



THE 50 MILLION POUND CHALLENGE

By Dr. Ian Smith



In partnership with:

CVS/pharmacy[®]



Dr. Ian Smith

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Congratulations

on taking the first steps towards changing your life! Please take a moment to visit www.50millionpounds.com and join **The 50 Million Pound Challenge** to take advantage of the community support as well as the site's free tools and resources. Once you register, you will become part of something exciting, life-altering, historic, and tremendously beneficial not only to you but to others in your family, community, and future generations of Americans.

We can't sit by another second as we — and our loved ones — get the bad news we've been diagnosed with high blood pressure, diabetes, heart disease, high cholesterol, or cancer. By joining **The Challenge**, you're saying you want to be part of the solution, not part of the problem.



“Become part of something exciting, life-altering, historic, and tremendously beneficial.”

By focusing

on your health now and taking the necessary preventative steps, you can improve the quality of your life and even add years to it.

Being overweight is the number one health crisis facing nearly all Americans. And this life-threatening health risk is getting worse, fast. In the last few decades, the percentage of overweight young Americans has more than doubled and obese adults nearly tripled.* Teenagers are developing Type 2 diabetes, high blood pressure, and, in some cases, early signs of heart disease.

As a doctor, I've spent a lot of time with people suffering from pain caused by unhealthy lifestyles. For many, losing weight is not just a matter of preference or of fitting into a smaller size. It's a matter of life and death.

**Source: United States Department of Health and Human Services Centers for Disease Control and Prevention, "Health, United States, 2006."*



My passion

for helping the community make healthy changes lines up perfectly with the goals of CVS/pharmacy®. CVS/pharmacy and its people have a strong commitment to serving the communities in which they live and work. Our partnership helps raise awareness of **The Challenge** and gives millions of Americans the tools and principles they need to lose the weight that is holding them back from a happier, healthier lifestyle.

It is my sincerest hope that **The Challenge** will mean more to you than just the number on a scale. It is a critical opportunity to reverse the very worrisome trend we've seen toward more diabetes, more heart disease, and more high blood pressure. It's also a commitment we're making to ourselves and to each other. This is the beginning of a NEW YOU and the chance to leave a legacy for future generations!

Yours in **The Challenge**,

A handwritten signature in black ink that reads "Dr. Ian Smith". The signature is written in a cursive, flowing style.

Dr. Ian Smith

This guide provides weight-loss information and is intended only to assist readers in their personal weight-loss efforts. Seek the advice of a physician before beginning this or any weight-loss program.

This guide is intended for use only by healthy adult individuals. It is not intended for use by minors, pregnant women, or individuals with any type of health condition. Such individuals are specifically warned to seek professional medical advice prior to initiating any form of weight-loss program.

Your Path to Success

With a positive attitude and a willingness to work hard, you can accomplish almost anything you want. This is especially true when it comes to weight loss.

You must first open your mind to change. If you're not willing to at least listen to a different perspective or try a fresh way of doing something you've been doing for many years, then positive change will never happen. But if you're willing to try food you don't typically eat, or cook one of your meals in a new way, then the possibilities of achieving success are endless.

Losing weight isn't as complicated as people would have you believe. What you need are the basics of a good eating program, regular physical activity, and a heavy dose of determination.

One of the benefits of joining **The Challenge** is being able to learn about the importance of proper nutrition and exercise — and the impact this combination can have on the way you feel and how well you live.

Visit www.50millionpounds.com and read this guide for strategies that can put you on the road to better health and longevity.

Your Healthy Weight

Research has shown there is a “healthy weight range” you should try to live within. It is only a guideline. Try to come as close as possible to your healthy range, but make sure it's a weight that you feel you can maintain over the long term.

Most importantly, listen to your body. If you're breathing hard after climbing a flight of stairs, your knees hurt after walking a few blocks, or routine tasks tire you, your body is telling you that it's too heavy.

