

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

## Happy October!



Fall has always been my favorite time of year. The colors are beautiful, the days are clear, crisp and less humid, all the best fruits and vegetables are in season and football season is back! It's also a nice buffer between summer and the holidays which makes it the perfect time to hit it hard when it comes to your fitness. Most of us have a little more time on our hands than we did over the summer and the holidays are still far enough off that we have plenty of time to get in the best shape we've been in for years. So if you're ready to really ramp up your results, read on. You may be surprised how much difference a few little changes can be.

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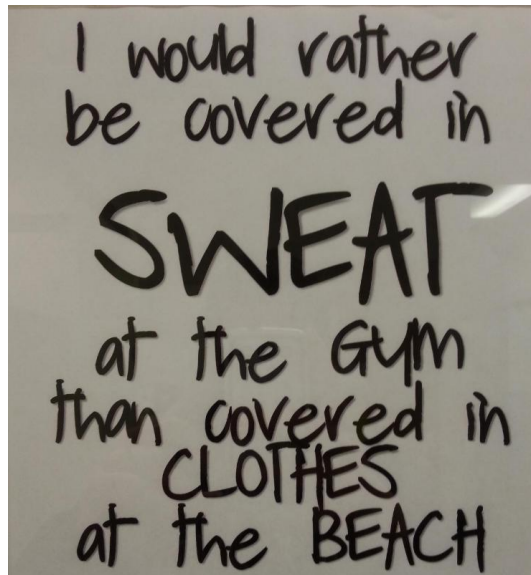
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## 1. Commit to Tracking Your Progress



Our most successful patients are those that weigh themselves often and actively track their calories. I know that getting on the scale can be scary and tracking calories can be a pain, but if you aren't doing this, you're missing out. Tracking your progress is the only way to know if what you're doing is working or if you need to make some adjustments. While this does take some time, there are plenty of ways to make it a little easier. The combination of a fitness tracker (such as a FitBit) along with a smart phone app (such as Fat Secret) will track lots of important variables, including calories consumed and burned. If you prefer to track your calorie intake on paper or your laptop, there are lots of nutritional databases out there. None of them has everything I think a really good one should have, but [CalorieKing.com](http://CalorieKing.com) is one of the more user friendly ones I've found.

## 2. Make a Motivation Board



The above is a snapshot of a picture that I actually have in my own house. It's hanging in my living room, opposite the couch. So it's staring me in the face every time I plop down in front of the TV. It's a not so subtle reminder that hard work pays off and is the only way to achieve your goals. If you prefer a less blunt approach, try something like the one below. Motivational reminders work for me and might for you too.





### 3. Join a Gym



I know that for many people, "gym" can be a four letter word, but it doesn't have to be difficult, expensive or intimidating. There are gyms that are specifically designed for beginners where they almost don't allow people who look like the woman in the photo above. Or you can very effectively exercise in the privacy of your own home with almost no investment. If you are interested in developing a home exercise program but not sure how to start, ask me. I would be happy to help you.

### 4. Grab a Friend



Everything is more fun with friends. And fitness is no exception. Challenge a friend to a weight loss bet, start a walking group at your church, or bribe your husband or wife to go to the gym with you. Can't talk your family or friends into joining you? Check out [MeetUp.com](http://MeetUp.com), a website that puts you in touch with hundreds of groups for any interest you can think of. So whether you're into rock climbing or needlepoint, [MeetUp.com](http://MeetUp.com) will find you a local group that's perfect for you. And a lot of them are fitness related. So make some new friends and get in shape at the same time.

## 5. Hydrate!!!





Even though it's not as hot now, staying hydrated is extremely important, both for weight loss and for general fitness. Drinking enough water prevents the subtle thirst that can often be confused for hunger. Furthermore, muscles work way better when they are not dried out.

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*your next visit is only my price. Refer two people and your next visit is free. Four referrals and the next 2 visits are free, etc. We have several ways to make this really easy for you. Ask if you're interested.*

Sincerely,  
David J. Barnes, DO  
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