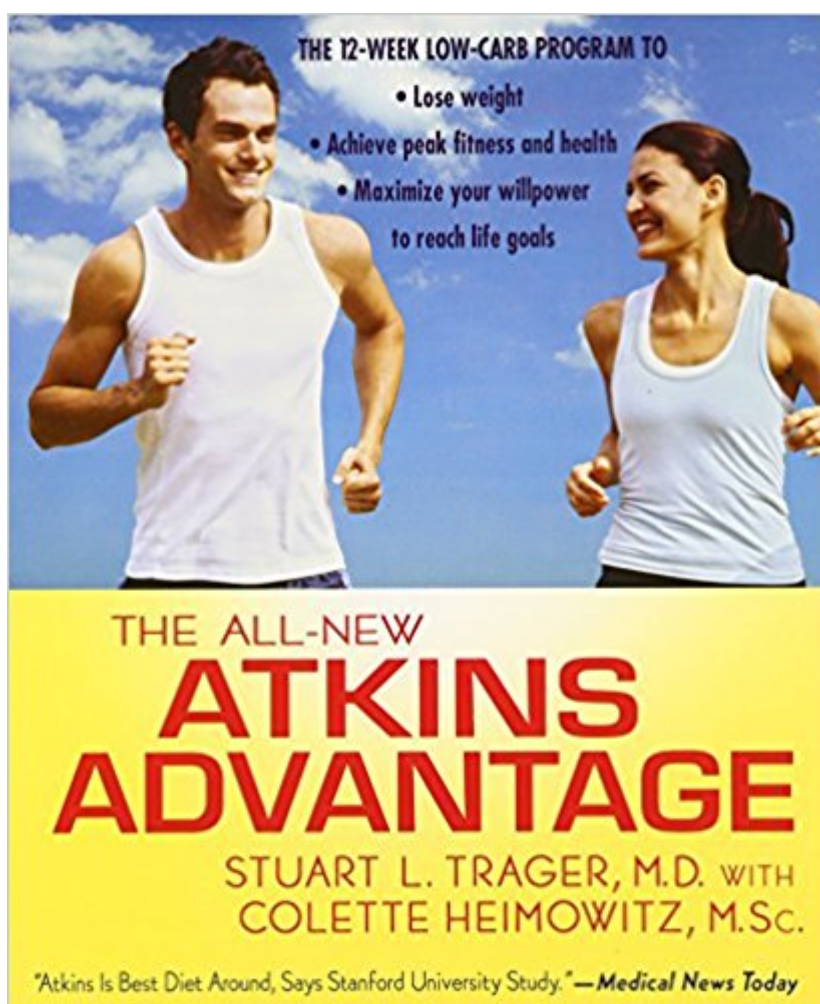


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The All-New Atkins Advantage: The 12-Week Low-Carb Program To Lose Weight, Achieve Peak Fitness And Health, And Maximize Your Willpower To Reach Life Goals





Synopsis

The proven diet that will slim you down, get you exercising, and change your lifeThe All-New Atkins Advantage is more than a diet: it features the Atkins proven-effective weight loss program in a 12-week, step-by-step plan, including instructions on how to incorporate healthy exercise into your life as well as guidance on maintaining the motivation to stick with the diet and exercise program.Each week builds on the one before it to raise your level of competence and confidence:Week 1: Combat cravings for sugars and starches with tasty, low-carb alternatives like veal parmesan and trout almonndine.Week 4: Achieve peak fitness with the Atkins approach to exercise. Fully illustrated stretching, cardio, and strength training plans will get you energized. Week 6: Start an Atkins journal to maintain your motivation and continue your enthusiasm and success. Week 9: Get out of your lunch rut! Go out for a special but speedy meal at a restaurant, instead of the nearby deli.Week 12: All the work you've done thus far has prepared you for this moment: the beginning of the rest of your life!Turn your life around and give yourself a dietary, exercise, and lifestyle makeover with THE ALL-NEW ATKINS ADVANTAGE.The All-New Atkins Advantage will allow you to enjoy a wider variety of foods, tailor an individualized exercise plan, and do Atkins your way.The step-by-step program is designed to allow you to move at your own pace.Part I introduces you to the basics of the Atkins program, from a list of foods you'll want to have on hand to mental exercises to get you motivated.Part II features the 12-week Atkins Advantage Program, including a fitness component that allows you to design your own workout, no matter what your level of fitness.Part III includes 12 weeks' worth of delicious daily meal plans at varying carbohydrate levels.At the end of the twelve weeks, you will have changed the way you eat and become healthier, slimmer, and happier.

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Customer Reviews

STUART L. TRAGER, M.D. is a board certified orthopedic surgeon. He is an eight-time Ironman and a top ten finisher at the Ultraman World Championship who credits the Atkins Nutritional Approach for helping him achieve peak fitness and health. COLETTE HEIMOWITZ, M.Sc., has been featured on national television networks such as NBC, ABC, CBS, CNN, Fox News Channel, and MSNBC, and on radio programs across the country.

