

PRESS ARTICLE

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10 Healthy Habits for Life-Long Weight Loss

If losing weight and keeping it off is simply a matter of cutting back what you eat and increasing your amount of exercise, then why do millions of Americans battle with their weight? Many ultimately regain the weight they worked so hard to lose. The reason: Weight loss is a matter of lifestyle and, if you don't adopt the healthy habits necessary to sustain your weight loss, you could backslide into overweight and obesity.

Here are some helpful tips from one of Arizona's leading weight loss doctors; Dr. SUZANNE BENTZ, aimed at helping you create a healthy lifestyle that will improve your chances for successful weight loss. They might seem like common sense, but many people committed to losing weight neglect these healthy habits and end up struggling to succeed.

1. Watch Your Portions

Portion control is a key factor to Americans pursuing weight loss. "The best way to control the calories is to go with portion control," says Dr. Bentz. Piling food onto your plate can make you feel pressured to eat it all. Start with small portions, and go back for (a little) more if you're still hungry. Keep in mind that your stomach will grumble early on, until it has shrunk to adapt to the smaller meals you're now eating.

2. Drink More Water

One of the best weight loss secrets is to ditch the sodas and stick to water! Experts say you should drink approximately eight to ten glasses of water a day to stay hydrated and healthy. Instead of turning to calorie-laden or sugar-rich drinks, grab a refreshing glass of water. In addition to flushing toxins out of your system, drinking water encourages you to build muscle and curb sugar cravings.

3. Eat Your Vegetables First

Vegetables contain plenty of fiber and bulk, but few calories. By eating them first, you might eat less of any fatty or high-calorie items on your plate.

4. Don't Skip Meals

Skipping meals sounds like a good idea for losing weight, but it actually undermines your weight-loss plan. Your body thinks it is being starved and starts storing fat in an attempt to store energy away for later. On top of that, you're likely to be even hungrier for your next meal and eat far more than you would have otherwise. The best course for lifelong weight loss is to eat three small meals, with two or three small snacks in between.

5. Incorporate In A Light Workout

One great way to maximize the amount of fat you are burning is to add a resistance program to your work out routine. Weight training will not only tone your physique, but will strengthen your body and improve your general health. Lifting weights will also burn calories and fat more quickly than traditional exercising, and it will also boost your metabolism.

6. Choose Protein

Choose protein-laden foods for boosting your metabolism and enabling your body to burn fat rapidly. In addition to burning fat, consuming a protein-enriched diet will help you maintain lean muscle mass. Wisely choose proteins for your diet. Take great care to pick proteins low in fat so you do not consume extra calories.

7. Switch to Healthy Snacks

Swap out the high-calorie or high-fat snacks in your diet for healthier alternatives. Fruits, low-fat string cheese, low-fat cottage cheese, and fresh vegetables are some good options. Create snacks that combine carbohydrates and proteins, like a slice of string cheese with apple slices, as they will make you feel full longer.

8. Mix It Up

Choosing to engage in a variety of quality exercises will keep your interest and best allow you to maintain your goal weight. Instead of doing the same exercises each day—mix it up! Opt to swim laps one day, jog another, and bike the next. Rotating your activities will not only allow you to experience a variety of athletics, it will also allow you to better tone your body and keep you interested for a lifetime.

9. Get Professional Advice

When you've seen little or no results with your weight loss despite living a healthy lifestyle, then it may be time to consult a professional. A weight loss doctor can be one of the greatest assets in your arsenal of weight loss weapons. A doctor (who specializes in weight loss) should be able to discover why you are not losing weight. There are a number of different reasons that could explain the problem; such as hormonal or medication related issues. Whatever the problem may be, a weight loss doctor will be the help need you to shed the unhealthy pounds. There are several weight loss options to choose from, so do your research and find doctor that best fits your personal weight loss needs.

10. Try a Low GI Diet

A low GI diet is an excellent method of losing weight quickly and keeping it off for a lifetime. This type of diet is easy to follow and encourages individuals to obtain their goal weight without starvation. You consume foods with low rankings on the Glycemic Index. These foods are nutritious and will aid your body in burning fats and calories at a quicker pace. This diet includes many of your favorite fruits, vegetable, meats, dairy, and grain products.

Always remember the time tested saying, "Never put off tomorrow what you can do today." Today is in fact the best day to start living healthy. Even if you have a lot of weight to lose, now is the best time to ask for help from a weight loss professional. All your effort will be well worth it and in the end you'll be proud of the physique you've worked so hard to achieve. The key is to just get started, and stick to your goals. Remember, the sooner you start, the sooner you will start living healthy!

For more information about the different options available for medical supervised weight loss, or to view the many options of individualized weight loss programs offered, visit www.redmountainweightloss.com.

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