

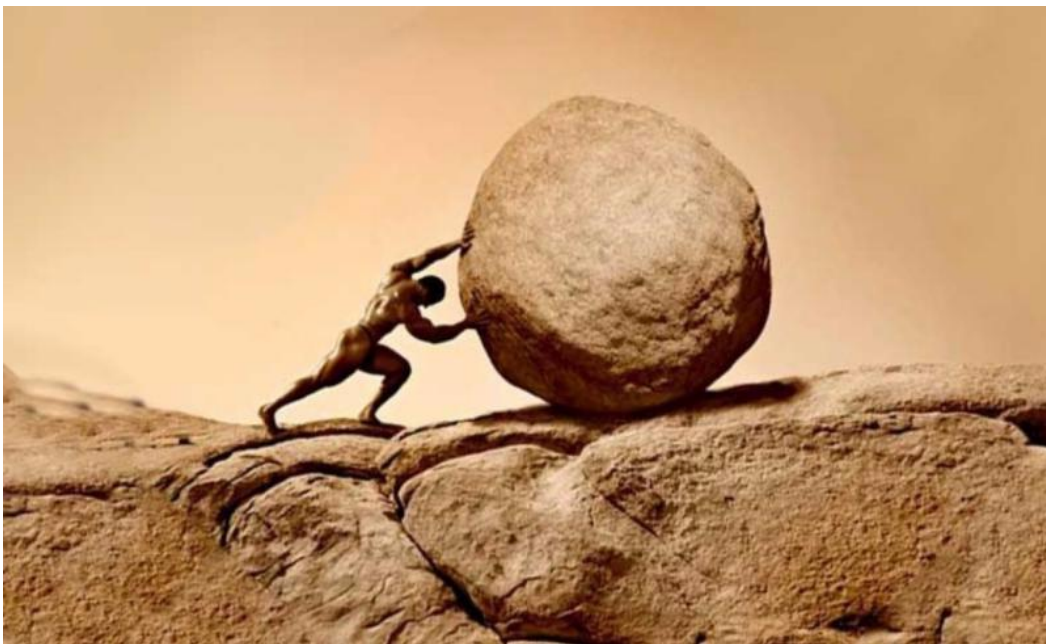
Weight Loss-R_x

Aaaaaahhhhhh!!!!



It's part of life these days but every time it happens we think it's the end of the world. You know the feeling- when you get so busy that you can't think straight, you literally do not know what day it is and it seems like nothing will ever be the same again. For those of us trying to get and stay fit, these times can completely derail us and threaten all of our hard work. But there are ways to get through it and come out stronger than ever on the other side.

1. Acknowledge It



The past month has been like this for me. At first, I found myself getting frustrated that I couldn't get everything done that I usually do. It wasn't until I recognized and acknowledged the fact that this is

something out of the ordinary and will not always be the norm that I was able to stop beating myself up for it. Sometimes just realizing that it's temporary is all we need to be able to put our heads down and keep pushing. So accept the challenge. Embrace the challenge. Maybe even enjoy the challenge! Because unlike our friend Sisyphus above, if we really keep at it, we will get that stone to stop rolling down the hill.

2. Bend, Don't Break



You don't have to go completely off the rails just because you can't be 100% perfect. For instance, maybe you can't get in three meals a day plus two healthy snacks. Maybe you don't have time for your full workout. Maybe you even need to drive through a fast food joint! But maintain the really important basics. For you, that might mean always having your morning protein smoothie. Maybe it means that even though there's not time for a full workout you do

two minutes of ab crunches before you get out of bed in the morning. Maybe it means that if you absolutely, positively have to drive through Wendy's, you at least throw the bread away.

3. Get Enough Sleep



We can quite literally go crazy without enough sleep. And crazy people make poor decisions. Furthermore, some studies show that chronic sleep deprivation actually helps contribute to obesity. So during extraordinarily busy times, if it's 9:30 at night and you are faced with a choice between a workout or getting a good night's sleep, the smartest thing you

can do might be to just turn off your screens and hit the sack.

4. Be Ready For When It's Over



You know this is only temporary and will eventually end. But one month of being overworked can often lead to three months of falling back into old habits. So have a plan in place for how you are going to get back on track. If, for instance, there is no healthy food left in the house, plan to shop for groceries the very first day you're back to normal. Have your feet in the starting blocks. Because the longer you stay out of the zone the harder it is to get back in it.

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