PART I THE WHYS AND HOWS OF ATKINS ONE WHAT YOU CAN ACHIEVE: DOING ATKINS CAN CHANGE MORE THAN YOUR PANTS SIZE Congratulations on embarking on this 12-week journey. As you move through the nutrition, fitness, and motivation segments of the Atkins Advantage Program, you will be embarking on a journey toward better health, permanent weight loss, and personal fulfillment. Make no mistake about it: This is a global approach to weight loss, one that will change not only the shape of your body but the quality of your life. In the weeks to come you will lose pounds, get healthier, and become more fit, but also build the mental muscle you will need to reap the fullest advantages from the All-New Atkins Advantage Program and from life. Empowerment is the engine that drives success in any endeavor. Many Atkins followers have found that empowerment starts with weight loss and have caught and ridden the wave into other areas of their lives. The goal of this book is to enable everyone who does Atkins to experience this effect. Taking control of your life is not a chance by-product of the Atkins Advantage Program but its very essence. Changing the way you eat is key to being healthier, slimmer, and happier but on its own it is rarely enough to produce permanent changes. The Atkins Nutritional Approach (ANA) has always embraced fitness and stressed the importance of tending to your spiritual and emotional well-being, but until now it has not delivered an Atkins-appropriate fitness and motivational program. A COMPLETE PROGRAM The Atkins Advantage Program has three parts designed to work in concert: Nutrition, Motivation, and Fitness. Each week you will proceed through all aspects of the program. Can you lose weight by using only one or two? Sure. But the surest and fastest way to your goal is to employ all three in unison. They work in tandem as you progress through the program, gradually building to the experience of empowerment. NUTRITION: THE HEART OF THE MATTER Dr. Atkins's revolutionary

low-carbohydrate eating plan, founded on a single fundamentally empowering principle of saying yes, is at the heart and soul of the Atkins Advantage Program. When you do Atkins, you donâ™t do without, you do different. We think youâ™ll be delighted to discover that many of the foods you can eat in the first phase of Atkins are the same ones you couldnâ™t eat when you were trying to lose weight in the past. That is the Atkins way. Get ready to dine on roast chicken complete with crispy skin, or lamb chops accompanied by tasty broccoli and a salad topped with avocado slices and creamy Caesar dressing. Moreover, when you cut out refined carbs in the form of processed foods containing bleached white flour and white sugars, youâ™ll not only lose weight but reduce your risk factors for many chronic diseases. Controlling carb intake is a crucial part of the answer to the nationwide epidemic of obesity and can be the solution to your personal struggle in the battle of the bulge, but it must be done correctly to reap the rewards. With the Atkins Advantage youâ™ll be on the right track from day one, and your results will show it.

MOTIVATION: THE WINNER As you stand at the threshold of a new beginning, you will likely find yourself filled with optimism and determination. Take note of this feelingâ™thatâ™s motivation. But as you probably know, sustaining this feeling of hope, energy, and optimism is the hard part. You may have felt hopeful and excited about other supposedly life-changing diets and fitness programs, only to find that none of them gave you the tools to maintain that enthusiasm long enough to see lasting results. Changing your body means changing your mind, which is every bit as crucial as increasing your physical activity and improving your eating habits. Think of motivation as the key in the ignition: Without it, you canâ™t even start the engine, let alone go the distance. Each week weâ™ll introduce targeted mental exercises that draw upon the best of sports medicine and motivational training. Youâ™ll learn to set realistic but challenging goals that will help you achieve all your dreams. Youâ™ll give those goals a concrete shape by âœseeingâ• yourself attaining them in guided visualizations. Youâ™ll learn to replace the habit of negative self-talk with positive, personalized, verbalized self-reinforcement in the form of affirmations. Guided journaling activities will allow you to monitor your progress, refine your approach, and celebrate each milestone on your journey toward lifelong weight management and optimal health. With the All-New Atkins Advantage Program youâ™ll achieve not just a new body but a new outlookâ™one that will enable you to reach out and embrace life to the fullest. These skills will empower you to eliminate excess pounds and rid yourself of the encumbrances that have held you back from realizing many of your dreams.

FITNESS: THE BEST YOU Movingâ™and getting fitâ™is a prescription for a happier, healthier, more active and fulfilling life. But if you have tried to lose weight by exercise alone, you might have a very different perspective on exercise; you may recall the hours spent sweating on a

treadmill, only to see little or no difference on the scale at the end of the week. If you've tried exercise before and been disappointed, it will be different as part of the Atkins Advantage Program. Here's why:

