

SHEDDING POUNDS

A GUIDE TO SUCCESS

A TAMPA REJUVENATION EBOOK

 TAMPA
REJUVENATION



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FROM THE AUTHOR



We've all been there at one point in our lives: feeling a strong desire to begin our journey to get healthy, but then feeling a bit lost when trying to figure out where to start.

Often times we think back to bits of advice we've heard in the past – eat right, exercise often, and eliminate junk food.

Then we begin to struggle with those nagging questions: Does this mean we're stuck eating only the bland stuff we don't like? Do we have the stamina to stick with a regular exercise routine?

As it turns out, the place to begin this process is simple: with making the commitment to yourself that you are ready to lose weight and feel healthier.

Then educate yourself about what works – and what doesn't.

Start slow with exercise - find the types of exercise that you enjoy whether it be lifting weights, kayaking, or even jogging with your canine – the best kind of exercise for you is the one you feel you'll be able to be most consistent with. Begin by exercising 2-3 times a week for 30-45 minutes, increasing as you go to a frequency and length that fits your schedule with 4-5 days a week for 1-1.5 hours being the ideal situation.

Don't rush into the latest fad diets – they aren't successful in the long run, even with short term success they are not manageable diets to continue on and can slow your metabolism making things even more difficult the next go around.

Instead, take a moment to check with the professionals at Tampa Rejuvenation, and find out what we've learned from our years of experience in helping others achieve their goals!

This eBook is your guide to start living a healthy lifestyle in a way that works for you, not your neighbor, co-worker, or anyone else. This book was designed for people who haven't tried a weight loss program before, but who want to ensure they do it the right way.

We hope you enjoy this book and the advice we offer, here at Tampa Rejuvenation we create a customized plan of success to help you meet your goals and regain your sense of health and wellbeing.

