

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

Summer is Coming!



As I am writing this, the first tornado of the year has set down in our area and the rain is coming down sideways. Great. But there is good news. If there are tornados around that must mean summer is coming! So let's make sure we are ready when it does. With some pretty minor tweaks we can be hit the beach in

good form. Try these three things to seriously jump start your weight loss.

## 1. Make A Plan



Sometimes reaching a goal seems impossibly far away. But reaching any goal is a lot easier when we actually have one. And taking little steps toward it every day really works. 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.

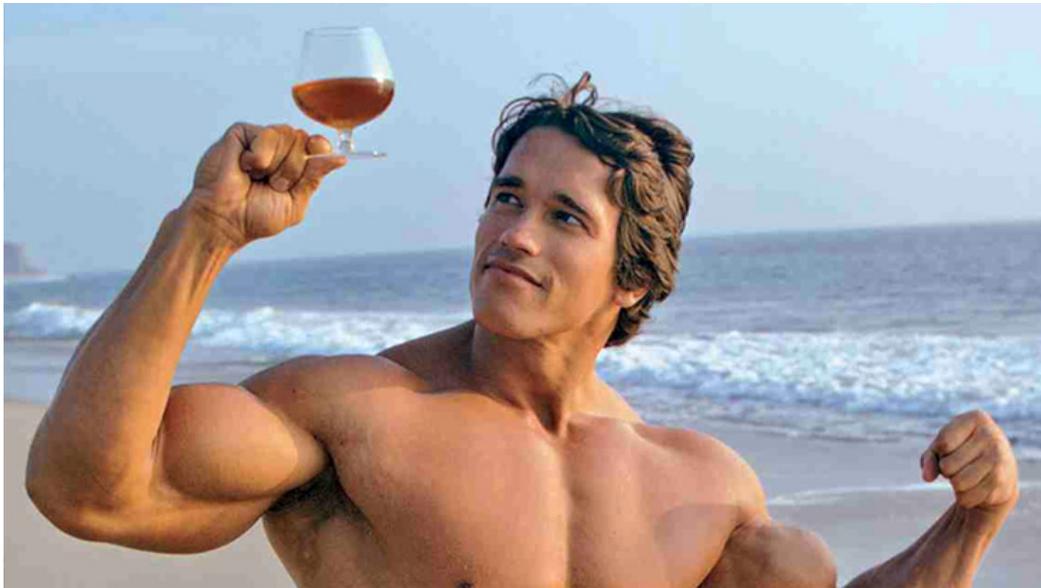
## 2. Don't Be Boring



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 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 get lots of lean protein and it's really pretty hard hard to go wrong.

### 3. Limit Alcohol



This looks funny because alcohol and fitness really just don't go together. 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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