



"WHAT CAN I DO TO LOWER MY BODY FAT?"

The key to successful body fat reduction is a simple two part formula: Eat a well-balanced diet and exercise. So number one- STAY OFF THE SCALES! Measuring yourself by loss of inches and the way your clothes fit is the best approach to successful weight management. Please remember that muscle is mostly water and weighs more than fat. In addition to this it is possible for an individual's weight to fluctuate as much as five pounds depending on water retention and other factors.

Fad dieting and supplements can deliver quick results but have dangerous physical and mental side effects. It has also been my experience over the years that many of these quick fixes place the body and your metabolism in a state that cannot be sustained on its own. The end result is the cycle of weight loss/weight gain and emotional disappointment. There is also evidence to suggest that long term fad diets and pills have a negative effect on the adrenals which will slowly destroy the thyroid and lower your metabolism.

Stop the cycle! You have the ability to transform your body and mind without miracle pills and quick fixes. The strength and power is yours. Try implementing the following steps into your daily routine.

) STAY OFF THE SCALES

One time every four weeks is sufficient to track goals. Weighing yourself every day is unnecessary- our goal is to retain muscle and lose inches. If an individual is seeing drastic drops per day it is loss of muscle and water not body-fat.

) SWITCH UP YOUR ROUTINE

Cross train your body to include cardio endurance, flexibility, and strength training. Challenging yourself with new routines will promote a balanced body in all these areas and give your metabolism a boost!

) DITCH ALL EXTREME DIETS & MIRACLE PILLS

Federal dietary guidelines recommend no more than 30% of your daily calories come from fat. Include a variety of foods to ensure you are getting the protein, vitamins, minerals, and fiber you need for good health. Embrace a lifestyle of better choices and you will see long lasting results.

) CALCIUM

Every woman needs to be getting at least 1,200mg of calcium a day. If you do not get this from your foods, you may want to consider a supplement form with Vitamin D to ensure proper absorption.

) USE PROCESSED FOODS & ARTIFICIAL SWEETENERS IN MODERATION

These are foods such as diet soft drinks, frozen foods, convenient drive throughs, etc. If you have been stuck on a weight loss plateau these foods may be the hidden culprit. Your liver can become overloaded with trying to detox these synthetic toxins and as a result your body-fat retention will be greater. The liver must be healthy in combination with stable blood sugar to convert stored fat into energy. *Yes you may still have a diet soda & go through the drive through occasionally- BUT THIS SHOULD BE AN OCCASIONAL TREAT NOT SOMETHING YOU PARTAKE IN EVERY DAY.*

) SUPER-FOODS FOR A NATURAL DETOX EFFECT

The Dr. Oz tip to “eat all colors of the rainbow” is something you should aim for every week in preparation of your meals. Two of my favorite super-foods: Lemons & Cranberries. These potent super-foods are inexpensive and provide optimal support for the bile of your digestive system and the liver. A healthy liver in combination with stable blood sugar delivers results in regards to utilizing body fat for fuel. *Start today! Aim for half a lemon to your water per day; prepare your cranberries by boiling for 10 minutes and adding stevia in place of sugar.*

) WATER

Optimal hydration is 50-60% of an individual's body weight. Use the following formula to determine your water intake. *Example: 160lb / 2 = 80 ounces of water per day*

) DON'T OBSESS OVER YOUR TRAINING

Give yourself realistic short term goals and keep a journal to track your thoughts and progress. Allow yourself one day off per week for recovery and self-reflection. On this day off treat yourself to a massage or splurge on that spa treatment for being on target and closer to your goals.

) EMPHASIZE THE POSITIVE

Avoid comparing yourself to others and challenge your inner critic. Journaling is a powerful strategy that can assist in attainment of Weight Management goals. Focus on your Strengths and not your Weaknesses.

) FAILURE IS NOT AN OPTION

Remember tomorrow is another day & opportunity on your road to success.



"If your mind can conceive it EVOLVE to achieve it."

Katherine Chance