Dr. Johanna deVryer, MD
Medical Director

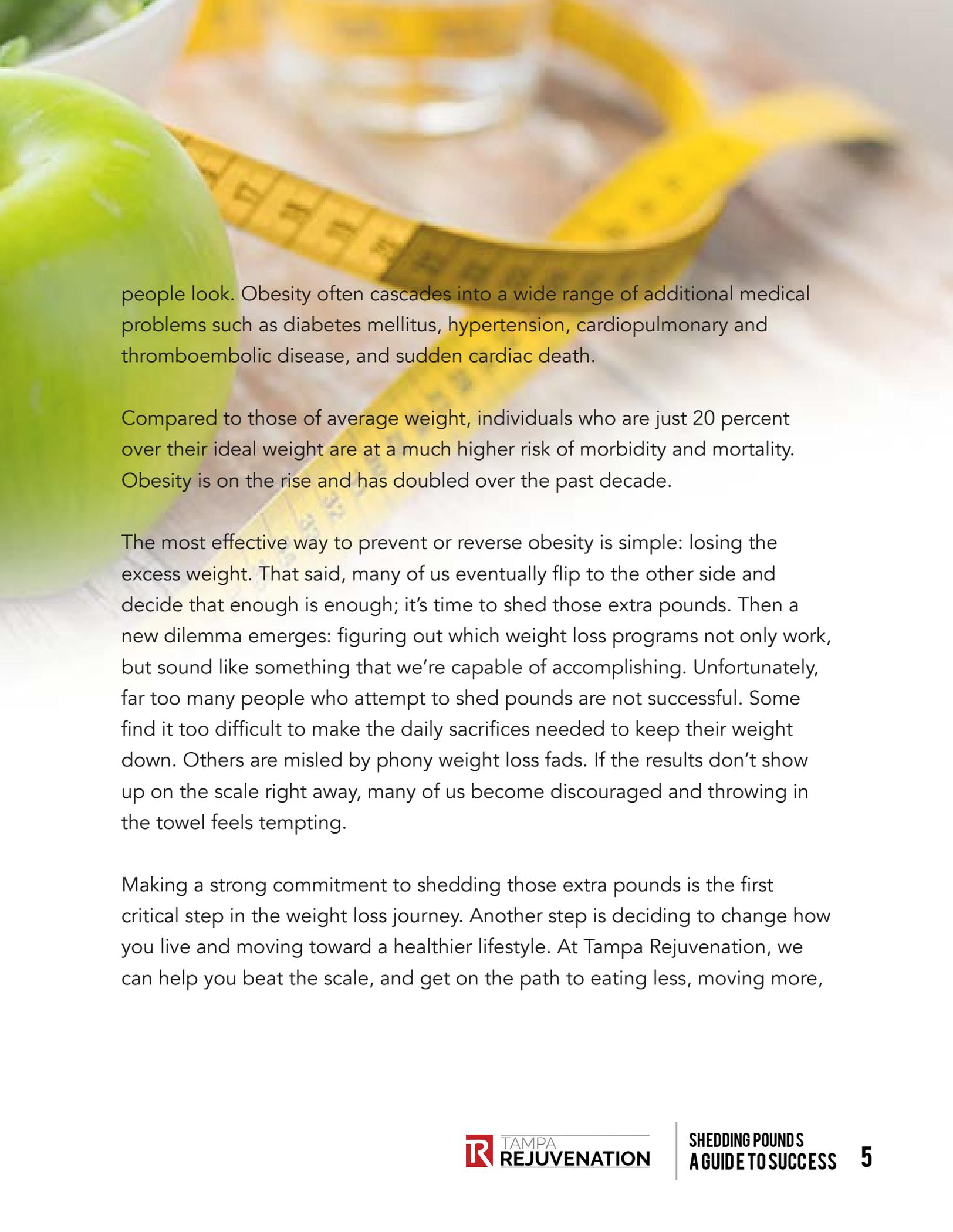


INTRODUCTION

We all know it's important to eat right. It's also well known that working out on a regular basis keeps us in shape, feeling energetic and upbeat. However, people grapple with the resistance to do both.

It's easy to say we lead busy lives, so who has the time to exercise when we're on the run all day? Or go searching for healthy foods when it takes a couple of minutes to zip in and out of a fast food drive-thru? At the end of a hectic work day, it can be difficult resisting the urge to eat all the fun stuff, or lounge on the couch rather than take an invigorating walk.

This is not a challenge limited to a small number of people. Across the country, obesity has become a national epidemic, and the problem isn't just about how

A photograph of a green apple, a glass of water, and a yellow measuring tape on a wooden surface. The apple is in the foreground on the left, the glass is in the middle ground, and the measuring tape is draped across the scene. The background is slightly blurred.

people look. Obesity often cascades into a wide range of additional medical problems such as diabetes mellitus, hypertension, cardiopulmonary and thromboembolic disease, and sudden cardiac death.

Compared to those of average weight, individuals who are just 20 percent over their ideal weight are at a much higher risk of morbidity and mortality. Obesity is on the rise and has doubled over the past decade.

The most effective way to prevent or reverse obesity is simple: losing the excess weight. That said, many of us eventually flip to the other side and decide that enough is enough; it's time to shed those extra pounds. Then a new dilemma emerges: figuring out which weight loss programs not only work, but sound like something that we're capable of accomplishing. Unfortunately, far too many people who attempt to shed pounds are not successful. Some find it too difficult to make the daily sacrifices needed to keep their weight down. Others are misled by phony weight loss fads. If the results don't show up on the scale right away, many of us become discouraged and throwing in the towel feels tempting.

Making a strong commitment to shedding those extra pounds is the first critical step in the weight loss journey. Another step is deciding to change how you live and moving toward a healthier lifestyle. At Tampa Rejuvenation, we can help you beat the scale, and get on the path to eating less, moving more,



and living healthier. We'll even help you figure out how to have a fun time doing it. We understand that starting a weight loss program often seems overwhelming, and some people don't know where to begin. Others have tried diet plans before and when they didn't work, gave it up.

The key to making your next weight loss plan a success is understanding what works -- and what doesn't. It's also about creating a customized wellness plan tailored to the specific needs of your body.

Losing weight may seem difficult, but it doesn't have to be. Our team helps you understand what physical activities and nutritional intake work best for your body, to not only lose weight, but also reduce your stress levels, improve your sleep, and leave you feeling better, looking better and living better.

The bottom line: all it takes is a desire on your part to be your very best.



CHAPTER 1

WHAT WEIGHT LOSS MEANS TO YOU

Everybody comes to weight loss for distinct reasons. Some people want to stay in shape and look good. Others are facing health risks and need to shed weight to stay healthy.

However, many share the frustration of working out and eating well yet not seeing a fast change on the scale. What's going on?

