networks and included in many newspapers on his cooking skills, educational speaking to kids, spokesperson to culinary events and as winner of several chef completion's.

Besides writing on nutrition since his successful 100-pound weight-loss in 2010, he has been owner of a software company for 30 years which focus is on writing sales automation software, Internet site development and network integrations. He also rounds out several of his skills offering full in-house video production and book publishing services, restaurant menu consulting and hosting cooking classes and culinary events. After years of owning a business and consulting various clients in industrial distribution, food manufacturing, real estate, apparel, safety and the military it has taken him around the globe from installing software to writing reviews for his restaurant travel website.

Mr. Kandutsch was born in Phillips, Wisconsin and has lived in Dallas, Texas for the last 30 years. He was one of the youngest Eagles scouts before age 13. While degreed in Accounting and Finance from the University of North Texas, he also went through the culinary arts, pastry arts and hotel management programs at El Centro College with honors. The popularity of television chefs is a key reason he attended chef school to help get out his message about healthy eating and weight-loss based on his authored books, as dietitians, nutritionist even doctors seldom grab national attention to lead a cause. Chef Charles Michaels next phase of his professional career will be promoting the Burn 500 Program, hosting chronic cooking seminars and promoting his other nutrition related companies to Americans 25 fattest cities. For more information, social media, chef history, book or program purchases or links to chefs other companies, please visit <http://ChefCharlesMichael.com>, <http://Burn500.com> or to order books visit [www.chefmediaandpublishing.com](http://www.chefmediaandpublishing.com)



## **What is the #1 secret to weight-loss?**

I could give you my speech, about most people who are obese or overweight, will die from complications of chronic disease, suffer from depression, and suffer from a host of arthritic conditions, probably be discriminated against in the workplace and have social problems because they are fat. But, all of this unnecessary suffering usually isn't enough to inspire someone to change their life. What seems to give people 5-times the inspiration is the fact that they might, “Drop several clothing sizes and look hot” or “Gain stamina and endurance and be a stallion in the bedroom.” So for those not interested in just living a longer healthier life, let me tell you that the other side effects besides weight-loss or feeling better from taking the Burn 500 Healthy Eating and weight-loss Program are that you will drop some clothing sizes, become hot, and probably enjoy a more fulfilled sex life.

If you have lost control of your body, and your eating habits have made you unhappy and unhealthy, then now is the time to change before you damage your self esteem any more. It's time for personal accountability, and eating right is where you start. While eating healthy is the formal procedure for successful weight-loss, there is no real secret. The secret to weight-loss is personal commitment. It means writing down a goal and keeping true to yourself by posting and making good of this commitment. You make yourself even more committed when you make it known to friends, family, social media or coworkers who will help you stay accountable to yourself and maybe even offer praise or companionship. While there may be a million reasons to lose weight, or another million reasons you can't, it all starts and ends with a personal commitment to carry it out.

You can learn more about making a personal commitment to lose weight and how to eat the right foods for weight loss at [www.Burn500.com](http://www.Burn500.com)

# Personal Commitment to Eat Right for My Health

## 1. Your Personal Information

Name: \_\_\_\_\_ Age \_\_\_\_\_

My present weight is: \_\_\_\_\_

My present body mass index (BMI) is: \_\_\_\_\_

My present blood pressure is: \_\_\_\_\_

I presently spend \_\_\_\_\_ minutes per day in some form of exercise.

I presently spend \_\_\_\_\_ minutes per day in some form of relaxation.

I presently spend \_\_\_\_\_ hours per day sleeping.

I presently consume \_\_\_\_\_ calories per day eating.

## 2. Your Goals

In general terms, what do you want to accomplish by taking the 120-Day Eat Right Challenge?

---

---

---

### In 120 days ...

I want my weight to be: 16 pounds less but ultimately I want to weigh \_\_\_\_\_

I want to be spending 30 minutes per day exercising.

I want to be spending 15 minutes per day in some form of relaxation

I want to be spending 6-8 hours per day sleeping.

I want to reduce calories by 500 through eating less and exercising more.

I want \_\_\_\_\_.

I want \_\_\_\_\_.

I want \_\_\_\_\_.

## 3. Your Commitment

I now commit to pursuing Eat Right Challenge for the next 120 days. Give me the discipline and encouragement to live out my commitment. I will develop in me a new lifestyle that will bring greater health to fulfill the purposes and dreams of my life. I will tell all of my friends, family and colleagues so that I stay true to my goals and am encouraged by them.

Your signature: \_\_\_\_\_

Date: \_\_\_\_\_

# 7 Habits of Highly Effective Weight Losers

Start by signing a personal commitment then follow these 7 habits for effective weight-loss. And began by following these 7 habits for effect weight-loss.

1. Drink water indeed of calorie laden drinks.
2. Cut Calories from your favorite foods.
3. Learn to cook healthy meals at home.
4. Cut out refined, processed and other junk foods.
5. Research your food choice before you put it in your mouth.
6. Spend your time eating right, not exercising.
7. Learn to diffuse emotional eating to avoid overeating

The rest is academic, simple formulas will tell you how much weight to lose, find your personal point of weight-loss where you neither gain nor lose weight, help setup your 10% incremental goals, calculate the daily calorie level you need to eat to meet your goals and finally calculate how many days, weeks, months or years it will take to reach your ultimate weight-loss goal.

