

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

## Happy September!

This is a bittersweet time of year for a lot of us. Summer is coming to an end, the days are getting shorter and cooler (I actually had to put on a fall jacket a couple of weeks ago), we have to pack away our swim wear and as our tans fade, so do the memories of that great summer vacation. On the other hand...

THE KIDS ARE FINALLY BACK IN SCHOOL!! So it's time to start focusing on yourself again. Here are some really great ways to kick start or continue your fitness going into the fall season.

### 1. Set Goals



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Setting goals is one of the most effective things you can do for success. And your goals don't have to be big ones. Map out a plan to lose 5 pounds this month, drop one size by the holidays, or be able to run around the block by Halloween. Choose goals that stretch you some, but that are attainable too.

## 2. Clean Out The Pantry



A new school year is the perfect time for a fresh start on nutrition for both you and your kids. So throw out the twinkies and stock up on healthy food. Farmer's markets are a really fun way to get delicious and nutritious foods while helping out your local community. And studies show that if you include your kids in the planning, shopping and cooking of healthy foods, they're a lot more likely to cheerfully eat them.

### 3. Throw Out Clothes That Are Too Big



As you get out your fall clothes, you will notice that many of them are too big now. Congratulations! Time for some shopping. Gear up with new clothes that fit you and make you want to show off a little.

### 4. Take A Cue From The Kids



Fall is the perfect time to learn something new. Grab a friend and learn to salsa dance. Take an art class, learn archery, or class

learn to samba dance. Take an art class, learn archery, or glass blowing. Explore yoga. Try one new recipe each week. Learning new skills is not only fun. It's a great way to snap your mind into being more creative, which will help you think up new and interesting ways to be even healthier.

## 5. Reward yourself



You've worked hard and it shows. It's ok to reward yourself. So take a weekend trip, book a massage, buy that piece of furniture you have been wanting or get a makeover. And if you are ready for the truly ultimate reward, talk to us about Botox and dermal fillers like Juvederm and Restylane. We do it right in our office and can probably get you in for an appointment this week.

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

You can contact us any time at:  
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