Similarly, making use of curtains to control natural light will help keep homes warm in the winter and cool in summer. A simple solution is a multiplug equipped with a switch that can be flipped after use. Turning off all electronics for the night will eliminate stand-by electricity wastage and prolong the life of the devices. Smart shopping. Going green when buying home appliances, particularly the most efficient technologies, can provide significant long-run savings. The Energy Star label is a good clue to energy-efficient appliances in the United States; a qualified refrigerator is at least 15 percent more efficient than the minimum federal efficiency standard. In Europe, an energy efficiency grade is compulsory for almost all household appliances. I started this experiment at 198 pounds and lean, and by the end I hit 228 pounds while maintaining a visibly lean figure. Now, to be clear, I did not gain 30lbs of pure muscle. When you make weight-gain via strength training, not all of that weight is muscle. It is a mix of water weight, fat, and new muscle. Barbell work is complex and requires a good understanding of the movements and of your body to perform safely without someone spotting for you. A great intro to barbell work is the book Starting Strength by Mark Rippetoe. While doing this training program, you donâ€™t want to train on your off days between workouts. However, you donâ€™t want to just sit around and do nothing either. Find many great new & used options and get the best deals for Secrets of the Lean Plate Club: A Simple Step-by-Step Program to Help You Shed Pounds and Keep Them off for Good by Sally Squires (2006, Hardcover) at the best online prices at eBay! Free shipping for many products! Based on the popular and award-winning "Washington Post" column, this simple eight-week program is designed to help readers eat less and move more to achieve a healthier weight for life. Product Identifiers. Publisher. A good action plan will outline all the necessary steps to achieve your goal and help you reach your target efficiently by assigning a timeframe—a start and end date—to every step in the process. Depending on your needs and preferences, you can use this document to set single or multiple goals. Related: Setting Goals to Improve Your Career. Why is an action plan useful? An action plan can also make it easier for you to stay motivated and monitor progress toward goals, allowing you to keep your projects on schedule and, if applicable, within budget. If collaborating with others, you can use it as a tool to reference who should be held accountable for each task which can help you avoid delays and troubleshoot errors. How to write an action plan in 5 easy steps. The Lean Plate Club philosophy is unique—it focuses on how to add food. Yes, that's right—adding new food, habits, skills, and activity to your life will all help you to achieve a healthy weight. It's this kind of non-diet approach that has helped millions of Lean Plate Club members from across the country shed pounds and keep them off without special foods, weight loss medications, or weight loss surgery. Secrets of the Lean Plate Club features tips and techniques to help you: Rediscover the joy of eating well * Avoid nutritional mischief and exercise boredom * Recover from &q