A well-planned weight-loss program simply has one daily goal, eat at your personal point of weight loss to hold your ground and not gain weight or eat below it, to successful make advancements on your ultimate weight loss objective.

The following are brief excerpts from the 16-week Burn 500 Healthy Eating and Weight-Loss Program which helps people augment their diets to lose weight and reduce their risks of diet

related chronic disease. Excerpts are one or both of the daily lessons that are either 1 of the 77 streaming video presentations or 1 of 83 different articles covering weekly topics. Most important to the program is each week you track a different component of your diet so that you can eat a little better each week with over 60 unique tracking forms and worksheets. Participants learn to consistently eat at or below their personal point of weight-loss, which is the point where weight-loss begins. If it took you 50 years to gain that 50 pounds, losing it at a rate of 1-pound per week in the Burn 500 program should be a snap to do in one year.

## **Habit #1: Drink Water, instead of calorie laden drinks**

What's the easiest way to cut calories?

The easiest way to cut calories out of your daily consumption is to drink water, tried and true.

Anything else you drink has calories, even the next best choices, black coffee and unsweetened green tea under 10 calories. Most people get a disconnect when it comes to calories from drinks, as they associate, most often calories, from food. Drinking 12 ounces of water instead of a soft drink can save 180 calories, orange juice 190, Frappuccino 410 or even chocolate milk with 311.

Of those who are obese, chances are over 45% of your calories come from needless drink calories, besides water. Drinking water before and during meals even keeps you from over eating, by sending signals earlier to the brain that your stomach is full.

Getting enough water is probably the best advice one can give for weight-loss success. If you don't like tap water, then try bottled, drink it chilled or flavor it with a zero calories flavoring. When you're drinking water, it's the one thing for sure that has no calories and you can drink as much as you want.

*Are soft drinks killing us, or making us broke?*

One-half of the U.S. population consumes sugar drinks on any given day, and 25% consume at least 200 calories (more than one 12-oz can). Recent legislation in NYC to limit the size of soft drinks at food establishments was defeated, with Americans resiliently feeling the government was trying to stop our right to a big gulp. Some say, why would Mayor Bloomberg be so crass

that he would propose this legislation, it was bad enough when he banned cooking with Trans fats and ruined the taste of our prized French fries and potato chips? Now he wants to limit the size of Americans most unhealthy food item, soda.

It comes down to a meltdown in healthcare as obesity is driving medical treatment costs up, up and away. What's worse yet is, believe it or not, you can still buy soft drinks as well as candy, potato chips and chewing gum with government food stamps. According to the Dept of Agriculture sugary drinks account for 6% of food stamps throughout this country. With about 1.7 million people in NYC receiving food stamps, Mayor Bloomberg is essentially giving \$75 million subsidy for poor people to drink soda and get even fatter.

Studies have linked sugar-including sucrose, fructose and high fructose corn syrup-to diabetes, obesity, heart disease, stroke and cancer. It doesn't matter whether your sweetened drink, is a Coke, Pepsi, Dew, Red Bull, Gatorade, orange juice, HI-C or flavored water they all contain sugar. Currently there are more than 3,000 different non-alcoholic sweetened drinks offered in the U.S. and each major drink manufacturer makes a multitude of similar products in each category that are sweetened. You might ask if this stuff is so bad for us, why we are not hearing more about it. Well, soft drink manufacturers have learned plenty from the tobacco industry, an industry like themselves that the health effect doesn't show up until years of loyal product consumption.

Of those who are obese, it's estimated that 45% of their calories come from sweetened soft drinks. Expect the government to become more active in this issue, as obesity has just been

classified as a disease. This is the result of spending needlessly Trillions of healthcare dollars, because people are addicted to drinks and junk food that make them fat and then die of a diet related chronic disease. Wow, now doesn't this story sound like the tobacco industry's story.

Learn more about drinking water to cut calories and to limit the harmful effects of soft drinks at [www.Burn500.com](http://www.Burn500.com).

## Habit #2 Cut calories from your favorite foods

*How do I cut calories from my favorite foods out of my diet?*

It is my belief, and in my case at least true, that your 5 favorite foods are probably keeping you from achieving your weight loss goals. When was the last time someone said that their favorite food was spinach, kale or a pear. Our favorite items are drinks, snacks, candies, bakery items or elaborate meals with butter, salt and sauces. My favorite foods were Twix bars, Mt. Dew, rib-eye steaks, nachos with cheese and vanilla cake with ice cream. On the days I ate all of my favorites the calories exceeded the three square meals I ate also. It was not until I looked at the calories of my favorite food items that I realized why I was fat.

Once I realized these favorite foods were the reason I was fat, I transferred my anger with myself and body to these poor food choices which were making me fat. I went even further as I knew I wouldn't be able to cut free of these products, immediately. I calculated how many miles each poor food choice cost me walking or minutes on the stair master. I then knew that the soft drink cost me an hour of walking 3 miles or I could sweat it off on the stair master at an intense speed of 20 minutes.

Knowing the cost of food in something besides calories, gives you a new perspective. I forced myself to burn the calories before I could have my favorite food items. It doesn't take too many times of 2 hours in the gym to eat a bowl of ice cream that I craved, before I broke the habit.

Whether its exercise before you can eat a favorite food, reducing it's portion size or cutting it out altogether, to be successful at weight-loss you will need to address your favorite foods.

