

Weight Loss- R_x

Happy March!



As I am writing this the snow is coming down hard and the wind is so strong it feels like my house might literally blow down. I know the groundhog promised us an early spring but it's, you know, a groundhog. But one thing is for sure- summer is coming. With some pretty minor

tweaks we can be ready when it does. Try these 3 things to seriously jump start your weight loss.

1. Make A Plan



Reaching a goal is a lot easier when we actually have one. For instance, almost everyone would admit they'd like to be in better shape by this summer. Maybe your personal goal is to drop 10 pounds by July 4th. We have four entire months between now and then. So that's just over half a pound a week. You know you can lose half a pound a week! Just make a plan, and track your progress. Weighing yourself frequently and making adjustments along the way is the number one thing that separates those who succeed from those who don't.

2. Don't Be Boring



They say that variety is the spice of life. And that is true in fitness too. You've all heard me say that turkey breast, apples, blueberries, peppers and nuts (among others of course) are some of nature's most perfect foods. But let's face it. Even perfect foods get boring eventually . And when we get bored we make bad decisions. So if the thought of one more apple makes you want to jump off a bridge, try mixing it up a little. Try lean beef instead of turkey for lunch or pamper yourself with fresh strawberries as a mid morning snack. Just remember that the vast majority of your calories should come from foods on the perimeter of the store, not the aisles. Stick with whole fruits and vegetables and lean protein and it's hard to go wrong.

3. Limit Alcohol



A beer belly is not a good look, ever. Alcohol has a ridiculous number of calories, and because the fat it causes tends to wrap around visceral organs, it goes mostly to your abdomen. For some people, limiting alcohol to no more than a couple of times a month could make all the difference between looking desirable and looking quite the opposite.

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Sincerely,
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Weight Loss-R_x

Feel Great, Look Incredible

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