



Kaidee Weaver, left, leads a kickboxing class at Body Fitness & Dance in John Day.



An exercise group starts their morning with a kickboxing routine in John Day.

Weaver's tips for fitness, nutrition and weight loss

EXERCISE

- Start out small, even walking or running for 30 minutes three to five times a week.
- Make sure you are walking with purpose. Do not be lazy. If you are not uncomfortable, you are not working hard enough.

NUTRITION

- Nutrition is huge, equaling 70 percent of weight loss.
- Start out with small changes, such as controlling portion sizes.
- Rather than eating a whole sandwich, choose to eat half and drink a big glass of water with your meal, which will fill you up quicker. Recognize when you are full, and give yourself time to digest.
- Eat breakfast, a healthy snack and lunch, followed by a healthy snack, then dinner, and try to be done eating by 6 p.m.
- Remember, you will never be perfect at this, but do your best to make as many good choices as you can and get right back on track if you have a rough day. All those good choices will add up.
- The recipe for weight loss is to burn off more calories through exercise than you eat, which is why nutrition is such a huge percentage of weight loss.

SLEEP

- Sleeping eight hours a night is important.
- Your body burns the most calories in the rapid eye movement cycle. If you sleep fewer hours, you will miss the prime calorie-burning window by cutting off the tail end of the REM (the longest period of REM, where you could burn the most calories).

WATER

- Water is the most vital source of energy in the body, and the average human body is 60-75 percent water.
- Water is one of the best tools for weight loss because it has no fat, no calories, no carbohydrates and no sugar.
- Water helps suppress your appetite, aids in digestion, fights bloating, hydrates muscles, flushes toxins, helps reduce cholesterol and improves liver function.
- Did you know how weight actually leaves our bodies? Through sweat and urine. So drink up!