To learn more about breaking ties to your favorite foods at [www.Burn500.com](http://www.Burn500.com).

## **Habit #3 Learn to cook healthy meals at home.**

### Healthy Preparation Techniques



### **Steaming**

By steaming a vegetable, its color, texture, and flavor is better retained, as is the vegetable's nutritional content. Steaming is also one of the easiest ways to prepare vegetables, and can be done in minutes.

Stovetop Steaming: Other than buying an actual food steamer to steaming your vegetables, steaming is a very simple procedure. Each vegetable has some basic variations, such as the time spent cooking and the thickness or type of slice. You do not need any special equipment, as most people will have a saucepan, lid, and colander already in their kitchen. The above steamer is stainless steel kitchen grade and can be simply rinsed after use or put in the dishwasher.

(Steamer available at [CookTheRightFoods.com](http://CookTheRightFoods.com))

## How to Traditionally Steam Vegetables



As a general rule, when steaming on the stovetop, you will need a large pot and a steamer basket or colander that will fit inside. Fill the pot with enough water so that it just barely reaches the bottom of the colander or steamer basket. Once the water comes to a boil, add vegetables and place a loose fitting lid on top to cover. If your lid is more fitted over the colander, position it so that one side hangs over the colander just enough to let the steam escape, or cover with foil.

## How Long to Steam Vegetables

All vegetables will have different cooking times depending on their size and thickness. On the next page you will find some of the more commonly steamed vegetables and their cooking times for both stovetop and microwave steaming.

Vegetable	-	Steaming Time
Artichoke, medium	-	40 minutes
Asparagus	-	4 – 5 minutes
Beets	-	30 to 35 minutes
Broccoli	-	5 minutes
Brussels Sprouts	-	10 minutes
Cabbage, cut in wedges	-	6 minutes
Carrots ¼ “ slices	-	6-8 minutes
Cauliflower	-	6 minutes

Corn on the cob - 5 minutes

Green Beans - 5 minutes

Kale - 4 to 5 minutes

Parsnips, 1-1/2-inch pieces - 8 to 10 minutes

Peas - 3 minutes

Potatoes, new, 2-inch pieces - 12 minutes, 15 minutes

Spinach - 4 to 5 minutes

Sweet potatoes, whole, 1-inch pieces - 40 to 50 minutes, 12 to 15 minutes

Winter squash, peeled, 2-inch pieces - 15 to 20 minutes

Zucchini - 6-7 minutes

### **Instructions for Steaming:**

1. Choose which vegetables you will steam. Wash them, slice, dice and chop them into uniform bits and set them aside.
2. Heat your water to boiling. If you're cooking in a saucepan with a steel steamer basket, this means placing the burner temperature on high.
3. Add the dense vegetables (such as carrots) first, and cover. Don't peek. The more steam you let out, the longer it will take. Long steam times can be shortened by cutting into smaller thinner pieces.
4. When the vegetables have cooked, remove the steamer basket and enjoy.

## **Add Sauces for Flavor**

- Squeeze juice of a lemon or lime over the vegetables while steaming.
- Add 100% orange juice for extra flavor.
- Add your favorite salsa or course ground mustard.
- Sprinkle with paprika, curry powder, oregano, parsley flakes.
- 3:1 Olive oil & red wine vinegar (lemon juice) with pinch of white pepper and sea salt.
- Sesame Seed oil and minced garlic.
- Fat free sour cream or yogurt.
- Use a small tab of butter. There is so much flavor in a little bit its ok in moderation.



## **Stir-Frying**

Using a wok insures not only perfectly cooked meats and vegetables, but it just makes food taste better. Less oil is needed than sautéing or deep frying, which makes it potentially healthier from the start. Woks can also be made with non-stick technology, which can virtually eliminate oil completely when cooking. A wok also makes the cooking process easier and you only have one

pot to clean. Consider using a no fat spray for even healthier items. (Above commercial wok available at [www.CookTheRightFoods.com](http://www.CookTheRightFoods.com)).

## Stir Fry Instructions



1. Stir-frying allows you to cook a variety of tasty recipes within minutes, and this is the reason why stir-frying is so popular. Stir-frying is an Asian technique for cooking meat and vegetables quickly, so that they retain texture and flavor. Stir-frying typically involves a quick sauté over high heat, occasionally followed by a brief steam in a flavored sauce.
2. Prepare your ingredients ahead of time. That includes washing and chopping them up. Cut ingredients into uniform, bite-size pieces to cook quickly and evenly.
3. When stir-frying, always heat any wok for one or two minutes before you add any ingredients, including oil.
4. Add a small amount of oil into the wok, 1-2 Tbsp(s). Don't be afraid to use a zero calorie spray for quick frying vegetables.
5. Turn the heat on highest, and wait until the oil reaches its smoking point
6. Swirl the oil around to coat the entire cooking surface.

7. Work in order adding the aromatic seasonings first (such as garlic, ginger, or chilies), then the protein, then the denser vegetables and finally the softer, leafier vegetables.
8. If you have long cooking vegetables with fast cooking meat like chicken or shrimp, remove meat after seasoning in aromatic spices, fry the vegetables and readd meat at the end.
9. Add in your seasonings such as salt, sugar, hot sauce, or finishing sauces etc.
10. Stir-fry only to the point where the ingredients are just cooked, and serve



## Cutting Techniques

Most Asian cooks use different cutting techniques for different dishes. Here are six basic cuts you can perfect with just a little practice. Cutting vegetables to a similar shape and thickness not only makes the dish more appealing, but also allows the vegetables to steam evenly.