It comes back to one common truth: everyone responds differently to what they eat and how often they exercise. For some people, the lack of quick weight loss could be the result of changes going on in their body that don't get reflected on



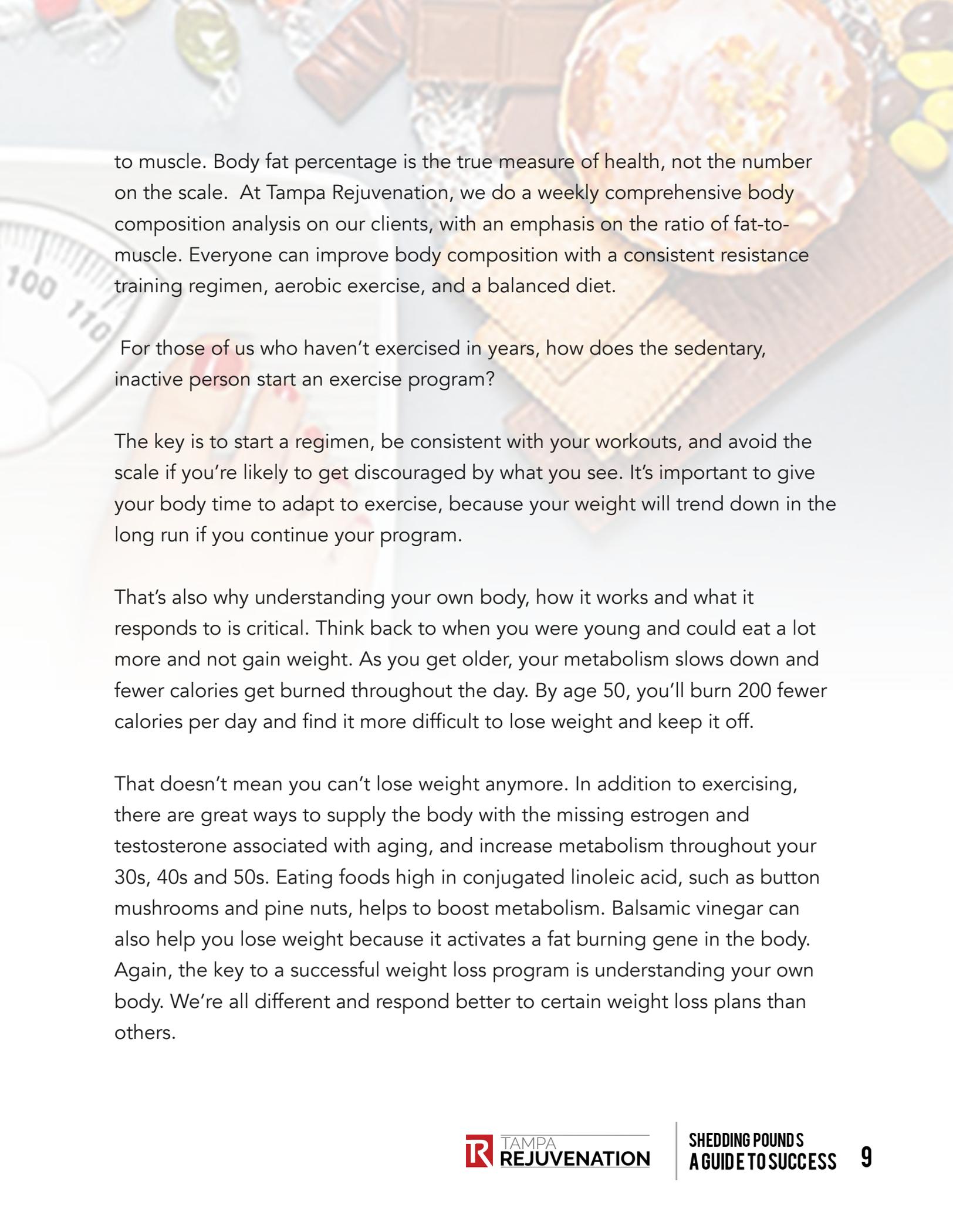
the scale.

For example, muscle weighs more than fat by volume. Since muscle is a much denser tissue, it takes up less room. The person who gains muscle mass and loses body fat simultaneously would not lose weight, but would look smaller.

If you're on a weight lifting plan, you could be transforming your body and dropping waist sizes, but not seeing a change on the scale.

What does this have to do with weight loss, when most people assume that it's all about drinking fewer sodas, eating less French Fries, and taking more walks? For anyone who has ever started a weight loss plan and then given up on it, it's like trying to find the core to the elusively peeled onion.