HEALTHY WEIGHT RANGES

| HEIGHT | WEIGHT |
|--------|---------|
| 4'10" | 89–120 |
| 4'11" | 92–123 |
| 5'0" | 95–127 |
| 5'1" | 97–131 |
| 5'2" | 101–135 |
| 5'3" | 104–140 |
| 5'4" | 108–144 |
| 5'5" | 111–149 |
| 5'6" | 115–154 |
| 5'7" | 118–158 |
| 5'8" | 122–164 |
| 5'9" | 125–168 |
| 5'10" | 129–173 |
| 5'11" | 133–178 |
| 6'0" | 136–183 |
| 6'1" | 140–188 |
| 6'2" | 144–193 |
| 6'3" | 148–199 |
| 6'4" | 152–204 |
| 6'5" | 156–209 |
| 6'6" | 159–215 |

Note: This table was constructed from the standard BMI table. These ranges may seem large, but they're really not. They must take into account differences such as age differences, that men typically weigh more than women at a given height, and that men tend to have bigger frames than women.

Your Life Expectancy

Life expectancy is a number that scientists figure based on all kinds of complicated methods. Here's what the chart looks like for four groups of Americans:

LIFE EXPECTANCY (in years)

| ETHNICITY | FEMALE | MALE |
|------------------------|--------|------|
| African-American | 76.1 | 69.0 |
| Asian/Pacific Islander | 86.7 | 81.2 |
| Hispanic | 84.3 | 77.8 |
| White | 78.0 | 75.3 |

Sources: United States Department of Health and Human Services Centers for Disease Control and Prevention, "United States Life Tables, 2003," National Vital Statistics Reports Vol. 54 N. 14. Pew Foundation Hispanic Center, "U.S. Population Projections: 2005–2008," Feb. 11, 2008, at <http://pewhispanic.org/files/reports/85.pdf>.

Making changes through better food choices, more exercise, and getting the necessary screening tests — like breast mammograms for women, prostate exams for men — can help increase life expectancy.

It doesn't matter who you are — **The Challenge** provides tools to help you live a healthier lifestyle. If you are in a high-risk group, then there is a greater need to take action.

High Blood Pressure and Obesity

About one in three adult Americans has high blood pressure, and more than 54,000 people in the U.S. die each year as a result of complications from high blood pressure.*

Risk factors for high blood pressure include:

- Overweight/obesity
- Lack of exercise/physical activity
- Unhealthy diet
- Stress
- Smoking tobacco products
- Ethnicity
- Older than 55 years
- Family history of high blood pressure
- Sensitivity to sodium (salt)
- Polycystic kidney disease (and other types of kidney disease)
- Cushing's disease
- Medication side effects (e.g. antidepressants, cold medicines, oral contraceptives)
- Recreational drug use (e.g. cocaine)

High blood pressure needs to be treated early and effectively, because it can lead to other problems including heart attack, stroke, enlarged heart, kidney disease, blindness, and reduced brain function.

The only real way to know if you have high blood pressure is to have it measured by a trained healthcare professional who has the best equipment and skills to test you.

*Source: American Heart Association.

If you think your pressure might be high, you can start by self-testing at your CVS/pharmacy®. If there is a MinuteClinic® walk-in clinic in that location, a practitioner can perform the test conveniently and affordably.

Here are some things you can do to prevent or control high blood pressure:

- Lose weight (healthy diet/exercise)
- Stop smoking
- Manage stress better
- Avoid excess alcohol
- Decrease sodium (salt) intake
- Take medications only as your doctor prescribes

To find out more about high blood pressure, visit www.50millionpounds.com.

Diabetes and Obesity

About 23.6 million Americans have diabetes, and 57 million more are pre-diabetic.*

Simply put, diabetes is the body's inability to properly handle the sugar (glucose) in a person's blood. Too much sugar in the blood can cause damage to many parts of the body, including blood vessels and nerves.

There are two types of diabetes. Type 1 starts in childhood and is something that a person is born with and has no way of preventing or curing. Those with Type 1 diabetes need to get regular insulin shots.

