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Starting your Diet off Right: Increasing Your Calorie Expenditure

This is the other half of the weight loss plan. Your Calorie expenditure will be calculated using the CCNS Daily Schedule Log. Our goal after the information is collected is to make sure that you are expending more calories than you are taking in. During the first two weeks, CCNS will come up with a light starting exercise program if you are not already on one. It may be as little as walking 20 minutes a day after dinner.

Exercise is a very important factor in our quest for weight loss. Exercise helps reset the body's hormone and metabolic levels, and is vital during the beginning of a diet to help the body accept the new calorie intake and expenditure. A person's calorie expenditure and needed exercise is a very customized portion of a weight loss program, and if you have any more questions or are eager to hear about your own personal requirements, don't hesitate to ask.

So that's it for now. You will be speaking much more with CCNS about your diet and goals. If you feel like you may need a change in your diet or any encouragement, don't hesitate to call CCNS and discuss.