

# 5 SECRETS OF

# THE 5%.....



May 2008

Did you know that there is actually a group of people who have lost weight and kept it off for the long term? They are the legendary 5% of individuals who have changed their nutrition and fitness regimen successfully. What is this small but elite group doing different than the other 95% of their counterparts? Finally the truth can be told, below are the coveted secrets:

1. **MAKE IT PUBLIC:** The 5 % don't keep their weight loss efforts to themselves. They ask for help, recruit support or get a buddy involved.

2. **PAY ATTENTION:** Planning, tracking, reading menus and asking questions are just a few of the strategies that help prevent setbacks. They are always aware of the foods they eat and look for opportunities to be active.

3. **ENJOY THEMSELVES:** They make weight loss and maintenance a positive experience. They feel good about their goals and new habits. They are optimists.

4. **MAKE GRADUAL CHANGES:** The 5 % know that change is a gradual process, not a 21 one day event. They spend time building a few small habits at a time, that eventually add up to big changes in their lifestyle.

5. **ALLOW THEMSELVES TO FAIL:** Everyone of the of the 5% has failed at some point. They learn from their setbacks and get right back on track to succe

## ASIAN ASPARAGUS AND ORANGE SALAD

2 oranges

1 T. vegetable oil

6 Cups (2") diagonal sliced asparagus, about 2 lbs.

1 glove garlic, thinly sliced

2 t. low-sodium soy sauce

1/4 t. sesame oil

1T. sesame seeds toasted

### Preparation:

1. Peel and section oranges over a bowl, reserving 1 t. juice. Set sections aside. Heat vegetable oil in a large skillet over medium heat. Add asparagus and garlic and saute for 5 minutes.

Remove from pan.

2. Combine soy sauce and sesame oil; pour over asparagus and toss well. Cool to room temperature. Stir in sesame seeds, orange sections and juice.

### Nutritional information:

Calories: 46; Fat: 2g.; Protein: 2g.; Carbs: 6g.; Fiber: 2g.; Sodium: 34mg.