Type 2 is the most common type of diabetes and the one that's often related to being overweight. Type 2 diabetes typically starts

**Source: American Diabetes Association.*

in adulthood, but more children are now developing it because of the increase in obesity and decrease in exercise. Insulin shots also may be necessary for people that develop Type 2 diabetes but, in most cases, Type 2 can be prevented and/or managed by maintaining a healthy weight, eating the right foods, and being physically active. (Does that sound familiar?)

It can cause all types of serious health problems including blindness, kidney disease, stroke, amputations, and heart disease. So the key is to prevent diabetes before it even develops. If you already suffer from it, control it through lifestyle changes and medications if necessary.

What you'll be learning and doing in **The Challenge** can greatly reduce your risk for developing diabetes or can help you control it.

If you'd like to know more about diabetes risks, visit www.50millionpounds.com.

Cancer and Obesity

According to an American Cancer Society study, as many as 90,000 cancer deaths each year could be prevented if Americans could only maintain a normal, healthy body weight.

Experts have identified cancers of the colon, breast, uterus, kidney, and esophagus as seeming to have the greatest link to obesity. The good news is that, to some degree, we can control many of our risk factors for these cancers by good eating habits and exercising.

There are certain foods we call "cancer fighters." They contain substances called antioxidants that work to prevent cancer from developing. The greatest sources of these antioxidants are fresh vegetables and fruits, while whole grains also are important.

A Healthy Diet Plan

If you're already following a healthy diet plan that works for you, keep going! Your weight loss can be counted toward **The Challenge** on www.50millionpounds.com. Make sure you regularly update your weight in your account so the pounds you've lost can be counted in our overall numbers.

If you need a diet plan to follow, you can start by using the second phase of my diet, *The Fat Smash Diet*, which is below.

Eat four small meals per day. And don't skip meals. That's not a way to lose weight. In fact, it will have the opposite effect.

The quantities listed are suggested maximum amounts of individual food types that you should have in a single day. You shouldn't eat all of these foods in one day; pick the right balance for your taste and watch your portions.



VEGETABLES, LEGUMES, AND GRAINS

Eat as much as you like, but avoid white potatoes, white rice, and baked beans. Prepare these foods by grilling, steaming, or sautéing in a little oil or butter.



EGGS

• 2–3 egg whites or ½ cup of egg beaters or 1 whole egg



MILK & CHEESE

• 2 cups of low-fat, fat-free, skim, or soy milk
• Cheese, 1 oz. (1.5 slices)
• Yogurt, 6 oz. low-fat (times 2)



CEREALS

(unsweetened)
1½ cups per day if cold or
1 cup per day if hot (with or without milk)

- Oatmeal
- Farina/Cream of Wheat/grits
- Shredded wheat
- Bran flakes
- Cheerios®
- Chex®
- Corn flakes
- Life
- Puffed rice
- Puffed wheat
- Rice Krispies®
- Special K®
- Wheaties®



SWEETENERS

- 2 tsp. of granulated sugar or 3 tsp. of sugar substitute (like Splenda®)
- 1 tbsp. of honey



MEATS

3–4 oz.
(size of a deck of playing cards)

- Chicken, baked or grilled
- Turkey, baked
- Ground beef, extra lean or ground sirloin
- Sirloin steak
- Lamb
- Ham (without the fat)



SEAFOOD

(You can choose 1 item from this list. Pay attention to the quantities. Remember, 5–6 oz. is the size of a deck and a half of playing cards.)

- Halibut, tuna, salmon, snapper, tilapia, striped bass, etc., 5–6 oz.
- Shrimp, 4 large
- Mussels, 3 oz.
- Oysters, 6–12
- Clams, 3



SPICES AND HERBS

- Salt, 1 tsp.
- Unlimited fresh or dried herbs and ground spices



FLAVORINGS

- 3 tbsp. of low-fat or fat-free dressing
- 2 tbsp. of extra virgin olive oil
- 1 tbsp. of low-fat mayo
- 2 tsp. of butter
- 1 tsp. of Tabasco®
- 1 tbsp. of mustard
- 1 tbsp. of ketchup



DRINKS

(Pay special attention to the quantities and instructions; it's easy to drink too much sugary juice and lose track of the right-size portion. Remember, WATER is the best choice and you can drink as much as you like!)

