

# FREE REPORT:

FITNESS TOGETHER REVEALS

## *The Top 10 Eating Strategies for Permanent Weight Loss*



If you've ever worn (or chuckled at) one of those "I run so I can eat" T-shirts, this info is for you! How you eat goes hand in hand with your workout plans and is proven to bring people's weight loss goals into their grasp more quickly and easily. Try these top 10 strategies from personal training experts to help get results just like **Paula W., who lost 115 pounds and went from a size 22 to a size 6** (see her pictures below)!

### 1. Eat healthy to stay healthy.

Studies show that people who eat an unhealthy diet (loaded with fast-food meals, sugary drinks, high-fat snacks, lots of desserts/sweets, and low in fruits and vegetables) have significantly higher rates of chronic disease such as high blood pressure and heart disease.



The most successful weight loss programs provide clear and uncomplicated nutritional guidance via tools such as "this is a healthier choice than that" food graphics.

before

after



### 2. Lose weight at a safe rate.

**Weight lost too quickly often returns** — sometimes with additional pounds. The safest diets promote weight loss of no more than two pounds (or 1% of total body weight) a week.

### 3. Learn how to control emotional eating.

**Experts estimate that 75% of overeating is caused by emotions.** Successful weight losers have learned to apply behavior modification tools to help them deal with their emotional eating triggers and learn helpful techniques to help manage these emotions.



### 4. Control calories and portions.

Research has proven time and again that to lose weight you must consume fewer calories than your body expends, regardless of the carbs/fat/protein ratio. Fitness Together's nutrition program (Nutrition Together) uses a special "food-weight" system to help make these calories-in, calories-out

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calculations quick and easy to do on the fly — so [you CAN still eat the foods you love and lose weight.](#)

### 5. Keep a journal.

Studies show that people are most successful at maintaining healthy eating habits when they watch and record the type and quantity of food consumed. Take it a step further with an *Accountability Journal* to help you track both eating and exercise choices.

### 6. Weigh yourself often.

Frequent weighing is proven to help clients achieve and sustain weight loss. Not weighing in is actually associated with greater weight regain. We encourage private, weekly weigh-ins, as well as periodic body fat and waist circumference measurements.

### 7. Get support and rewards for your successes.

Weekly contact with a support person — and small rewards along the way — are proven to increase the likelihood of maintaining new healthy habits. Ask for details about how we encourage clients with contests, prizes, online support and nonfood rewards for accomplishments!



### 8. Eat small, frequent meals.

The more meals and snacks you eat a day, the healthier your weight is likely to be. Eating breakfast and eating frequently increases total calorie burn. Aim to eat a healthy breakfast every morning followed by four or five small meals throughout the day.

### 9. Choose the macronutrient content of your meals wisely.

The type of food you select can help you boost your metabolism and feel fuller and more satisfied longer. For example, protein reduces appetite and costs your body the most calories to metabolize. Fiber is filling and helps keep hunger at bay, helping you make wiser choices at major meals.

### 10. Include strength training, not just cardio.



The most successful programs for promoting health and long-term weight control involve combinations of exercise and diet. Balancing cardio exercise with strength training is the best prescription for promoting health, fitness and weight control.

Fitness Together and Nutrition Together offer the ideal combination, (healthy eating advice and exercise) with private, personalized one-on-one workouts and nutrition guidance.

If you're tired of the same old diets and gimmicks, it's time to call the experts at Fitness Together. Find a studio near you today at [www.FitnessTogether.com](http://www.FitnessTogether.com).

