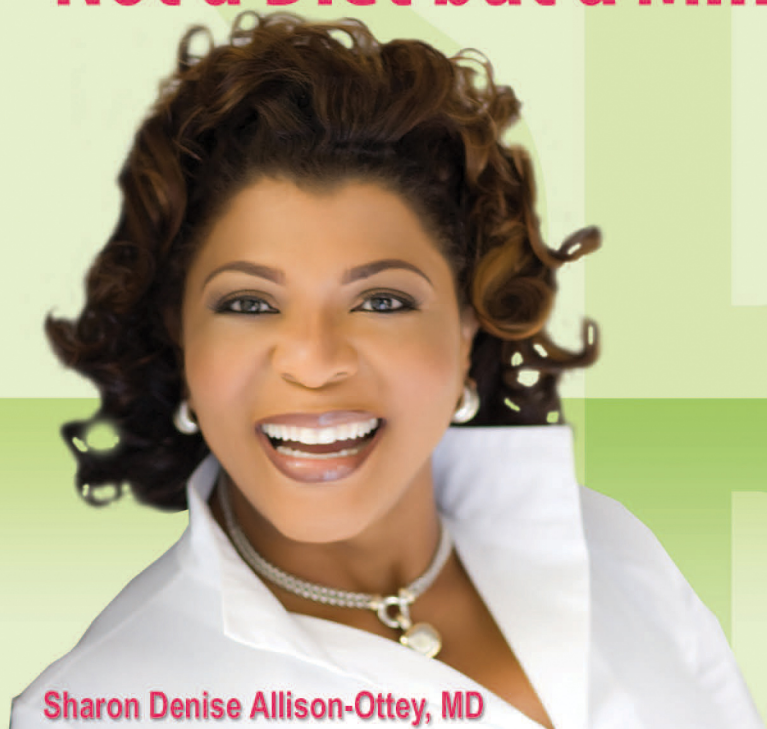


A Get Real Approach to Dealing with WEIGHT, Not a Diet but a Mindset!



Sharon Denise Allison-Otley, MD

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or call 301.731.8890



Is That Fried Chicken Wing Worth It? *A Get Real Approach to Dealing with WEIGHT, Not a Diet but a Mindset!*

As I lay on my back with my legs over the exercise ball listening to my personal trainer bark the number of sit-ups that I had to complete—I wondered; Was that fried chicken wing worth it? I'd eaten a fried chicken wing the night before and when I refused to do another crunch, my trainer promptly told me that it would take hundreds of crunches just to burn off one wing. How could that be? I'm a physician—that didn't sound right, she had to be exaggerating! Was it really worth it—the wing was tasty with that meaty, juicy flesh covered in crisp skin. I'm from North Carolina so I KNOW how to fry some chicken. It only took about 2.9 minutes for me to INHALE the savory wing but now I'd have to sweat and grunt to burn it off, not to mention the millions of wings long ago devoured that now were converted to fat on my body which I was desperately trying to lose.

This sparked something in my belly that I use daily in making decisions about what I eat, if I'll exercise and the "worth" of it all. Consider the following:

**To burn off two fried chicken wings
(approx. 280 calories) you would have to:**

Activity	150 pounds	170 pounds	190 pounds	220 pounds	250 pounds
Bicycle, Stationary	35 minutes	31 minutes	28 minutes	24 minutes	21 minutes
Treadmill	27 minutes	24 minutes	22 minutes	19 minutes	17 minutes
Aerobics, Low Impact	41 minutes	39 minutes	33 minutes	28 minutes	25 minutes
Volleyball	62 minutes	55 minutes	49 minutes	42 minutes	37 minutes
Wash Dishes	107 minutes	95 minutes	85 minutes	73 minutes	65 minutes
Clean House	82 minutes	78 minutes	65 minutes	56 minutes	50 minutes
Sit Ups	31 minutes	27 minutes	24 minutes	21 minutes	19 minutes
Sex	165 minutes	145 minutes	130 minutes	112 minutes	99 minutes

This book can be used no matter what your eating plan (diet) or strategy--- whether low calorie, low carbohydrates (Atkins'), Jenny Craig, Weight Watchers, Mayo Clinic, South Beach, diet pills, physician supervised, surgical banding or even gastric bypass. **If you're looking for the next great diet book or gimmick—this is NOT the book for you! If you are looking for a tool to help you in this journey of weight loss, maintenance and even weight gain—GRAB this book for it is WORTH IT!**

Sharon Denise Allison Otley, MD
Author, Speaker, Health Journalist and Strategist

One of the greatest struggles of Dr. Allison-Otley is her continued battle with her weight which has existed since childhood. Dr. Allison-Otley doesn't claim to have all the answers but gives insight in the book with a different way to look at weight, food, and exercise.

"Dr. Sharon" as she's affectionately known, is a frequently requested and dynamic speaker that connects with an audience in a unique and impactful way. She's appeared at venues both large and small, always connecting and inspiring her audiences. She writes in a straightforward manner that avoids "medical mumbo jumbo"—she wants all readers to be able to understand and act on the information. She's an accomplished fiction author with her first novel, *All I Ever Did Was Love a Man* released and still impacting lives (www.allieverdidwasloveaman.com). Dr. Sharon Allison-Otley has appeared on numerous television and radio shows and has been interviewed and/or cited by a host of media venues including USA Today, the Wall Street Journal, Black Entertainment Television (BET), Redbook, Jet, Heart and Soul, Essence, and Gospel Today magazine to name a few. To learn more visit: www.sharondeniseallisonotley.com.

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