Every day you can have:

- 1 cup of freshly squeezed juice
- Unlimited tap or bottled water
- 1 10-oz. cup of coffee or 2 cups of tea

Every day you can have:

- 2 cups of club soda or 2 cans of diet soda or 1 cup of iced tea (unsweetened or lightly sweetened) or 1 cup of lemonade (unsweetened or lightly sweetened)

Whatever you do, don't think of exercise as a chore. Exercise will definitely help you reach your weight-loss goals faster and maintain your success. It also can provide other great benefits, from reducing your risk of diabetes to preventing heart disease and stroke.

| PHYSICAL ACTIVITY | CALORIES BURNED/HR. |
|------------------------------|---------------------|
| Walking (leisure) | 200 |
| Dancing | 420 |
| Bicycle riding (moderate) | 450 |
| Power walking (3 mph) | 450 |
| Aerobics | 450 |
| Jogging (5 mph) | 500 |
| Swimming | 500 |
| Basketball and racquetball | 700 |
| Elliptical machine | 700 |
| Jumping rope (70 jumps/min.) | 700 |
| Stair climbing (stadiums) | 900 |

Exercise

Being physically active is like attaching a charger to your battery while giving your body a complete tune-up. It can change you on the inside and the outside and totally energize you.

Why do you need to exercise to lose weight? If you eat healthy foods and watch your portions, there's no doubt that you will lose a certain amount of weight. But at some point, your body will grow accustomed to your healthy eating style and fight to hold on to the excess weight.

Add a regular schedule of physical activity and watch the fat and pounds burn away. If you're losing between 1 and 2 pounds a week on average, you are doing very well.

THE EXERCISE PLAN

The important thing is to start and stick with it!

- Do some form of cardiovascular activity, such as those listed, for at least 35 minutes, 3 days a week. If this is too much, start slower and increase to this level of activity. Try to raise your activity to 5 days a week for 40 minutes each day.
- Switch up your activities. The more you change your exercise, the more you'll get out of it.
- Try to do as much of your exercise in the morning as you can. If you have time, do it again in the evening (not too close to bedtime) and burn even more calories.

- Do some resistance exercise 2 days a week for 35 minutes. You can use resistance bands, lift light free weights, or use resistance machines. Just make sure you are properly instructed before you start.
- Every 3 weeks, try to increase the amount you exercise by 10 percent. The idea is to gradually increase both the length of your exercise sessions and their intensity.

Load Up on Fiber

Fiber refers to complex carbohydrates (big-sized sugars) that your body is unable to digest or absorb into the bloodstream. Fiber can only be found in foods that come from plants, such as fruits, vegetables, and legumes (beans, peas, lentils, and peanuts).

Fiber helps you lose weight several ways. First, it adds bulk to your diet, so you feel full faster and longer. Foods that are high in fiber tend to be low in fat and calories, so you'll be eating much healthier if you eat fiber-rich foods without making any other changes. And foods rich in fiber tend to take longer to chew. This could translate into you eating slower, getting full faster, and eating less overall.

Fiber also is believed to play a potential role in preventing or reducing the risk of developing cancer, diabetes, and heart disease.