**Slicing:** Vertical or horizontal to the cutting board and cut straight across the ingredients

**Julienne and Shredding:** Slice the ingredient into pieces of roughly 1/8-inch thickness and into sticks about 2 inches in length.



**Dicing:** Julienne like above, lining up the sticks, and cutting straight down to get a cube about 1/4- to 1/2-inch.

**Mincing:** Slice or dice the ingredient into small pieces, then with a chopping motion cut the ingredients until finely minced.

**Roll-cutting:** For carrots, zucchini and other cylindrical vegetables. Hold knife parallel to the vegetable, slice down on a diagonal angle and roll the vegetable a quarter turn, until skin is taken cut off.

Crushing: Smash ginger, garlic and lemongrass with flat part of the knife placed on ingredient and press down hard with the palm of your hand.

Shredding or Chiffonade: technique in which herbs or leafy green vegetables are cut into long, thin strips. This is generally accomplished by stacking leaves, rolling them tightly, then cutting across the rolled leaves with a sharp knife, producing fine ribbons.

Chopping: Rough cutting vegetables for stocks into 4 inch sections. These vegetables are typically strained out of the stock.

#### Seasoning Your Wok for the First Time

Season your wok over a burner on top of the stove. Traditionally when you bought a wok you were given a piece of pig fat to season it. You can use lard or palm oil just the same. Heat the wok for a few minutes until its entire surface is hot. Make sure you carefully brush the lard onto the wok covering the entire surface. Use a brush to cover the lard or palm oil in a thin layer over every inch of its surface. Tilt the wok from side to side, subjecting the entire surface to intense heat to burn the oil into it. After burning a few minutes all around, turn the heat off and let the pan cool completely to room temperature. Do this 4 more times. Following each cooking session, rinse only with plain water and never use soap on it.

## The Art of Constructing a Stir-fry



### Basic Ingredients

2 Tbsp(s) sesame oil

3/4 lb(s) meat or seafood (see options)

1 medium onion, chopped

1 Garlic clove, minced

1 tsp(s) grated fresh ginger root

3-4 cup(s) vegetable (choose at least three)

1/2 cup(s) chicken, beef or vegetable broth

2 Tbsp(s) Lite soy sauce or teriyaki sauce

2 tsp(s) cornstarch to thicken sauce

Extra bonus ingredient (choose one), optional

Serve on top of rice or noodles

### Meat or alternate:

Usually 5-4 Minutes depending on size and thickness



Boneless, skinless chicken, cut into strips

Boneless beef stir-fry strips (flank steak, sirloin, top round)

Boneless pork, cut into strips

Raw peeled shrimp, various fish

Firm tofu, cut into cubes

## **Vegetable possibilities:**

Usually 1-2 Minutes depending on size and thickness



Green or red peppers, cut into strips

Carrots, thinly sliced

Broccoli, broken into florets (stems sliced)

Zucchini, sliced

Mushrooms, sliced

Cabbage (regular or Chinese), sliced

Bean sprouts, rinsed

Celery, sliced

Snow peas, cut in half

Bok Choy, Spinach, Bean Sprouts

Extra bonus ingredients:

Peanuts, coarsely chopped

Whole cashews or sliced almonds

Sesame seeds, toasted

Crispy Chinese noodles

Lemon or lime to garnish

Learn more about healthy cooking with one of our three cookbooks at [www.Burn500.com](http://www.Burn500.com)

## Habit #4 : Cut out refined, processed and other junk foods

### Cut out Calorie Rich Snacks

Making smart choices while working, at school, shopping or other activities is a key to successful behavioral modification. The best way to avoid spur of the moment purchases of calorie rich items at the convenience store, coffeehouse or vending machine is to bring the right foods to eat to work or whatever activity your doing and have it available before hungers first strike. By planning, not only will you be able to relax during your break, without having to rush out to get an unhealthy snack, but you will have a predetermined smart choice for yourself.

Rule #1: Stay away from vending machines and convenience stores all together.

Let's face it we forget to even think of dieting at work, because, well we are working. However, the follow list is worth avoiding



Chocolate - calories and caffeine effect people differently

Coffee Cake - refined sugars, artificial additives and fat.

Cookies - refined flour, refined sugars and lots of calories. Try Oatmeal raisin for a good start.

Corn Chips – Fried and salted snack.

Designer Coffees – Caramel, milk, chocolate, flavors added

Doughnuts - Artificial flavors, refined sugar and Trans-fats

French Fries – Fried food containing acrylamide, which is a known carcinogen.

Ice Cream - Bad choice made worse when adding topping. Opt for low-fat frozen yogurt.

Lunchables - Highly processed meats, non-enriched bread and a lot of sodium.

Potato Chips - high in Trans fats, calories, salt and the carcinogen acrylamide.

### **Helpful Strategies at Work or School**

Snacks are okay as long as they are good snacks. Keep smart choice snacks in your desk. If you are working late or through lunch it's good to have a healthy snack or two nearby to hold you over. Keep fresh fruit, nuts, 100 calorie packs, and protein shakes for those healthy snacks you need during the day. Snacks should be fresh fruits and vegetables and whole grain snack items, when possible.

