

Top 6 Strategies to Lose Weight and Be Fit

- 1. Write down goals** Include short term and long term goals, and be specific. For example: What do you want to change? Where do you want to be a month from now, and a year? Why are they important to you?
- 2. Focus on everyday habits** Small changes add up. Healthy choices add up to huge results! Drink more water, eat smaller meals, go for walks, and start 10 minutes of strength training 3 times per week
- 3. Start exercising** Choose an exercise program you enjoy, and at a time that's most convenient for you. That way you'll stick with it! Don't compare yourself with others, exercise within your limits, and build up gradually. If you're not comfortable on your own, join group training or hire an experienced personal fitness trainer to design a program for you
- 4. Feed your body well** Plan your meals and snacks. Make healthier choices. Start with a nutritious breakfast. Eat smaller meals throughout the day to maintain blood sugar level, and keep metabolism revved up. When you're fueling your body with the right nutrients, it operates at a higher level and recovers from exercise faster
- 5. Lift weights** Strength training builds and/or maintains lean mass and bone density. It slows down the aging process, makes you stronger, tones your body, improves posture, helps with weight loss and keeps the weight off! If you're not sure how to get started hire a certified personal fitness trainer to teach you the right exercises and proper technique
- 6. Set yourself up to win** Be consistent- Be adaptable. Sometimes circumstances change. Despite best intentions, there will be days when you can't exercise because of job, illness or family needs. If you have a setback, refocus and get back on track. This is a lifestyle change. For long term success, remember persistence not perfection!