

Forget The Fad Diets

Lose Weight the Sensible Way

The newest crop of 2011 fad diets soon to permeate the nation's radar include programs that promise quick and easy weight loss yet in reality range from the ridiculous (white flour is toxic) to the absurd (worthless supplements, laxatives, the absence of carbs and fat) to the truly dangerous (detox colon cleansers). Don't be swayed!

Get off the diet merry-go-round and heed this simple advice for better health and well-being: The best way to lose weight in a steady, healthy, and permanent way—with no **scams**, no **pills**, and no **fad diets**—is to eat healthy, eat light, and eat often (enjoying the foods you love in a calorie- and portion-controlled diet), and complement this eating style with daily cardio exercise and thrice weekly strength training workouts.



Eat Healthy

You've heard it before: Brown rice is healthier than white because of the fiber and it's a whole grain; canned soup has too much sodium, which is bad for the vascular system; and choosing grilled salmon is a better choice for your heart than steak. Yet ultimately, the choice is up to you, for you and you alone have the responsibility for the food and exercise choices you make—choices that have a strong connection to preventing and treating chronic diseases such as obesity, type 2 diabetes, and heart disease.

There's a very good reason the government updated its dietary guidelines, which are based on the latest nutrition knowledge and are measured against current practices (that would receive a dismal "F" grade): Eat less saturated fat, less sodium, less added sugar, less refined grains; eat more vegetables, more fish, and more whole grains. In short, eat healthy to stay healthy.

Eat Light

Any diet and/or exercise plan that results in measurable weight loss on the scale has accomplished this feat based on one irrefutable scientific principal—the plan has enabled you to consume fewer calories than your body uses over time. However, the weight loss on the scale fails to tell the whole picture. How much of that weight loss was water and muscle and how much was fat? Most carb-restrictive fad diets result in huge water losses the first week, which can be very exciting, but unfortunately the weight comes right back when you return to old eating habits.



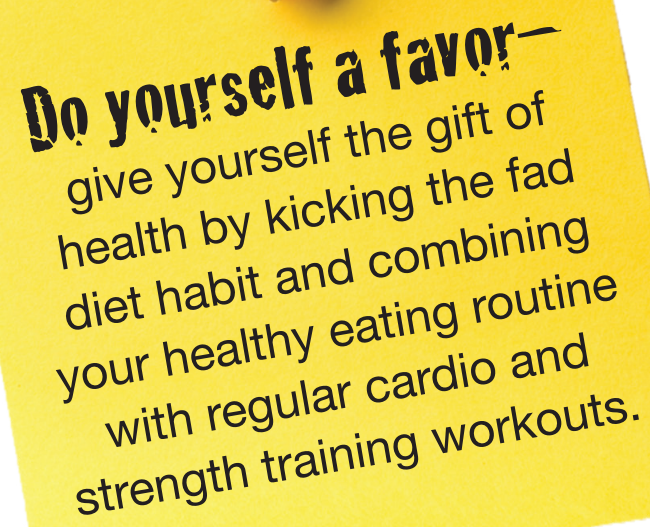
Ideally, for better health and weight loss maintenance, we want to target loss of body fat while minimizing lean tissue loss. The best way to accomplish maximum fat loss and preservation of muscle mass is to eat a healthy, nutrient-dense diet, moderately restricted in calories but filled with light and filling foods such as greens, vegetables, fruits, and lean proteins. Couple this strategy with your exercise routine and you have the key to losing that fat and gaining lean muscle—shaping your body for the long haul.

Eat Often—the metabolism-boosting blood sugar regulator



Ever try to lose weight by not eating all day, then nighttime approaches and your best laid plans backfire and you eat everything that's not nailed down? Eating small frequent meals (and yes that does mean eating breakfast!) has been proven scientifically to be the best strategy for promoting loss of body fat and for losing weight healthfully. This is because eating food actually gives your

metabolism a mini-boost, so fueling the fire throughout the day will benefit your calorie-burning furnace. Furthermore, eating small frequent meals will keep your blood sugar on an even keel, avoiding those severe highs and lows that may tempt you to throw your healthy eating plans out the window when the doughnut cart swings by. You're much more likely to eat healthy and light and to avoid those late afternoon slumps when you keep the blood sugar steady.



Do yourself a favor—
give yourself the gift of health by kicking the fad diet habit and combining your healthy eating routine with regular cardio and strength training workouts.

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.



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