On your desk keep a bottle of water or better yet go green and use a glass to use at the water dispenser. In your desk keep a piece of fruit, some baked whole or multi-grain chips, a low in sugar and high in fiber protein bar. If you must eat out bring your own condiments like fat-free dressings, sauces, etc to avoid excess calories. Better yet, pack your own lunch so that you know exactly what you're eating.

### **Strategies for those Working at Home**

Working at home has its pros and cons. One is you can be in your gym clothes and ready to workout when ever you need a break. The other is your in your gym clothes or worse pjs and never get ready for the day and in the right frame of mind that you get while going to the office.

One of the biggest benefits to working out of the house is that you have time to prepare healthier meal choices than running off to a fast food joint for lunch. Also, co workers who go out tend to consume more food, even slip in desserts since then can “share.” Having ample fruits, juices, healthy snacks and water are just a trip to the kitchen for those at home.

## **Exercise At Home**

There are also multiple ways that you can sneak a workout while getting your work done at home since no one knows what you’re doing:

- Do your professional reading/research while on a treadmill or exercise bike
- Jog in place for 5 minutes each hour
- Use handgrips when on the phone, switching regularly
- Talk on the phone and do leg lifts or other abdominal exercises
- Sit on an stability ball, it good for you back and can burn 85 calories every ½ hour

It goes hand and hand with cooking at home, but those who work at home have a perfect opportunity to make the switch from 3 main meals a day to 5-6 small meals a day. Small meals increase our metabolism rates up and curve our hunger so that we will not overeat at any one meal. Eating small amounts is easier on our digestive systems and food will be processed faster and more efficiently. Since you won’t be overeating, and that lethargic feeling you get from overeating is avoided, you will stay at a higher energy level throughout the day.

## **Exercise At the Office**

- Take a walk about - Walk to the furthest coffee pot. Deliver an letter or report instead of sending it by office mail staff or carrier.
- Climb the stairs – Use the stairs in stead of elevator. If you're on the top floor take the elevator up several and walk the rest.
- Park at the farthest spot – Park farthest from the door and get a little extra walk to the office.
- Skip lunch for workout – Grab an energy bar or something you can eat while walking or hit the gym
- Move while on the phone – Do a few leg lifts
- Life a large water bottle – do curls, lifts and overhead presses with a water bottle

## **Habit #5: Learn how order healthy at any restaurants**

It's important to understand what's on the menu when you eat out. The good news: You can eat healthy if you know what to look for. With a little bit of effort, you can ensure that all the meals you eat away from home are part of a healthy diet. The best advice one could give is to check the restaurants' website and decide on a choice before you even step into the restaurant. Look for menu descriptors, calorie information and cooking techniques. Sometimes the way a food item is described is an indication of if it's a healthy choice or not. Use the following food modifiers in making a determination if the foods are healthy or not.

### **Healthy Menu Words**

Baked, Boiled, Broiled, Fat Free, Fresh, Grilled, High Fiber, Light, Marinated, Multi-grain, Poached, Red sauce, Reduced, Roasted, Seasoned, Steamed, Stir-fried, Vegetarian, Vinaigrette, Whole-wheat

### **Unhealthy Menu Words**

A la mode, Au gratin, Basted, Battered, Béarnaise, Bet you can't finish it, Bottomless, Breaded, Buttery or Buttered, Casserole, Cheesy, Covered, Creamy or Creamed, Crispy, Crunchy, Escalloped, Fried/Deep Fried, Giant, Hollandaise, Loaded, Platter, Smothered, Stewed, Stroganoff, Stuffed, Value, Volcano, White sauce

Don't be hesitant to ask your server how particular foods are prepared or what ingredients they contain. Ask what kinds of oils foods are prepared with or cooked in. The most desirable oils

are monounsaturated oils (olive oil, canola oil and peanut oil) and polyunsaturated oils (soybean oil, corn oil, safflower oil and sunflower oil). Ask whether the restaurant can prepare your food to order, by leaving off or putting on the side dressings, butter, cheese or other high-fat items. Ask the chef to prepare the food with very little butter or oil or none at all. Ask if smaller portions are available or whether you can share entrees with a companion. If smaller portions aren't available, ask for a to-go box when you order and place half the entrée in the box right away to avoid overeating.

To learn how to eat healthy at any restaurant visit [www.Burn500.com](http://www.Burn500.com)

## Habit #6: Spend Your Time Eating Right, Not Exercising.

### *Can't out Run Appetite*

I don't think anyone would disagree with me that it's easier to gain a pound than lose one?

One can eat a BK Triple Whopper Cheese Burger in about 3 minutes. Add a large fry and chocolate shake and that fast food lunch could be eaten in under 10 minutes, usually while driving back to work. The calories from these foods are 1230, 540, 920 respectively. Add those all up and it's a total of 2690 calories eaten for lunch. My good friend orders this on the way home from a good night of drinking often. This is more than an entire daily calorie requirement for most men and almost twice that for most women.

Now let's take a look at the other side of the coin. The amount of time required to burn 2690 calories through exercise. Based on information by the American College of Sports Medicine you would need to exercise for the following times to burn your 10 minute lunch.

