

DAY 9**INSIDER TIP*****You Have to Want to Succeed***

“Find a solid support system and make sure you have the right mind-set going in. Don’t do it for your husband or your boss. Do it for you and for the right reasons. Don’t think of it as a short-term venture. Make it a lifelong process.”

—Lisa, 64 pounds lost

MIND-SET MAKEOVER

Take a minute sometime today to collect all the negative thoughts or feelings you’ve been experiencing this week. In one deep exhale, let them all leave your body and mind for good. What could you accomplish without the negativity in your life? How does negativity affect your success in all areas of life, particularly your health?

METABOLIC MAKEOVER

Don’t underestimate the importance of stretching, especially if you sit all day. Rather than reach for snacks or caffeine to get you through the afternoon, take a minute or two to stretch. Even stretching your arms overhead and doing a couple of neck rolls can make a tremendous difference.

BREAKFAST

SAD		Spark Swaps		Calories Saved
Sausage-egg muffin	450 calories	Spicy Tomato-Egg Muffin (page 167) 16 grapes 1 cup skim milk	361 calories	89

Muffin Makeover. One thing's for sure about the fast-food sausage-and-egg breakfast. It's not skimping on the protein, with 21 grams. However, it also has 27 grams of fat—about two meals' worth. Our version replaces greasy sausage with a spicy sauce, plenty of low-fat cheddar cheese, and tomato to contrast the richness.

Habits of Fit People

Find Something Fun

For those of you just starting, exercise can seem daunting, and for too many people it's a necessary evil. You know you should be doing it, and you know it has all sorts of benefits, from helping you lose weight to improving your sleep, but often just knowing that it's good for you isn't enough. A workout becomes work, and you'd rather be doing something else. You probably have a long list of specific exercises or workouts you hate (mine includes the treadmill, most gym machines, and exercising alone). Instead of forcing yourself to do these, why not take the time to explore what you like, then create a workout program based around that?

When you're having fun, banishing boredom, learning new skills, or simply enjoying yourself, exercise becomes something you want to do, not something you have to do. There are lots of nontraditional activities and hobbies that can be fun and fitness-oriented. You could try rock climbing, Nintendo Wii, ballroom dancing, martial arts, swimming lessons, joining an adult sports league, playing with your kids, dancing around the house to your favorite tunes—anything that gets your body moving. My own workout program involves very few activities that I don't enjoy. I've discovered that I like Spinning classes (the group environment and great music motivates me), Pilates (it takes major focus and concentration), hiking and walking outdoors (it doesn't feel like exercise), and strength training at the gym (because I like to push myself). I also enjoy a good workout DVD now and then. I know I'm more likely to work out and push myself if I take a class at the gym than if I do it on my own too. Because these activities are fun for me, I don't dread my workout time; I look forward to it.

Plan Ahead. Make the sauce the night before, along with a batch of hard-boiled eggs. By the time the muffin toasts, you can assemble the remaining ingredients.

If you want to exercise regularly, you should find something you enjoy (or can tolerate at the very least). When you look forward to your workout, there's nothing stopping you from doing it. Here's what works for other people:

"I discovered Zumba eleven months ago and love it. I have tried the gym and frankly got bored. But I love to dance. So today I am going to try salsa."
—Frances, 66 pounds lost

"I got a puppy! He was so full of energy, I had to walk him a lot just to keep him happy. He needed about three miles a day no matter what the weather. It's so much fun, it doesn't feel like work at all." —PJ, blog reader

"I pushed my bike into the living room. Now I watch my favorite TV shows while riding my recumbent bike." —Jenny, blog reader

"Initially, I hated exercise. Now I absolutely can't see not doing something. I have found many activities I enjoy and like to challenge myself: water aerobics, dancing, Wii Fit, and walking. I am not very strong, so I stick to the basics." —Teresa, blog reader

"I started out with running, but I really had to push myself to go for a run. Then I discovered that I could walk briskly almost as fast as I could run and I enjoyed it a whole lot more." —Lisa, 30 pounds lost

"Exercise is my reward for the day. I usually schedule it to fall at the end of the day in the late afternoon. The early part of the day is usually for 'mind' work and mundane things that have to be accomplished. Exercise is the release for the day—where I don't have to think, just do." —Paula, 5 pounds lost and maintaining a healthy weight

"I found the recumbent (stationary) bicycle, and it is so worth the money. I went from couch potato to riding every day. As SparkGuy says, 'Do ten minutes.' So I did, and do, at least that much." —Shary, 76 pounds lost

—Nicole Nichols

LUNCH

SAD		Spark Swaps		Calories Saved
8-inch Philly cheesesteak with all the trimmings	609 calories	Lean Philly Cheesesteak (page 179) 1 carrot, cut into sticks 1 tablespoon light ranch dressing	426 calories	183

Lunch on the Go. Finding time to run out and grab lunch is a challenge, which makes food trucks so convenient. They're right there, with food that's ready quickly, and it's affordable. At 600 calories each, a typical Philly cheesesteak is going to fill you up and knock you out. If you do find yourself staring down a cheesesteak, ask for light or no cheese, load up on veggies, and only eat part of the bun (ask for a dry bun).