DIETARY FIBER CONTENT OF FOODS

| | Serving Size | Fiber |
|--|--------------|-------|
|--|--------------|-------|

BREADS, CEREALS, GRAINS

| | | |
|-------------------|---------|-----|
| White bread | 1 slice | 0.6 |
| Whole grain bread | 1 slice | 1.7 |

DIETARY FIBER CONTENT OF FOODS

| | Serving Size | Fiber |
|---------------------|--------------|-------|
| 100% all bran | ½ cup | 8.8 |
| Corn flakes | 1 cup | 0.7 |
| Shredded wheat | 2 biscuits | 5.5 |
| Oatmeal, cooked | 1 cup | 4.0 |
| Rice, brown, cooked | 1 cup | 3.5 |
| Rice, white, cooked | ⅓ cup | 0.6 |

FRUIT (fresh unless otherwise noted)

| | | |
|--------------------------|----------|-----|
| Apple with skin | 1 large | 3.3 |
| Apricot | 1 | 0.7 |
| Banana | 1 | 3.1 |
| Blackberries | 1 cup | 7.6 |
| Dates | 5 | 3.3 |
| Grapes | 10 | n/a |
| Grapefruit, pink and red | ½ | 2.0 |
| Grapefruit, white | ½ | 1.3 |
| Melon, cantaloupe | 1 cup | 1.4 |
| Nectarine | 1 | 2.3 |
| Orange | 1 small | 3.1 |
| Peach | 1 | 1.5 |
| Pear | 1 medium | 5.1 |
| Pineapple | 1 cup | 2.2 |
| Plums | 1 small | 0.9 |
| Prunes, dried | 5 | 3.0 |
| Raisins | 1 cup | 5.4 |
| Strawberries | 1 cup | 3.3 |

VEGETABLES

| | | |
|-----------------------------|-------|------|
| Beans, baked, canned, plain | 1 cup | 10.4 |
|-----------------------------|-------|------|

DIETARY FIBER CONTENT OF FOODS

| | Serving Size | Fiber |
|-----------------------------------|--------------|-------|
| Beans, green, cooked | 1 cup | 4.0 |
| Beets, canned | 1 cup | 2.9 |
| Broccoli, raw | 1 cup | 2.3 |
| Cabbage, raw | 1 cup | 1.6 |
| Carrots, raw | 1 cup | 3.1 |
| Cauliflower, raw | 1 cup | 2.5 |
| Celery, raw | 1 cup | 1.9 |
| Corn, yellow, cooked | 1 cup | 3.9 |
| Lentils, cooked | 1 cup | 15.6 |
| Lettuce, romaine, raw | 1 cup | 1.2 |
| Lettuce, iceberg, raw | 1 cup | 0.7 |
| Peas, boiled | 1 cup | 4.5 |
| Peas, split | 1 cup | 16.3 |
| Potato, baked, fresh | ½ potato | 2.3 |
| Sweet potato, cooked without skin | ½ potato | 3.9 |
| Tomato, red, ripe | 1 tomato | 1.5 |
| Winter squash, cooked | 1 cup | 5.7 |
| Zucchini squash | ½ cup | n/a |

OTHER FOODS

| | | |
|---------------------------------|-------|-----|
| Meat, milk, eggs | | 0 |
| Almonds (24 nuts) | 1 oz. | 3.3 |
| Peanuts, dry roasted (about 28) | 1 oz. | 2.3 |
| Walnuts, English (14 halves) | 1 oz. | 1.9 |

Sources: J. Anderson, Colorado State University Cooperative Extension foods and nutrition specialist and professor, food science and human nutrition; S. Perryman, Extension foods and nutrition specialist; and L. Young, former foods and nutrition graduate student. 12/98.

7 Habits to Break for Better Health

- **Using too much salt**

Try to limit your salt intake to less than 1 teaspoon per day. You'll reduce your risk of developing high blood pressure.

- **Fried foods**

Limit your fried meals to a maximum of 3 times per week. Then try to reduce that to 2 times. Instead, bake, roast, grill, steam, or sauté your food.

- **Overcooking vegetables**

When vegetables are cooked too long, powerful nutrients are destroyed and leach out into the cooking water. Try to cook your favorites for less than 15 minutes or eat them raw, steamed, grilled, or sautéed.

- **Butter/lard/bacon**

The reason why we like to add these things to recipes is because fat adds so much flavor. But fat also adds so many extra calories and reduces the healthiness of the foods.

- **Fatty meats**

Instead of buying the fattier cuts of meat, try the leaner cuts. Your arteries and heart will thank you!

