

SAVE \$- GET IN SHAPE

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After the fun of last years economic rollercoaster, many people are trying to save money.

Many people are also wanting to get in shape so that they feel and look better.

If you are trying to save money and get in shape, I have a great way for you to accomplish both goals at the same time; Pack Your Lunch!

It doesn't seem like much, but if you can trade your unhealthy fast food lunch for a healthy lunch, you will save both money and a few pounds.

Let's take a look at the popular restaurant, Panda Express.

If you were to go to Panda Express and get their popular two entree item plate, you might get Orange Chicken and Beijing Beef. You are already eating nearly a thousand calories. Add in fried rice and you are closing in on 1500 calories.

At the same time that you were eating this high caloric meal, you also just spent 8 dollars.

So lets say you did this 4 days/week.

You would have taken in 6000 calories and you would have spent \$32!

If you do that for a month, you will have consumed 24000 calories and you would have spent \$128.

If you were to eat a chicken breast with rice and vegetables for lunch, you would have taken in probably 400 calories and you would have spent probably \$3.

In a month you would have taken in 6400 calories and you would have spent \$48.

This would save you 17600 CALORIES and \$80!!

A pound of fat is 3500 calories, so by eating in you are saving yourself more than 5 pounds per month by eating in!

If you are looking to stay in shape then start packing your lunch.

The people at your office may make fun of you, but in the end they will be jealous of you because you will look better than they do and you will have more money than they do!

Just something to think about!

Make it a great day!

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