

# Fit Forever!

Hilary Coonan  
Beloit College, Beloit, WI

Figure 3:  
Example:

Personalized  
Diet plan Mary 18-29 years  
150 Pounds. Focus on midsection(1).

Current Weight:150  
Your Ideal Weight:108 – 146  
Your Meal Plan:1,400 calories (1)



(1)

## Breakfast

**Strawberry-Banana Smoothie:** In a blender, process until smooth 1 small ripe banana, 1/2 cup strawberries, 1/2 cup fat-free milk, 1/2 cup low-fat plain yogurt, 2 teaspoons honey, and 1 or 2 ice cubes.

**Whole wheat toast:** 1 slice spread with 1 teaspoon trans-free margarine(1).

## Lunch

**Lentil Soup:** 1 cup soup (such as Progresso) with a spritz of lemon juice

**Cheese and tomato sandwich:** Place 1 slice reduced-fat cheese on 1 slice whole wheat bread and spread with mustard, then add tomato slices.

**Tomato:** Remaining portion, sliced(1).

## Dinner

**Roasted chicken:** At home, make Roasted Chicken ([recipe below](#)). Or at Boston Market, have either the 1/4 white-meat chicken (no wing) or the 1/4 dark-meat chicken, both without skin. At other takeouts, have either 1 leg or 1/2 breast (no wing), both without skin.

**2 side dishes:** At home, have 1 cup steamed vegetables and 3/4 cup corn, boiled potatoes, sweet potatoes, or butternut squash. At Boston Market, order the steamed vegetables and either herbed buttered corn, butternut squash, or garlic-dill new potatoes. At other takeouts, have 1 cup steamed vegetables and 3/4 cup of corn or boiled potatoes prepared with a little butter,

## Claims:

1. Fit Forever is an incredible exercise program designed to help women shrink their fat zones

2. Denise Austin's program focuses on personal customization

3. Fitness is the strength of the Fit Forever program

Evaluation:

1. See Figure 2

2. Personal customization happens through a series of ten questions generated computer and not a person or Denise Austin and clients are given a generic res

3. See Figure 2

1. Denise Austin Fit Forever Health and Fitness Program. 15 September 2007.

<http://www.deniseaustin.com/public/about-fit-forever>.

2. Denise Austin- Fit Forever. 15 September 2007.

[http://www.freedieting.com/denise\\_austin.htm](http://www.freedieting.com/denise_austin.htm).

3. Denise Austin. 15 September 2007. <http://www.thedietchannel.com/Denise-Austin.htm>.

4. Denise Austin Fit Forever! 15 September 2007. <http://ezinearticles.com/?Denise-Austin---Fit-Forever>.

5. Denise Austin's Weight Loss Secrets. 15 September 2007.

[http://www.dietsinreview.com/diets/Denise\\_Austin's\\_Weight\\_Loss\\_Secrets](http://www.dietsinreview.com/diets/Denise_Austin's_Weight_Loss_Secrets).

6. Recommended Dietary Allowance. 30 October 2007. <http://www.dietandfitnesstoday.com/recommended-dietary->

7. Sizer, F and Whitney, E. *Nutrition Concepts and controversies Tenth Edition*. Thomson Wadsworth: California, 2006.

8. Calories Burned During Exercise. 1 November 2007. <http://www.nutritionstrategy.com>.

9. Calories Burned Estimation. 31 October 2007. <http://www.healthstatus.com>.

## Abstract:

A diet plan designed by Denise Austin, *Fit Forever* claims to be an incredible exercise program designed to help shrink stubborn fat zones. Following the recommended reduced calorie diet and daily customized exercise routines is described to be an easy way to achieve desired results. The plan has three main components, fitness and exercise, diet plan and daily motivation. Her Diet Philosophy is about moderation. It claims to be designed for all types of people, from the over forty crowd to pregnant women. Research on this diet was conducted through a review of internet sources. No research was found showing this diet works. The recommended reduced calorie diet and daily exercise routines were not justified by any peer reviewed citations.

## Introduction:

Fit Forever combines three components including fitness and exercise, a customized diet plan and daily motivation(2). Each client begins the program with a diet profile easily accesible on line. The profile includes personal information such as intended weight goals and specific exercises to help shrink the chosen fat zone. After creating a profile, to continue with the diet and achieve the maximum results, clients must then purchase a workout package with a viideo conducted by Denise Austin(2).

Each diet plan is based on a recommended reduced calorie diet. Three options include 1400 calories, 1600 calories or 1800 calories per day. A nutritionist is involved in the process of creating meal plans for each option. The meal plans provided are samples, and can be altered at any time (2).

