



with Chef Charles Michael

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Live from The Eat Right Studio

Mission, Goals & Objectives

Mission

To teach people to learn healthy strategies, techniques and lifestyle changes necessary to augment their current diet to eat right for wellness, reduce their risks of diet related chronic diseases and lose all the weight they want.

Goals

The stated goals of the Burn 500 program are to help the participant:

- Learn to have a healthy relationship with food
- Learn certain lifestyle changes that are pro health
- Learn to eat a healthy wherever
- Learn healthy cooking techniques
- Learn how to pick the most nutritious foods at restaurants or grocery stores
- Learn to incorporate super foods into your meals for chronic disease prevention
- Learn how to create a sensible weight-loss plan with long-term success

Objectives

- Educate participants to demystify weight-loss
- Implement a strategy to return to a normal BMI
- Implement a calorie reduction plan of 500 calories below a participant's point of weight-loss
- Setup a timeline based on 10% weight-loss goals to lose all the weight-you-want with a final end week date based on a set calories reduction and exercise burn goal of between $\frac{1}{2}$ to 2 pounds per week.
- Incorporate a non-cardio exercise program to go along with any cardio exercises a participant may do.
- Optimize food selections to include certain super foods to reduce the risk of many diet related chronic diseases.

Program Healthy Truths

- You can't outrun your appetite.
- If it doesn't rot, don't eat it.
- Wear a band on the wrist you hold your fork with or somewhere to remind you to "Eat the Right Foods."
- Drink 8 glasses of water a day; because everything else has calories
- Think twice before eating anything with over 400 calories.
- To avoid overeating at restaurants eat a $\frac{1}{2}$ portion or share it with a friend.

Philosophy

Our philosophy on weight loss is that your primary focus should be putting the best foods in your mouth. We think that exercise is important to help maintain weight loss, but ineffective if not counterproductive if you don't focus on your diet first when you are overweight or obese. We know you can't outrun your appetite. Don't believe us? Time yourself on how long it takes you to drive through a fast food drive-in for a burger, fries and soft drink and then eat them. Then time yourself on how long it takes to burn 1780 calories. This is why watching what you eat is so much more important than exercise and why we want you to use your "gym time" learning and researching all about the foods you eat. A split second proper eating decision can save you 9 hours correcting it in the gym.