- **Sugary drinks**

If you must have a sweet drink, try to limit your consumption to no more than 1 cup a day. At other times, try water or unsweetened iced tea, or freshly squeezed juice in modest portions.

- **Too much skin**

Have you ever asked yourself why chicken and turkey taste so much better with the skin? The answer is one word: FAT. Remove it and enjoy the meat.

Dr. Ian's 7-Day Meal Plan

Start eating right with this week. For a FREE 30-day meal plan, visit www.50millionpoundchallenge.com.

DAY 1

MEAL 1

2 cups of cold cereal
1 cup of low-fat milk
1 piece of fruit
1 boiled egg

MEAL 2

3 cups of salad
5 oz. of sliced chicken breast
3 tbsp. of low-fat dressing
1 piece of fruit

MEAL 3

4 oz. of turkey
2 slices of whole wheat or multi-grain bread
1 tbsp. of mayo or mustard
1 slice of low-fat cheese
1 handful of pretzels
2 cups vegetables

SNACK 1

Choose from list on p. 23

MEAL 4

5 oz. of fish
2 cups of vegetables

SNACK 2

Choose from list on p. 23

DAY 2

MEAL 1

1 cup of cold cereal
1 cup of low-fat milk
1 medium banana
1 cup of juice

MEAL 2

2 cups of vegetables
3 tbsp. of low-fat dressing
1 cup of soup

MEAL 3

5 oz. of sliced chicken breast
2 slices of whole wheat or multi-grain bread
1 tbsp. of mayo or mustard
1 cup vegetables

SNACK 1

Choose from list on p. 23

MEAL 4

5 oz. of grilled fish
2 cups of vegetables

SNACK 2

Choose from list on p. 23

DAY 3

MEAL 1

2-4 egg whites
2 strips of turkey bacon
1 cup of low-fat milk

MEAL 2

6 oz. of yogurt
1 cup of fruit
1 cup of vegetables
1 cup of brown rice

MEAL 3

5 oz. of chicken breast
2 cups vegetables

SNACK 1

Choose from list on p. 23

MEAL 4

5 oz. of lean steak
2 cups of vegetables

SNACK 2

Choose from list on p. 23

DAY 4

MEAL 1

1 cup of hot cereal
1 cup of fruit

MEAL 2

1 small fresh fruit smoothie (under 300 calories)

MEAL 3

3 oz. of ham
2 slices of whole wheat or multi-grain bread
1 piece of fruit
½ cup of soup

SNACK 1

Choose from list on p. 23

MEAL 4

1 small veggie burger
2 slices whole wheat or multi-grain bread
½ cup of brown rice
1 cup of vegetables

SNACK 2

Choose from list on p. 23

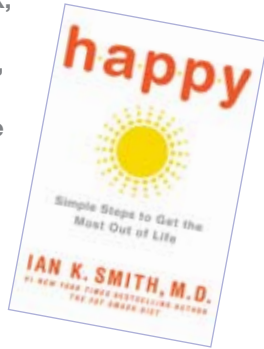
Use the CVS/pharmacy® coupon in the center of this book.

