

# How to Lose Weight the Healthy Way!

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NEWSLETTER

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*With the summer months approaching, swimming suite season is just around the corner! This year instead of relying on a crash diet, do it right...make this years weight loss a lifestyle change, not a quick fix.*

Crash diets are temporary and also very unhealthy. Depriving yourself of nutrients puts your body into survival mode, which decreases your metabolism and stores your next meal as fat! Focus on naturally increasing your body's metabolism. How is this done? Here are a couple key steps to lose weight the healthy way:

- 1) **Eat.** Before you start your crazy day, eat breakfast! After a night of fasting, raise you metabolism first thing in the morning by eating. Eat often. Aim for six smaller meals a day to keep your metabolism burning high throughout the day. Stop eating at least two hours before bed. Keep in mind that every meal should be balanced with carbs, protein, and good fats.
- 2) **Workout.** Make your workouts effective and efficient...not longer. Cardio workouts are great and necessary for a healthy heart and lymphatic system; however don't underestimate the weight loss power of strength training. Cardio workouts burn the extra calories during the exercise and keep your metabolism raised for 1-3 hours post workout. Lifting weights increases your metabolism during the exercise and then increases your metabolism overall for as long as you keep the muscle on! Muscle burns more calories even at rest. Don't eliminate your cardio, but add weight training to your routine 2-3 days/week. If you are new to weight training, schedule a session or two with a personal trainer or join a weight lifting class.
- 3) **Sleep.** Getting plenty of sleep allows your body to repair tissues and to decrease stress hormones. When the body does not get enough sleep stress hormones are raised, which tells your body that it is in survival mode. Survival mode tells your body to store food as fat and to slow metabolism...so make it a priority to sleep!
- 4) **Drink Water.** The human body needs ample water to cleanse properly and to keep each individual cell healthy. When the body is dehydrated it retains water for survival. So put down the pop and pick up some fresh spring water! YUM.
- 5) **Cut out the crap.** If you are still consuming sugar-free drinks and foods, eating fat-free, and on some sort of medication...you are damaging your body and probably your life expectancy. When the human body has to take the time and energy to break down and detoxify itself from man-made synthetic crap, it takes energy away from restoring cells and building muscle...end result is a decreased metabolism and immune system to say the least.

Start these key steps to healthy weight loss today and you should be looking and feeling great by summer! Ask us at Body Harmony Chiropractic for a weight-loss program tailored just for you!

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