Exercise	130 lb	205 lb
Biking < 10 mph	11.4 hrs	9.57 hr
Rowing machine, Light	6.5 hrs	5.45 hrs
Aerobics. Low impact	6.5 hrs	5.45 hrs
Running, 5 mph	5.1 hrs	4.2 hrs
Golf, general	11.1 hrs	8.5 hrs
Playing tennis	7.6 hrs	6.4 hrs
Walking 3.0 moderate pace	12.0 hrs	10.1 hrs

We can see why we can't out run our appetite; we can consume calories at a ratio 20:1 to as much as 90:1 times that which we can burn through exercise. From these ratios it becomes

apparent that exercise, while great for psychological reason and stress reduction, has little or no effect if you are not eating right in the first place. The ACSM also states that the most weight that a typical person can lose from exercise is about 3%. Sure the Biggest Loser folks lose more, but this is their job and they are working out as much as 5 hours a day and are on severely restrictive diets. Plus they are getting paid with a huge monetary prize if they win. Most of us are lucky enough to get time to pat ourselves on the back if we lose a pound or two.

I have trained a good friend 2 times a week. I harp on him on every time I see him eating junk food. He is probably in the 400+ pound range and it's a lot of effort for him to exercise. He's dedicated to getting healthy and I encourage him on how hard he works and workout with him side by side many morning. I use the workout time to discuss different points in the program since this is a guy who probably won't meet me for diet advice. The last time I caught him eating junk food, I mentioned to him, it's a shame that he worked out the last two days for nothing. He asked why? I pointed out that the sleeve of 12 vanilla sandwich cookies far exceeded the 300 calories exercise burn that we had worked up to each day. He turned the label over, started to read the nutrition label for the first time and noticed that each cookie was 60 calories. He was about to consume the whole small pack with 12 cookies in it (720 calories). I asked him how long it takes to eat those small cookies? Oh I'll eat them in my 10 minute break with this 32 ounce soda (364 calories). I pointed out that the small bag of cookies represented the calories burned in 2.5 days of training (300/day) and that the soda represented another day and half. So basically that drink and cookie pack ate during his break was the same offset as working 4 workouts for about an hour each at his level.

We can see why it is so important to read the nutrition label on the back of a package before eating it. One of the key principles of the Burn 500 healthy eating and weight lose program I developed is breaking down exercise units to 100 calorie duration. If it takes you 40 minutes to burn 100 calories walking, then it gives you a reference to what the calories represents in a truly measurable effort, besides the confusing calories on the nutritional label. Well, I will have to walk 720 calories worth of exercise to burn the calories I received from eating this junk food. That's almost 4 hours of walking. I have to work and sleep and want to do something beside exercise for all my fun. Put the cookies down, walk to the movie theater and see a good film, that's my prescription. You're defined by what you eat and how much. Making the smart choice and avoiding excess calories will save you countless hours in the gym or extra pounds to your body.

For more healthy eating strategies to cut calories visit [www.Burn500.com](http://www.Burn500.com)

## **Habit #7: Learn to diffuse emotion eating to avoid overeating**

Some people eat as a reaction to or distraction from emotional distress, especially when it involves anxiety or depression. This added stress sometimes causes its victim to change their meal size or frequency or both. There tends to be a calming influence from food; we're sitting, relaxing, focused on our choice and wondering if it will be as good as the last time we ordered it. If it comes on time and is a larger portion than we expected, we consider it a wiser choice because of the value we perceive from this smart selection. As we eat the food it tickles our nose and tantalizes our taste buds, we began to become full and sleepy. We may even loosen our belt a notch and order dessert because we feel so good. This is comfort food and eating it; more appropriately over eating it, makes us forget about our problems at work, in relationships or at home.

A better solution to deal with this stress is to exercise or find another fun activity that will distract us and keep us from winning an Olympic gold medal for over eating. Believe it or not research has found that our preference to consume desserts mostly comes from a joyful situation, instead of depression. Furthermore, our preference for increased alcohol consumption is not depression, but rather used in love and affection situations where we may be romancing, dating or getting in the mood for love. If you feel your mood is off, consider exercise to diffuse the emotion before you eat or watch a funny movie. Consider how often, when you can't sleep that you head for a late night snack. Why you might ask? When we eat we become happy, relieve our stress and have a full tummy which makes us sleepy. So grabbing for more food when we can't sleep seems to make sense, right.

Since most Americans are not starving or hungry, then why do they eat or more precisely overeat? Food is a symbol of acceptance, warmth and friendliness. People eat food that is readily available and market conditions affect those choices. Studies show that the period before eating; moods are described as restless, tense unable to concentrate. After eating moods are calm, relaxed and able to concentrate. Are we using food as a drug to self medicate ourselves into a better mood? This is a popular belief in why obese people have such a hard time breaking the cycle of overeating. People eat because of their appetite and that is affected by many things.

### **The Environment Plays a Major Role**

We are no longer a hunter-gather society; there is more food readily available than anyone can eat. It's at the local supermarket, restaurant or can even be delivered. In the old days, we had to work the fields or chase after game to eat, or we went hungry. All we have to minimally do now is push a cart or sit and order food on the Internet and it will be brought to us. That said, our biologic factors removed, our environment is directly responsible for obesity due to little or no effort being required to be fed.