The key here is tracking your body composition, including the body's ratio of fat



to muscle. Body fat percentage is the true measure of health, not the number on the scale. At Tampa Rejuvenation, we do a weekly comprehensive body composition analysis on our clients, with an emphasis on the ratio of fat-to-muscle. Everyone can improve body composition with a consistent resistance training regimen, aerobic exercise, and a balanced diet.

For those of us who haven't exercised in years, how does the sedentary, inactive person start an exercise program?

The key is to start a regimen, be consistent with your workouts, and avoid the scale if you're likely to get discouraged by what you see. It's important to give your body time to adapt to exercise, because your weight will trend down in the long run if you continue your program.

That's also why understanding your own body, how it works and what it responds to is critical. Think back to when you were young and could eat a lot more and not gain weight. As you get older, your metabolism slows down and fewer calories get burned throughout the day. By age 50, you'll burn 200 fewer calories per day and find it more difficult to lose weight and keep it off.

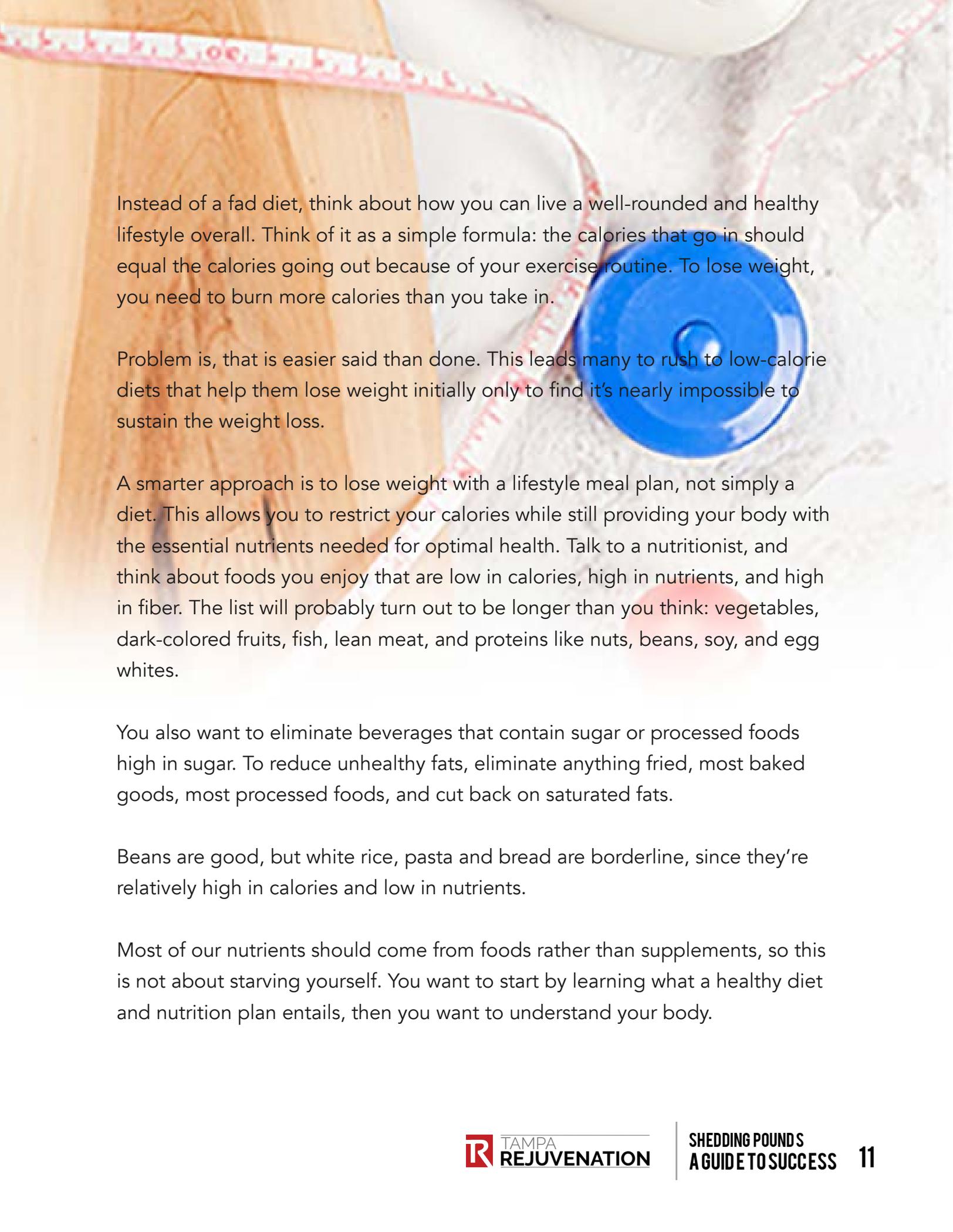
That doesn't mean you can't lose weight anymore. In addition to exercising, there are great ways to supply the body with the missing estrogen and testosterone associated with aging, and increase metabolism throughout your 30s, 40s and 50s. Eating foods high in conjugated linoleic acid, such as button mushrooms and pine nuts, helps to boost metabolism. Balsamic vinegar can also help you lose weight because it activates a fat burning gene in the body. Again, the key to a successful weight loss program is understanding your own body. We're all different and respond better to certain weight loss plans than others.



