

LET'S CELEBRATE HEALTHY WEIGHT AWARENESS MONTH



January is many things... a fresh start, new beginnings, resolutions, perhaps a change of lifestyle? It can feel like a never-ending month. That means this is the best month to get focused on your weight loss goals for this year and to get off the couch and into the gym. The thing about weight loss is that it can be difficult and there are many ways to go about it that aren't always successful. How do you lose weight when there are so many conflicting opinions? Don't worry, there are some tried and true techniques that will help you reach your weight loss goals so that you can look and feel better.

Avoid Junk, Eat Healthy

This is common sense right? Everybody knows that if you want to lose weight, you have to change your diet. The thing that most people argue about is what foods to eat and how often. How about we make it easy for you? You want to avoid fried foods altogether. Fast food burgers and fries are delicious but loaded in sugars and salts. Same thing with sodas and sugary drinks. It's also good to avoid frozen or canned foods that are full of salt. If you enjoy bread, it's time to eat less of it or switch to whole wheat. Breads are great but they are full of carbohydrates which is also a form of sugar.



chicken. These are typically better for your heart because usually they contain less calories than pork or beef. You could also eat more fish like salmon or tuna, which have omega 3 acids that improve circulation and heart health. The key is to get healthier ingredients for your meals.

In January, Be Aware of Your Eating Habits

Some people, even though they eat healthy have a tough time losing weight because they have strange eating habits. People who skip breakfast and eat their first meal of the day in the afternoon usually eat a large meal because they have waited so long. Because they ate so late, they won't eat again until even later and even if it is a normal sized meal it can hinder good sleep, so some tend to wake up and eat again during the night. Naturally, every time you wake up, you will not lose any weight on the scale. The reason is the body does not have enough time to burn off the calories you consume. If you eat right before sleeping, your body tends to absorb the calories consumed because your body is not active. If you eat your meals at regular times during the day, then your body has time to burn everything off.

Some have lost as much as 25 pounds in a month by changing when they eat. A good practice is to have a small meal when you wake up to give you energy, then for lunch and dinner medium sized meals. The trick is to try to have dinner around four or five pm. Going to the gym around six or seven pm to burn off the calories and then not eating until the next morning's breakfast. Changing your food schedule can help you see some real results.



Basically try to avoid foods that are high in salt and sugar. Eating out can be great but usually the foods are high in calories as well. A key to weight loss is burning more calories than you consume, so you're better off sticking to home cooked meals.

So, what do you eat instead? If you're craving something sweet, go for berries that contain plenty of nutrients and also give you some natural sugars that are healthier than the processed kind found in most foods. Figs and dates can also be sweet enough. Get more veggies into your diet of course but also go for leaner meats like turkey or



During Weight Awareness Month Try Lifting Before You Run

This isn't anything new that hasn't been said before but the reason it is worth repeating it, is because these are the things that have produced results. With that being said, another technique that might help you lose weight is to focus on anaerobic workouts versus aerobic workouts. Anaerobic workouts are things like jumping, sprinting, or lifting weights. These are supposed to be high effort but in small doses. Compared to aerobic workouts like running, or swimming where it is more about the distance and time. Higher intensity exercises will improve your metabolism compared to lower intensity workouts.

Some of the biggest success stories about losing weight come from going to a gym and lifting weights. It is always a good idea to alternate your workouts. Such as, running for 15 minutes, biking for 15 minutes, and the elliptical for 15 minutes. You can burn a lot of calories, but be careful not to gain them back again. If you change it up and add lifting weights before running, you might notice a greater weight loss. It is important to boost metabolism which can be done by doing anaerobic workouts versus the aerobic workouts only. Results can be often different between both types of exercise. So if you are looking to lose weight, you might want to focus more on lifting weights than on

running for long periods of times. You can combine that routine with the [Performance Hydration IV drip](#) and can help your body recover faster.

How to Lose Weight the Healthy Way

If you're looking to lose weight this month, one major thing you need is consistency. If you go hard one week and take off the next, your results will be inconsistent. If you want consistent weight loss you need to plan your diet and workouts each week and make sure you squeeze in enough time to take care of it, otherwise you'll be disappointed. Make sure to work out at least 3-4 times a week for at least 45 minutes. It helps to work out the same time each day, so it becomes a habit.

Other things to keep in mind for weight loss are sleep patterns. Make sure to get at least 8 hours a night and make sure you go to sleep and wake up around the same times every day. This will give your body the energy it needs to get you through your day and also help your metabolism keep the weight off. Sleep is incredibly important to your health and if we neglect it, it can affect your weight gain as well.

If you want to lose weight this month, all you have to do is use some common sense. Eat healthier, exercise smarter, be consistent, and get some sleep. It's that easy and you'll love the results.

