

Better Health for Life from  
Lehigh Valley Hospital and Health Network



## Alice's Calorie Makeover

Alice wants to lose 20 pounds and become more physically fit. Lehigh Valley Hospital and Health Network registered dietitian Mildred Bentler revamped her diet, and exercise physiologist Eric Witzel designed the following exercise program for her. Between the diet and exercise, Alice will trim 500 calories daily.

Witzel's exercise plan takes into account Alice's regular activities, such as gardening, as well as aerobic and strength exercises. She'll work out aerobically (walking, biking and hiking) six days of the week and strength-train three days. (The strength-training is not on consecutive days, to allow her muscles time to recover.)

"Alice can also burn calories by making 'sneaky' changes to her routine," Witzel says. "She can park farther away from her destination, take the stairs instead of the elevator, or walk to a colleague's office rather than sending an e-mail."

Here is her day-to-day exercise plan:

<i>Activity/Time</i>	<i>Calories burned</i>	<i>Activity/Time</i>	<i>Calories burned</i>
<b>Monday</b>		<b>Friday</b>	
Vacuum (30 mins.)	112	Walk (60 mins.)	300
Weight train (30 mins.)	188	Weight train (30 mins.)	188
<b>Total</b>	<b>494</b>	<b>Total</b>	<b>488</b>
<b>Tuesday</b>		<b>Saturday</b>	
Grocery shop (60 mins.)	180	Golf, with cart (60 mins.)	210
Walk (30 mins.)	150	Hike (45 mins.)	348
Housework (45 mins.)	203	<b>Total</b>	<b>558</b>
<b>Total</b>	<b>533</b>		
<b>Wednesday</b>		<b>Sunday</b>	
Wash windows (30 mins.)	112	Wash car (60 mins.)	224
Walk (30 mins.)	150	Ride bike (30 mins.)	300
Weight train (30 mins.)	188	<b>Total</b>	<b>524</b>
<b>Total</b>	<b>450</b>		
<b>Thursday</b>			
Walk (60 mins.)	300		
Garden (45 mins.)	203		
<b>Total</b>	<b>503</b>		
<b>Total calories burned for the week: 3,550</b>			

### LEHIGH VALLEY

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LEHIGH VALLEY HOSPITAL  
Cedar Crest & I-78, Allentown  
17th & Chew Streets, Allentown

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## Alice's Calorie Makeover

### Calorie Makeover #2 — Mike

Mike is an avid runner and doesn't need to lose weight. But he wants to eat a healthier diet, and registered dietitian Mildred Bentler showed him how:

#### Mike's BEFORE Menu

##### Breakfast

2 scrambled eggs  
1 cup orange juice  
4 cups coffee with cream and sugar

##### Lunch

Spicy Italian sandwich on white roll  
1 oz. potato chips  
12 oz. cola

##### Snack

1 candy bar

##### Dinner

8 oz. steak  
1 baked potato with sour cream, butter  
Caesar salad  
8 oz. wine  
Slice of apple pie (1/9 of pie)

#### Mike's AFTER Menu

##### Breakfast

2 cups bran flakes with 1 cup lowfat milk  
1 whole-wheat English muffin with  
peanut butter  
1 banana  
1 cup orange juice  
4 cups coffee with lowfat milk and sugar

##### Lunch

Turkey sandwich on wheat roll  
1 cup split pea and ham soup  
12 oz. lowfat milk

##### Snack

2 oz. trail mix

##### Dinner

6 oz. baked salmon  
1 cup rice pilaf  
2 cups salad with olive oil vinaigrette  
1/2 cup steamed broccoli  
6 oz. coffee with milk and sugar  
Slice of apple pie (1/9 of pie)

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#### TOTAL:

Calories: 3,180  
Carbohydrate: 36%  
Protein: 13%  
Fat: 46%

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#### TOTAL:

Calories: 3,180  
Carbohydrate: 52%  
Protein: 18%  
Fat: 30%

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Mike's new menu is a healthier mix of carbohydrates, protein and fat. Carbohydrates should account for about 50 percent of your daily calorie intake, protein about 20 percent and fat no more than 30 percent.