| DAY 5 | DAY 6 | DAY 7 | SNACK LIST |
|---|---|--|--|
| <p>MEAL 1 2 egg whites with veggies</p> <p>MEAL 2 1 small whey protein shake (under 300 calories)</p> <p>MEAL 3 1 cup of beans 1 cup brown rice 1 cup vegetables</p> <p>SNACK 1 Choose from list on p. 23</p> <p>MEAL 4 4 oz. of fish 2 cups of vegetables</p> <p>SNACK 2 Choose from list on p. 23</p> | <p>MEAL 1 6 oz. of yogurt ½ cup of berries 1 slice of cantaloupe</p> <p>MEAL 2 1 cup of mixed fruit</p> <p>MEAL 3 1 small veggie burger ½ cup of beans ½ cup of brown rice</p> <p>SNACK 1 Choose from list on p. 23</p> <p>MEAL 4 3 cups of salad 3 tbsp. of low-fat dressing 2 cups of vegetables 5 oz. of sliced chicken breast</p> <p>MEAL 4 Choose from list on p. 23</p> | <p>MEAL 1 1½ cups of cold cereal 1 cup low-fat milk 1 piece of fruit</p> <p>MEAL 2 2 cups of salad 3 tbsp. of low-fat dressing</p> <p>MEAL 3 2 cups of vegetables 1 cup of brown rice</p> <p>SNACK 1 Choose from list at right</p> <p>MEAL 4 1½ cups of whole wheat pasta ½ cup of tomato sauce 5 oz. of diced chicken breast</p> <p>SNACK 2 Choose from list at right</p> | <p>Salty & Nuts 7 saltine crackers Popcorn, air popped (3 cups, no butter) 6 saltine-type crackers topped with 2 tsp. low-sugar jelly 2 tbsp. sunflower seeds 10–14 almonds 1 low-fat granola bar 10 cashews 2 tbsp. raisins and 10 peanuts 4 slices melba toast</p> <p>Fruits & Veggies Smoothie snacks (1 snack) 4 animal crackers and 1 small orange 1 cup unsweetened applesauce 1 medium banana, frozen 1 ½ cups baby carrots ⅓ cup plain low-fat yogurt dip and 2 cups raw vegetables 15 grapes and ½ cup of low fat milk</p> <p>Sweets 8 halves dried apricots and ½ cup skim milk ½ cup sherbert 2 graham cracker squares and 2 tsp. low-sugar jelly ½ cup sugar-free chocolate pudding with 2 tbsp. whipped topping 2 small chocolate chip cookies ½ small pack of licorice 1 small brownie</p> <p>Other 2 rice cakes topped with 1 tsp. peanut butter 2 gingersnaps and ½ oz. cheddar cheese ½ cup of plain low-fat yogurt</p> |

Get fit. Be happy.

Being overweight or obese can impact your mood and overall sense of well being.

Dr. Ian Smith's new book, *Happy: Simple Steps to Get the Most Out of Life*, takes a look at what makes people happy. He offers practical advice and exercises aimed at helping you feel your best — from the inside. Here's an excerpt.



THE HAPPINESS THERMOSTAT

...What do we need to make ourselves happier in the long term? We'll discuss some strategies and "happy boosters" in a later chapter, but first it's important to understand what role your genes play in the theater of happiness.

“The happiness set point theory is similar to what experts have discovered about weight control.”

The happiness set point theory is similar to what experts have discovered about weight control. The weight set point theory says that people have a certain weight which is determined by genes, metabolism, and other factors,

and it is difficult to change. You might lose weight or gain weight, but the body's natural tendency is to revert to your weight set point.

For a long time I believed that with the proper lifestyle changes people could actually alter their weight set point. Let's say you are a five-foot-five woman, and your weight set point is 150 pounds. It has been argued that with the

right exercise and dietary changes sustained over a period of twelve to twenty-four months, you can actually move that set point. It is difficult to predict how far. Can you move it all the way down to 110 pounds? Doubtful. But can you get it down to 135? Absolutely.

THINGS THAT REALLY MAKE PEOPLE HAPPY

- Family, friends, and social companionship
- Helping others
- Appreciating what you have and not feeling wistful about what you don't have
- Making a difference in someone's life
- Pursuing a passion
- Taking pride in one's work
- Forgiving someone for an offense and moving on
- Not trying to keep up with the Joneses

Your happiness set point has similar characteristics. Some people are born with a predisposition to grumpiness or sadness. Something in their genes says that more often than not they will see clouds where others will see blue sky. The good news, however, is that this does not mean they are automatically confined to a sentence of gloom and despair. Just because you have genes that say you have the potential to be grumpy and sad doesn't mean that storm clouds are forever in your life's forecast. There still exists the chance that you can learn to see fewer clouds and more blue sky. For some it's a big chance, for others a small chance, but it's a chance nonetheless. While you may not be able to alter your happiness set point as you can your weight set point, you can still have a tremendous impact on your happiness destiny....

