

Safe, Easy and Permanent Weight Loss Tips

This is part 4 of a series of tips to help you lose weight safely and KEEP IT OFF PERMANENTLY! Where we are so far: Part 1 was to fix your gut by taking a high-quality probiotic.

Part 2 was to drastically reduce sugar and carbohydrate consumption to reduce insulin resistance, eat 'one ingredient foods' such as organic meats, vegetables and fruits, and concentrate on eating foods higher in fiber.

Part 3 involved eliminating "bad" fats and emphasizing "good" fats as part of a healthy, sensible diet

Other Keys to Safe and Simple Weight Loss: Calories count! You need to expend more calories than you take in to lose weight. Now that you are (hopefully) eating a sensible, healthy diet you should have reduced your calorie intake somewhat, which is a good start. You might already have lost some weight and are starting to feel better overall.

Now it is time to increase your calorie expenditure, to add health benefits and accelerate your weight loss. We do that with a "smart" exercise program. Exercise has benefits we are all aware of: it helps with weight control; Exercise boosts HDL and lowers triglycerides; improves your mood; boosts your energy; improves your sleep; improves your sex life; and it can be fun.

So what's the problem and why aren't you exercising now?

- It takes too much time
- I'm too tired
- The kids
- It's boring
- I don't want to get 'sweaty'

- I tried before but it didn't work

So what's the solution to all these excuses?

- Time – Use resistance bands and exercise while watching TV, or walk/run in place. You don't need to exercise for hours at a time or use some fancy equipment. Simple is better.
- Tired – Exercise when feeling good, perhaps earlier in the day when you have more energy – some exercise is better than none. Your energy should improve once you are on a program.
- Kids – Involve them too. Exercise isn't just for adults.
- Boring – Find an exercise you love. Watch TV or listen to music while exercising. Variety is the key here. Dance!
- Sweaty – Exercise indoors or in the pool. Do yoga. Do low-intensity exercises
- Tried before – Don't expect miracles, aim for small changes and goals
- There is a program for everyone

What are the best exercises?

Any exercise is usually better than none, even when done in short intervals during your day. Some exercises are more efficient for weight loss, but shoot for some general exercises, too. A variety of exercises, done regularly, can help maintain interest. Results are also a great motivator; you will be more interested as you see those results begin to show up.

You do not require hours in the gym, most quality exercise can be done at home. The best exercise for weight loss is strength training and high intensity interval training (HIIT), as they have the longest "after burn" – when you are still burning fat after the exercise is done. The goal is to build smooth muscle and strengthen bones and joints. You are not doing the 'bodybuilder' type of exercise to build

bulk (which is very difficult to do anyways), but muscle burns more calories per pound than fat.

You can use a variety of exercises using free weights, resistance bands, bodyweight exercises (squats, pushups, chin-ups, etc.) that can be found for free on the Internet or in the library. High-Intensity Interval Training (HIIT) requires little time, and provides great results. This use of 'fast-twitch' muscles accelerates fat burning, especially stubborn belly fat. There are several forms of these exercises which can be done in as little as 15 minutes per week (5 minutes, 3 times per week).

Check with your physician before starting any diet or exercise program. Go slow, don't get discouraged, this is a marathon, not a sprint. Progress will be slow at first as your body adjusts to a new lifestyle. Keep at it! If there is no progress after a while, re-evaluate what you are doing and adjust what you are doing.

What next? View the video at: www.incoralspringsfl.com/loseweight Continue the series with the next presentation. Thanks for reading.