CHAPTER 2 **GETTING STARTED**

Many people jump into “weight loss” without understanding what’s likely to work best for them. Exercise more? Eat salads for lunch? Switch diet sodas for the regular ones?

A good first step is knowing what not to do: rush into one of those “sounds too good to be true” fad diets that promises big results with little effort. Not only don’t they work, but plenty of them can backfire. Very restrictive diets can eliminate vital nutrients that leave deficiencies in the body that contribute to future health problems, including diabetes and osteoporosis. It’s important to give your body the nutrients it needs each day.



Instead of a fad diet, think about how you can live a well-rounded and healthy lifestyle overall. Think of it as a simple formula: the calories that go in should equal the calories going out because of your exercise routine. To lose weight, you need to burn more calories than you take in.

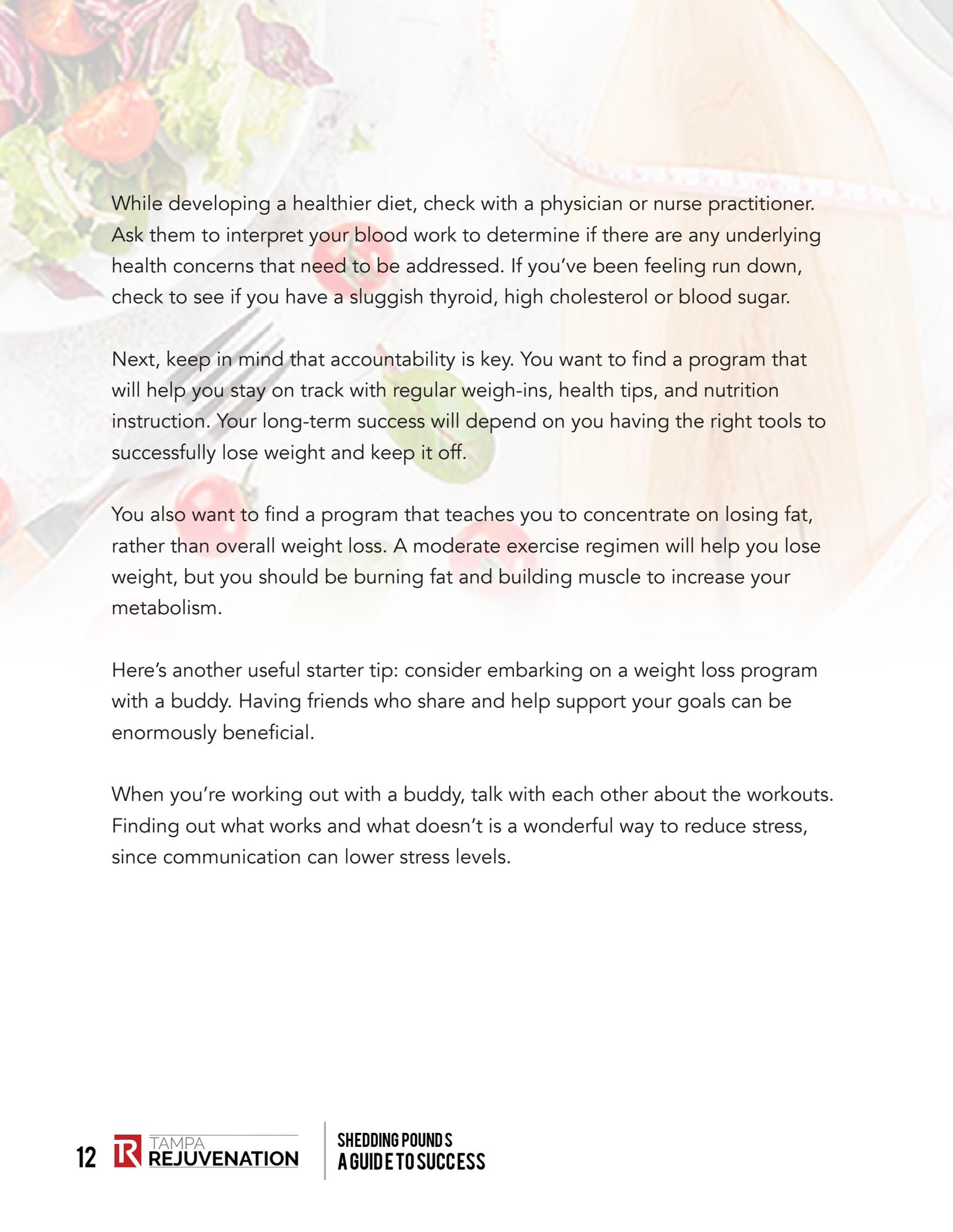
Problem is, that is easier said than done. This leads many to rush to low-calorie diets that help them lose weight initially only to find it's nearly impossible to sustain the weight loss.