Daily motivation goes hand in hand with Denise Austin's Diet Philosophy. The key concept to remember is everything in moderation. The Diet Philosophy is comprised of six key strategies; controlled portions, maximize fiber, savor good fats, boost fruits and vegetables, hone in on hunger, and change behavior (5). Each strategy is designed to not restrict food categories, but rather keep everything in moderation.

Denise Austin's Fit Forever program launching in 2006 has a primary focus of customization. The program allows individuals to customize fitness level, choose one of the three fat zones, daily routines, and meal plans (1). Each personalized diet plan is based on a set of questions and can be tracked using helpful tools found on line such as the interactive shopping list, journal, weight tracker, and discussion boards (1).AF

**Method:** This information was obtained through a review Of internet sources.

## Results:

*How many calories are recommended on a daily basls in relation to how many calories consumed/burned needed to lose weight?*

The RDA for women between the ages of 18-35 is 2403 calories/day. On the Fit Forever Program, clients are allowed to choose a reduced calorie diet of 1400, 1600, or 1800 calories. Upon evaluation of a sample 1400 calorie diet, the total calories came out to be 1660 calories, and while this is still under the RDA value which will contribute to weight loss, it is also false advertisement by the Denise Austin website(6,7).

Exercise is recommended as a healthy addition to help individuals lose weight. The key is to burn more calories than you eat. With a typical workout on the Fit Forever program, a client will burn around 359 calories on the basic level. If this client is also on the 1400 reduced calorie diet plan, they are not burning more calories than they consume, therefore while they might shed a few pounds due to the reduced caloric intake, the weight drop will not be significant(8,9).

Fitness is the strength of the program, and can be done on a basic, intermediate, or advanced level. Each workout is "personally customized", by a computer that does this based on your age, weight, and a set of questions, according to the areas of the body chosen to focus on, upper body, midsection, or lower body. [No literature was presented by Austin, nor could be found to justify that area-specified exercises are effective]. A typical workout includes a 5 minute warm up, 20-45 minutes cardio, and 15 minutes toning (2).

## Figure 1:

### Recommended Dietary Allowance: (7)

vitamin C = 75 (mg/day)  
calcium = 1000 (mg/day)  
iron = 18 (mg/day)  
sodium = 1500 (mg/day)  
energy = 2403 (cal/day)  
carbohydrates = 130 (g/day)  
fiber = 25 (g/day)  
total fat = 0 (g/day)  
protien = 46 (g/day)

## Figure 2:

### Exercise On Fit Forever Program

(9):

1. 5 minute workout : 22 calories burned
2. 35 min cardio : 278 calories burned
3. 15 minutes toning/weight training : 58 calories burned

Total: 359 calories burned

## Discussion:

To lose weight, one needs to consume less calories than they do on a daily basis, and to maximize results, burn more calories than they consume. The Fit Forever program is in theory a diet designed to help women lose weight. But does it really?

During my research process I discovered a few things. I calculated the calories consumed in one days meal on the 1,400 calorie diet. What I found was that the actual calories consumed equaled out to be around 1,660 calories. During this process I also calculated the calories burned during a "typical" exercise routine on the diet and came up with 359 calories burned. This example shows that not only are the calories not correct for the reduced calorie diet but the client is not nearly burning as many calories as they consume, so weight loss can not be that significant.

Denise Austin makes several claims on her diet, including those such as Shrink your fat zones! Increase your muscle tone! Minimize your waistline! Firm your thighs! Increase energy and strength! How many of these claims are true? Most of them are not. Research shows that exercises targeted to specific areas, work only if one is burning more calories than they consume and are practicing this exercise on a regular basis, and on the fit forever program, this is not the case.

Overall, the Fit Forever program would not be a good investment for someone who was trying to lose a significant amount of weight, but would be beneficial to someone who wished to follow a scheduled daily routine including diet and exercise.

## Fit Forever Diet

vitamin A = 94%  
vitamin C = 114mg  
calcium = 29 mg  
iron = 11mg  
sodium = 783.6 mg  
energy = 1660 cal  
carbohydrates = 65.5 g  
fiber = 11.2 g  
total fat = 76.5 g  
protien = 41.5 g  
(6)

## Exercise Evaluation (8):

Low aerobics 30 min:176 calories burned  
General aerobics 30 min: 211 calories burned  
High aerobics 30 min: 246.5 calories burned  
Weight circuit training 30 min: 281 calories burned  
Stretching 15 min: 70.25 calories burned