

# Weight Loss-R<sub>x</sub>

Happy July!



Summer is finally here. If you've been a Weight Loss Rx patient for a while and have stayed focused then all of that hard work is really paying off now. Congratulations! You deserve a huge round of applause. So go ahead. Plan

some activities that let you to show off a little. Maybe even get a new outfit that celebrates your new shape.

But summer can be a hard time to stay on track too. With pool parties, barbecues and vacations, there are tons of distractions that could quickly ruin all your hard work and get you going in a bad direction again. So here are a few easy tricks to keep your fit new body looking great, while still enjoying everything the season has to offer.

## 1. Plan Ahead



Thinking through exactly what you're going to eat and when you're going to eat it can make you more likely to stick to your diet goals, according to a study published recently in *Psychology and Health*. The experiment was designed to encourage people to eat healthier foods and focused on increasing fruit consumption in place of snack foods. All participants ate more fruit for the duration of the study, but those who made a concrete plan, wrote it down, and visualized how they were going to carry out the action (when, where, and how they would buy, prepare, and eat fruit) ate twice as much fruit as those who simply "tried harder".

## 2. Drink Wisely



At the end of a hot day, it's easy to down a few frozen margaritas or chilled sangrias just to stay cool. But that

will pack on hundreds of calories before you know it. If you want a cocktail, try lighter drinks with seltzer. Unless you're really a wine snob, even a glass of wine can be super refreshing when you add seltzer to it. And always have a big glass of water between each drink.

### 3. Feel The Burn



Capsaicin, the compound that gives chili peppers their heat, can speed metabolism, according to a recent study from the UCLA Center for Human Nutrition. Study participants received either placebo pills or flavorless capsaicin supplements daily for four weeks. The supplement group burned more fat for several hours after a meal, helping them burn about 100 to 200 extra calories per day. Also, spicy foods may trigger a feeling of fullness sooner than bland foods.



## 4. Show Some Skin



As it gets warmer, don't fight the urge to wear more revealing and form fitting clothes. That short skirt may help prevent you from indulging. Some studies show that women who wear loose fitting clothes eat more, so go get a new outfit, but buy clothing and swimwear that just barely fits. And when your clothes are too big for you, get rid of them! Best of all, donate them to the community. It's a win-win that will keep you motivated to lose or keep off those last couple of pounds.

## 5. Eat Like a Squirrel



I have never seen a squirrel sit down to a full meal. Instead of gorging themselves, they are constantly foraging. This is a good example for us. Remember, there is plenty of food available and it's not a race. So don't eat like it's your last meal. Eat in several small increments instead of all at once (try to eat 5-6 small meals a day if you can). You'll feel more energetic, keep your blood sugar stable, increase your metabolism, eat less in the long run and still feel fuller without getting bloated

(which would of course totally ruin the look of the new outfit).

Most importantly, Don't give up! If you've just started your weight loss journey, congratulations. You're on the right track and, even if you've got a long way to go, I promise you that you'll get there. For those of you that are struggling or have even quit trying, come on! It's never too late to get back on track and we are here to help. Give us a call and we will figure it out together.

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Sincerely,  
David J. Barnes, DO  
Medical Director, Weight Loss Rx

Contact me:  
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