If you are eating Bok Choy, sprouts, fish, rice and small portions of red meat, then you are probably from Asian and chances are of a normal weight. If you are eating cheeseburgers, fries and a coke for lunch and a big juicy steak for dinner then chances are you are from North American and possibly overweight or worse yet obese. As Americans we have finally found

something that we are good at manufacturing and can export. That is “fat” and “obesity” that we give the world through the expansion of our fast food industry into other countries. Some thing really shocking hit me at a Vietnamese cultural event featuring children dancing and singing. I noticed that the Asian children of Asian parents were “fat” like American kids and the Vietnamese children of White parents (probably adopted) were normal. As I watched the children bounce back and forth to their parents it really was an eye opener. So much for the genetics tendencies of being slim and lean, all it took was a few years on the American diets of fast food and any genetic advantage they may have was lost. The parents were just the opposite. The Asian parents (presumable immigrants) were slender and lean, the Americans parents’ fat and round. From this observation I realized the effect the environment (place where you live and eat) has on your weight and how you can become overweight, just by moving geographically.

More than 30 percent of adults in Mississippi, Alabama and Tennessee are considered obese. In part, experts blame Southern eating habits, poverty and demographic groups that have higher obesity rates. Colorado was the least obese, with about 19 percent fitting that category in a random telephone survey done by the Centers for Disease Control and Prevention. Overall, about 26 percent of the respondents were obese, according to a study, published by the CDC's Morbidity and Mortality Weekly Report. Where you live, just might be a factor in how well you eat.

Learn more about food and moods and emotional overeating at [www.Burn500.com](http://www.Burn500.com)

## **Putting it All Together**

The rest is academic, simple formulas will tell you how much weight to lose, find your personal point of weight-loss where you neither gain nor lose weight, help setup your 10% incremental goals, calculate the daily calorie level you need to eat to meet your goals and finally calculate how many days, weeks, months or years it will take to reach your ultimate weight-loss goal. We include all the formulas, forms and course material to do so in the Burn 500 Healthy Eating and weight-Loss program.

A well-planned weight-loss program simply has one daily goal, eat at your personal point of weight loss to hold your ground and not gain weight or eat below it, to successful make advancements on your ultimate weight loss objective. To Visit [www.Burn500.com](http://www.Burn500.com) for a full course to lose as much weight as you like with full excerpts of these and 100's of other articles, videos, forms and tools to make your weight-loss plan go smoothly.



## **What, Who, When, Where, Why & How**

### **What is Burn 500?**

The Burn 500<sup>TM</sup> program is a on or offline course that covers the basics of healthy eating in a step by step process that starts by having readers make a 120 day commitment to eat better. Participants record foods in a weekly food log which is analyzed multiples ways to put better foods in your mouth each week. The program expands on the two proven methods of weight loss: calorie reduction and calorie burn from exercise. In the first month THINK, participants learn principles of weight loss and lifestyle changes necessary to lose weight permanently. The second month EAT covers the basic of what is a healthy diet and identify foods that can help or hurt your diet. The thirds month COOK is about taking control of what you eat by learning healthy cooking techniques that you can use while cooking at home. The final month SHOP takes you outside the home teaching you best of choices at restaurant, supermarkets and selecting foods to reduce your risks of diet related chronic disease. Even though the program is only 4 month, the participant's weight-loss journey may takes several years to complete. All the tools, planning and tracking guides are included to help participants lose as much weight as they want based on losing between ½ to 2 pounds per week and then maintain that weight-loss for the rest of their life.

### **Who Joins Burn 500?**

We target 2 types of people; the 1/3 of Americans who already eat healthy and want to learn even more and the 2/3 who are overweight or obese and should. That said an ideal participant is someone wanting to lose weight or become even healthier by further reducing their risks of diet related chronic diseases. The Burn 500 program may be most helpful for those who have been told by their doctor to, “Watch what they eat” because of a symptom or symptoms leading to a chronic diseases tied to eating poorly or obesity. Our suggestions meet or exceed standards established by the American Heart Association, American Cancer Association, American Diabetes Association and the 2010 Dietary Guidelines for Americans established by the FDA.

### **When did Burn 500 start?**

The Burn 500 Healthy Eating and Weight loss program is a brand new program, created based on Chef Charles Michaels’ trilogy of authored books EAT/COOK/SHOP the Right Foods (Chef Media & Publishing Group 2008-2010). A series of 36 nutrition, fitness and lifestyles articles written for health club in 2011 that went bankrupt ended up being the catalyst for the program that evolved into 77 video lessons, 83 articles and over 60 forms to track your eating habits. The program went online in September 2, 2013, several book sets were sold over the Summer of 2013.

### **Where do Burn 500 participants meet?**

Everywhere! We offer the program online on the internet or by a 6-book set or 3-book/6-DVD compilation. Once you subscribe to the program you can use yours or our social media links to find people with similar interests in your area.