The Happiness Test

Using the 1–7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item.

-
- 7 Strongly agree
 - 6 Agree
 - 5 Slightly agree
 - 4 Neither agree nor disagree
 - 3 Slightly disagree
 - 2 Disagree
 - 1 Strongly disagree
-

- _____ In most ways my life is close to my ideal.
- _____ The conditions of my life are excellent.
- _____ I am satisfied with my life.
- _____ So far I have gotten the important things I want in life.
- _____ If I could live my life over, I would change almost nothing.

Add up your scores and compare the total to the table below.

- 31–35 Extremely satisfied
- 26–30 Satisfied
- 21–25 Slightly satisfied
- 20 Neutral
- 15–19 Slightly dissatisfied
- 10–14 Dissatisfied
- 5–9 Extremely dissatisfied

OWN YOUR HAPPINESS

...Base your happiness not on an outcome — especially one in which others have some influence — but on your contribution or performance in achieving that outcome. For example, “I’d be happy if my mother would

accept me for who I am.” If you are the best person you can be and make an honest effort to represent who you really are, then your happiness should be based not on whether someone accepts you but on how honest you are with yourself and others. Blaming others for your unhappiness is as ineffective as being dependent on others for happiness. Both are surefire recipes for continual disappointment.

A critical component of happiness is being realistic. People trying to lose weight face a similar predicament. One of the biggest reasons people feel they fail in a weight-loss

“One of the biggest reasons people feel they fail in a weight-loss journey is unrealistic expectations. They want to lose weight too fast, and when they don’t reach these overly ambitious milestones, they get frustrated and throw the program away. The truth, however, is that the program is likely an effective one, but because the goals are so unrealistic, the dieter unfairly maligns it as a bad plan.

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A healthy dose of realism informs us that no one can or should be happy all the time. It is absolutely normal and beneficial to have periods of sadness.... The key is how fast you can get through that mood and move into a more positive space.

*For more, visit www.happysimplesteps.com. To start creating your Happy Plan, get your book or audio copy of *Happy* from your favorite bookseller.*

About Dr. Ian Smith

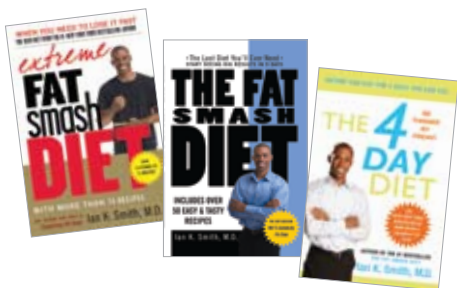
The creator and founder of **The 50 Million Pound Challenge**, Dr. Ian Smith, is currently the medical/diet expert on VH1's "The Celebrity Fit Club" and a medical contributor on "Rachael Ray." He also hosts "HealthWatch," on American Urban Radio Networks.

He is the former medical correspondent for NBC News network and for NewsChannel 4. He has appeared on broadcasts from "The Oprah Show" and "The View" to "AC360°" and "Showbiz Tonight." He has written for *Time*, *Newsweek*, and *Men's Health*, among other leading publications.

Dr. Smith's work has been honored by organizations including the National Academy of Television Arts & Sciences.

Dr. Smith graduated from Harvard College with an AB and received a master's in science education from Teachers College of Columbia University. After attending the Dartmouth Medical School, he completed his medical education and graduated from the University of Chicago Pritzker School of Medicine.

Dr. Smith is the author of the #1 *New York Times* bestsellers *Extreme Fat Smash Diet* and *The Fat Smash Diet*, the *New York Times* bestseller *The 4 Day Diet*, *The Blackbird Papers* (2005BCALA fiction Honor Book Award winner), *Dr. Ian Smith's Guide to Medical Websites*, and *The Take-Control Diet*. His seventh book, *Happy*, was recently published by St. Martin's Press.





www.50millionpounds.com