Choose Your Dressing. If full-fat dressings are your favorite, you can still have them; just be sure to measure your portions. Or consider half low-fat and half regular. Lighten up your ranch but keep the flavor by mixing a store-bought seasoning packet into plain Greek yogurt in place of mayonnaise.

SNACK

SAD		Spark Swaps		Calories Saved
One serving pizza rolls (6 rolls)	200 calories	Cheater's Caprese Salad: 1 low-fat string cheese, chopped ½ cup chopped tomatoes 3 torn basil leaves ½ teaspoon olive oil	86 calories	114

Consider Your Cravings. When you crave something, stop for a minute and consider it. Would a similar yet healthier food suffice? That was the inspiration for this snack, which has all that pizza flavor without the fat.

DINNER

SAD		Spark Swaps		Calories Saved
1 cup canned chili with ¼ cup grated cheddar cheese, 2 tablespoons sour cream, and 1 ounce tortilla chips	647 calories	Speedy Turkey Chili (page 210) 1 toasted corn tortilla ½ cup fresh mango slices 1 cup skim milk	474 calories	173

Call On Chili. Though you could let your chili simmer all day, there's no need. You can get a hearty dish on the table in less than thirty minutes with this recipe. Everything is in one pot, so there's little mess, and there will be plenty of leftovers. Plus, as with most soups and stews, this chili is even better the next day. Consider doubling the batch and freezing single servings for cold nights and quick lunches.

Toasted tortillas are a quick side dish, but take them up a notch by squeezing on a bit of lime juice and sprinkling with cumin, smoked paprika, or chili powder. Or cut into wedges and dunk in your chili.

Swap It Up. Instead of turkey, you could use extra-lean chicken breast chunks or ground beef, or even lean pork or turkey sausage. Crumbled firm tofu would work too. Use any variety of beans you have on hand, and play around with the spice combos. Just make sure you add all your dried herbs and spices before adding the liquid, to maximize their flavors.

SNACK

SAD		Spark Swaps		Calories Saved
1 slice lemon meringue pie (⅓ pie)	360 calories	½ cup lemon sorbet	110 calories	250

What Are You Craving? Snack number one for the day taught you to think about your cravings and identify healthier swaps. Here's another chance.

Instead of lemon meringue pie, would lemon sorbet do? Cool and tangy, with a hint of sweetness, it's perfect on its own or with a sprinkle of mint.

Sorbet Sundae. Crumble a vanilla wafer in the bottom of a small dish, top with the sorbet and a dollop of light whipped topping.

SAD Total	Spark Swaps Total	Deficit
2,266 calories	1,457 calories	809 calories

DAILY TOTALS

Calories: 1,457	Sodium: 1,820 mg	Fiber: 32 g
Fat: 40 g	Carbs: 172 g	Protein: 94 g

Fitness That Fits

STRENGTH TRAINING: TWO SETS OF FIFTEEN REPS

Perform the exercises in the Spark Swaps Strength Workout (page 247) in the order listed, moving quickly from one exercise to the next for one set, then repeat for a second set. For exercises performed on one side at a time, perform all reps on each side before switching. Then move on to the next exercise.

Calories Burned: about 108

FLEXIBILITY

Spend 5 to 10 minutes stretching all major muscle groups after your workout.

NEAT: 60 MINUTES

Daily Deficit: 917 calories

Week-to-Date Deficit: 2,484 calories

SPARK IT UP: YOU'LL NEVER REGRET A WORKOUT

Add an extra 10 minutes to your warm-up today for a bonus cardio workout. And remember: strength training doesn't burn as many calories as

cardio does, but it's just as important. It's easy to fall into the mind-set that more calories burned equals a better workout, but forget about that. Cardio and strength are apples and oranges; they're both beneficial, so make sure you include both in your workout plan.

MAKE IT WORK: GET THE KIDS INVOLVED

Tonight's dinner is ready, thanks to the slow cooker. Exercise doesn't have to be something you do away from your kids. Take everyone outside to play, if weather permits, and do these exercises in the backyard while the little ones play.

Make Tomorrow Easier

Make Quick and Easy Granola (page 165) tonight, so it's ready for tomorrow's breakfast. And prep the chicken for tomorrow's lunch, if you don't have some ready.

Daily Reflection

HOW DID YOU FEEL TODAY?	Poor		OK		Excellent
	1	2	3	4	5
I made healthy food choices based on the Spark Swaps meal plan.					
I was physically active, following the Fitness That Fits workouts.					
I felt motivated to stick with the Spark Solution program.					
I am ready to take on tomorrow and all that it has in store for me.					

What were the highlights of your day? What were the challenges? How can you use today's highs and lows to make tomorrow better and easier?