- You will look better. Working out promotes better posture and more toned muscles.
- Your results will be better. Research shows that most people who maintain their weight loss exercise regularly, and most people who regain weight loss do not. Muscle burns more calories at rest than fat, so the more muscular you are, the more fat you burn even when not exercising! Exercise helps you stay focused when weight loss inevitably slows.
- You will feel better. Exercise increases your coordination, stability, and physical confidence—a boon if you no longer want to wake up feeling stiff and creaky or simply want to move more gracefully. It improves mood, decreasing depression, anger, and stress, alleviates sleep complaints, and has a calming effect on our minds and bodies. Exercise actually replenishes your energy reserves and makes you stronger so that you can more easily handle the activities of daily life.
- Your overall health will be better. Weight-bearing exercise increases bone density. Even moderate exercise boosts the immune system. The All-New Atkins Advantage brings unique benefits that not only improve overall health, but deliver these benefits through proven techniques. Diminish your disease risks. Physical inactivity is a major independent risk factor for coronary heart disease. Exercise has been shown to lower total cholesterol, LDL (bad cholesterol), triglycerides, blood pressure, and amount of body fat, all risk factors for heart attacks, stroke, and Type 2 diabetes. It can also normalize blood clotting factors and also increase insulin sensitivity (a good thing) and HDL (good cholesterol). A study that followed more than 70,000 postmenopausal women for about three years found that those who exercised at least two and a half hours a week had a 30 percent lower risk of heart-related problems than the least active women. Another study of 2,600 elderly men found an average 15 percent decrease in risk of heart disease for every half mile the men walked each day. It doesn't take a lot of exercise to make a difference. One study revealed that of all cardiac risk factors, the most significant indicator of risk of death is an individual's exercise capacity. You can eat more carbs! Anyone can tell you to control carbs, but only Atkins individualizes it so you eat the maximum amount of healthy carbohydrate foods your metabolism can handle while still losing weight. The Atkins Advantage Program includes a Fitness Rewards Chart (page 202) that offsets the time and effort you expend working out with additional grams of carbs you can eat. This doesn't mean jogging eight miles to burn off an ice-cream sundae. But would a piece of whole grain bread jazz up your lunchtime turkey and cheese rollup? By focusing on carbs, not calories, and by looking at exercise to help you raise your carb threshold, the rewards become meaningful and the goals become achievable. It's individualized. The fitness component of this 12-week

program has been designed specifically so that no one will be left behind. In the same way that Atkins can help you lose weight no matter how far away you are from your goal weight, the fitness component of the Atkins Advantage Program will help you get into better shape—whether you already work out regularly or haven't made regular fitness part of your routine. Whether your goal is to walk briskly for 30 minutes a day or run a marathon, you decide how high to set the bar. It's full spectrum. The Atkins Advantage Program offers you a fitness plan that incorporates stretching, cardiovascular (aerobic) exercise, and strength (resistance) training, encouraging you to increase your overall activity. A study that followed middle-aged men for seven years found that those who engaged in moderate activities ranging from tennis to gardening had a 20 to 30 percent reduced risk of dying compared to those with less active lifestyles. Those who expended even more calories further reduced their risk. According to the American College of Sports Medicine, a program should build strong habits, not just str... --This text refers to an out of print or unavailable edition of this title.

I'm about a month into this plan and have already lost 14#s. I can really live on this way of eating. I stayed away from Atkins for so long because of negative publicity but what I found out was that people were judging it by the first two weeks only. Once you've passed the critical first phase, you slowly add back in, most of your favorite foods anyway. And you can tweak things like coleslaw to make them carb friendly. This is a great way to eat. I eat fruit, cottage cheese, nuts, and even steak. Best plan I've ever done. I loved this book so much I bought one for my dad!

I found it to be helpful--another voice emphasizing to me that some of us are not able to metabolize carbohydrates--especially the "intense" kind. Good guidelines for integrating the emotional and physical parts of our effort. I also need the spiritual component, too. Didn't find enough of that here.

The New Atkins Advantage is not like the old Atkins. For anyone considering a weight loss program, I highly recommend getting this book, reading it from cover to cover and then embarking on a new life. Easy to read, easy to understand, easy to implement with hand holding all the way. A must addition for anyone that has a self help library. Jaqui Robbins

Reading all the new studies that have been done re. the benefits of fat (not lo fat), my husband & I decided to get this book out of the library and try it. In a couple of weeks, we bought the book, continue to lose weight (esp that stubborn belly fat) and feel great. He says it's the best tasting diet

ever! We'll continue to eat low carb from now on.

ADDS MUCH NEEDED INFO TO THE ORIGINAL ATKINS BOOK

all you have to do is stick to it

I thought the book was excellent, as it went into details about the diet plan and how things have changed. What is really nice is the list of foods that you can choose from depending on what level of Carb intake you are going for!

How can we ever thank Dr Atkins enough for breaking the ice and turning the tide on the horrible disaster of the low fat/high carb pushed on us that led to the epidemic of obesity, heart issues and diabetes in the US? Low carb IS the way we are meant to eat. It's that simple - want to avoid death from diabetes, heart attack, stroke, stay off all the horrible medications pushed by big pharma? Eat low carb - nothing else to do or buy! However, it will be nice to see companies that push the refined starches go under as more and more of us wise up, thin down and regain our health eating low carb! Put down the sugar and eat some meat! You're SUPPOSED TO!

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