

# Calories, Just Burn 'em – WillandJill.com Pictures What Losing Weight is All About

SAN ANTONIO, TX (SEND2PRESS NEWSWIRE) – The newly launched WillandJill.com simplifies weight loss by showing the crucial connection between burning and consuming calories.



**Send2Press® Newswire** “The

secret to losing weight lies in the balance between burning and eating calories,” says Willem Kramer of WillandJill.com. “Fortunately, losing weight is not much more than a simple equation. All you have to do is burn more calories than you eat. With this in mind you don’t necessarily have to cut back on French fries and ice cream if you’re trying to slim down.”

*\*(Photo Caption: The CalorieScale on WillandJill.com shows the balance between burning and consuming calories.)*

The Calorie Scale on WillandJill.com is designed to reveal the daily balance between burning and consuming calories. “After selecting your daily activities and the food you eat, a simple equation shows you if you burn more or less (calories) than you consume. With a positive outcome you are more than likely to gain weight; a negative outcome tells you that you’re losing.”

The connection between food and activity is illustrated in more than one way. “After eating a meal or a snack you can determine how, and how fast you can

burn the calories you just consumed. The calories in one McDonald's hamburger, for example, can be burned with either a half-hour jog, an hour of gardening, or four hours of watching television."

WillandJill.com is made with effortless navigation in mind, using images rather than text. It allows an easy comparison of common food products available in grocery stores and fast-food restaurants. With the help of WillandJill.com, users can find a balance between the calories they eat and the calories they burn. Best of all, WillandJill.com is completely free.

WillandJill.com is created by Willem and Jill Kramer. While Willem is a sport physical therapist and Certified Strength and Conditioning Specialist (CSCS), Jill is a volleyball coach at the club and collegiate levels. Both Will and Jill have helped professional, collegiate, and high school athletes to keep fit, maximize their performance, and live a healthier life.

For more information, please visit:

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