

## Weight Control and Fasting Thoughts

Many people are concerned about weight. I am neither a doctor nor claim to be, but here are some thoughts that may help you with weight control and fasting.

1. For weight loss, if you follow the program per Chapter 17 of MAX Out the Army, Navy, Marine, and Air Force Physical Fitness and Combat Fitness Tests it may not seem like you are losing weight for awhile, but you will see a difference in your body shape. A pound of fat is 1.5 times larger than a pound of muscle so fat takes up more space. As you follow the program, you will burn fat thus losing weight and you will build muscle, which will offset some weight loss, but not much.
2. If you would like to lose more weight, then if and when you have a day off, you can conduct a one day water fast. The way I do this is I eat a regular, normal sized breakfast and then drink water anytime I am hungry after that for the rest of the day. The next morning, I eat a regular sized breakfast and eat as normal the rest of the day. A couple of pointers: (1) On the day you fast, you may feel tired and want to take a nap at lunch or in the afternoon, that is normal and ok. (2) Don't break the fast early when the hunger pains hit and then over eat a meal. If you make these mistakes, you will gain more weight. (3) If you follow the fast properly (again I stress on a day off), it will help your body to process food better, help burn fat, remove excess waste (poop) from your colon, and build good self-discipline that you can apply to other areas of your life.

Note: Before starting an exercise program or fasting, consult a doctor. If you have any abnormal pains, stop and see a dr.

Note: Don't conduct a one day fast more than one day a week.

Additional thoughts:

If you are diabetic or have other blood sugar issues, you may want to also pop a peppermint while drinking water anytime you are hungry. It will give you short-term energy.

When I fast, I also use those hunger pains to remember how fortunate I am to have food to eat regularly and thank God for His blessings that are easily taken for granted.