### **Why should you join Burn 500?**

Being healthy is more than your body being in shape; it many times means changing your lifestyle and making new priorities in your busy and hectic life. Eating right will not only cause you to feel better and lose weight, but the curative properties of food might even reverse, help maintain or prevent chronic diseases common to those who eat a Western diet. Whether you are obese or not; our focus is to teach you lifestyle changes and eating right, not telling you to diet and exercise like so many others do. If you have lost control of your body, and your eating habits have made you unhappy and unhealthy, then now is the time to embrace the Burn 500 program. If it took you 50 years to gain those 50 pounds, then losing it in a year should be a snap. The programs recommended for those who want:

1. Continued Health
2. Weight Loss
3. Reduced Risk of Cardiovascular Disease
4. Doctor Recommendation
5. Improvement in Appearance sought
6. Those wanting to age a little bit more graceful or longevity

### **How to Join Burn 500?**

1. Go to our website [Burn500.com](http://Burn500.com)
2. Decide if you want to take the program online or offline.
3. Start immediately on the online course or wait for your course book(s)/DVDs to show up in the mail in 5-10 days time.

4. Potentially, find a person in your area to take the program with or use our social media to connect with others with your same health issues and wellness goals.
5. Sign the 120-day Commitment to eat healthy, over the next 4 months and plan to lose all the weight you want and return to normal.
6. At the end of 4 months put a formal plan together based learned knowledge and personal commitment to lose ½-2 pounds per week, setting 10% goals until you lose all the weight you want.

**Contact Information**

Chef Charles Michael Kandutsch

Chefcharlesmichael@gmail.com

## **Press Release Burn 500 Program**

### **New Online Program Teaches Healthy Eating with a Side-Effect of Natural Weight-Loss**

Dallas, Texas, November 1, 2013. The Burn 500<sup>TM</sup> Healthy Eating and Weight-Loss Program is a 16-week Internet based program, broken into 4 phases that helps augment your diet to help you eat right. With obesity just being classified as a disease, the program targets the 1/3 of Americans who seek to eat even healthier and the 2/3 that need to reverse risks associated with being overweight or obese. The natural side affect of eating healthier is weight-loss, feeling better and helping reduce your risks of diet related chronic diseases.

Chef Charles Michael, the creator of the program, utilizes several successful concepts that he used in his own successful 100 pound weight-loss. In each of the phases, participants are informed of various topics concerning lifestyles and moods, eating a healthy diet, healthy cooking techniques and finally how to shop and eat right at grocery stores and restaurants. Each day participants receive an email with a factoid and link to the day's lessons which include a weight-loss tip of the day, featured super food and recipe, 100 calorie snack suggestion and tracking activities or worksheets for special projects. Also included are one or both of the daily lessons that are either 1 of the 77 streaming video presentations or 1 of 83 different articles covering weekly topics. Most important to the program is each week you track a different component of your diet so that you can eat a little better each week with over 60 unique tracking forms and worksheets. Participants learn to consistently eat at or below their personal point of weight-loss, which is the point where weight-loss begins.

One of the key concepts of the program is that you can't out run your appetite, meaning that all the exercise in the world can't make up for over eating. Instead of a calorie commitment, the programs make people think of their food choices as an exercise commitment. Is it worth walking 2, 5 or 10 miles for that unhealthy snack? Participants learn, it's the split second decisions in choosing one food over the other that can save them countless hours in the gym. Only when participants begin meeting their daily calorie goal by eating alone, do we encourage them to begin or step up an exercise program to help maintain their daily calorie goals. All too often, those who exercise without eating right first, consume more calories to fuel the exercises they perform than they actually burn from the activity. The end result is frustration, waste of time, exhaustion, injury and little or no weight loss.

The Burn 500 program sets a realistic, achievable weight-loss plan to lose all the weight you want based on replacing calorie dense foods with calorie sparse, nutrient dense foods. The careful selection of better foods each week allows the participant to eat more and more foods with fewer calories. Once the participant gets to their personal point of weight-loss where they neither gain nor lose weight, they formulate a plan to reach their ultimate weight by setting individual 10% weight-loss goals to get there. The program targets no more than a 500 calorie daily reduction in food, which 7 days worth results in the loss of 3500 calories or 1 pound. If it took the participant 50 years to gain that 50 pounds, then losing it in 1 year should be a snap. Once a participant is eating at their ideal calorie level, we can almost calculate the week they will meet their weight loss goal based on their commitment to lose between ½ to 2 pounds per week.

The Burn 500 program targets those who also have diet related chronic disease concerns. The program compliments most treatment to prevent, reverse or maintain against cardiovascular disease, type 2 diabetes or certain diet related cancers. It meets or exceed diet recommendation set by the American Heart Association, American Cancer Society, American Diabetes Association and FDA's 2010 Guidelines for Health that have been set to combat those who are overweight or obese. Whether the participant seeks better wellness, weight-loss or reducing the risk of chronic disease, the Burn 500 program teaches lifelong strategies to eat right for the rest of a participant's life.

Chef Charles Michael is the author of a trilogy of nutrition books used as the basis for this program entitled; Eat The Right Foods, Cook The Right Foods and Shop The Right Foods. In addition to the Internet based program, it also comes in a 6-book set or 3 book/6-DVD set for those wanting all the articles, tracking forms and recipes for a total off-line course. Chef Charles Michael is also author of several child and teenagers nutrition books and cooking videos compilations.

Burn 500 Contact Info:

Chef Charles Michael

ChefCharlesMichael(at)gmail(dot)com

[www.Burn500.com](http://www.Burn500.com) [www.ChefCharlesMichael.com](http://www.ChefCharlesMichael.com) [www.EatTheRightFoods.com](http://www.EatTheRightFoods.com)

Burn 500 is a subsidiary of the company Eating Healthy, USA