A smarter approach is to lose weight with a lifestyle meal plan, not simply a diet. This allows you to restrict your calories while still providing your body with the essential nutrients needed for optimal health. Talk to a nutritionist, and think about foods you enjoy that are low in calories, high in nutrients, and high in fiber. The list will probably turn out to be longer than you think: vegetables, dark-colored fruits, fish, lean meat, and proteins like nuts, beans, soy, and egg whites.

You also want to eliminate beverages that contain sugar or processed foods high in sugar. To reduce unhealthy fats, eliminate anything fried, most baked goods, most processed foods, and cut back on saturated fats.

Beans are good, but white rice, pasta and bread are borderline, since they're relatively high in calories and low in nutrients.

Most of our nutrients should come from foods rather than supplements, so this is not about starving yourself. You want to start by learning what a healthy diet and nutrition plan entails, then you want to understand your body.



While developing a healthier diet, check with a physician or nurse practitioner. Ask them to interpret your blood work to determine if there are any underlying health concerns that need to be addressed. If you've been feeling run down, check to see if you have a sluggish thyroid, high cholesterol or blood sugar.

Next, keep in mind that accountability is key. You want to find a program that will help you stay on track with regular weigh-ins, health tips, and nutrition instruction. Your long-term success will depend on you having the right tools to successfully lose weight and keep it off.

You also want to find a program that teaches you to concentrate on losing fat, rather than overall weight loss. A moderate exercise regimen will help you lose weight, but you should be burning fat and building muscle to increase your metabolism.

Here's another useful starter tip: consider embarking on a weight loss program with a buddy. Having friends who share and help support your goals can be enormously beneficial.

When you're working out with a buddy, talk with each other about the workouts. Finding out what works and what doesn't is a wonderful way to reduce stress, since communication can lower stress levels.



CHAPTER 3

EDUCATION

When it comes to weight loss, the more you learn, the greater your chance of success.

Assuming you've spoken to a nutritionist for a meal plan you're comfortable with and have signed up for a new exercise plan, you might think the learning process is over. However, it's in your best interest to keep learning every day. When it comes to your body's overall health, what you see and feel on the outside is impacted by what's happening inside. Your gut is directly responsible for your immune health and overall well-being, and a highly processed, low-fiber diet can produce deficiencies in your digestive system—a proper diet is the remedy.

There are digestive enzymes produced in the pancreas and small intestine, which are responsible for breaking down our food into readily available nutrients. If we don't have enough digestive enzymes, your body is unable to properly break down food. What this means is even if you're eating well, your



body may not be absorbing vital nutrients. If your body is not provided with enough vital nutrients through your food, you will crave more food to supply it properly.

This encourages the storage of fat, which can increase our appetites, leading to weight gain and more food cravings.

Supplements

One option to consider is supplementation as an addition to your diet. Supplementation with digestive enzymes and probiotics will allow your body to break down foods for proper utilization, and allow your body to lose the weight. Supplementation can also help by naturally controlling your appetite, relieving indigestion, combating acid reflux and heartburn, and reducing fatigue, insomnia, and joint pain.

The longer your body has suffered from a depletion of digestive enzymes, the longer it will take for your body to recover, so this is something you want to check out right away.

That's why it's important to talk to your doctor before starting a weight loss plan. Overeating is unhealthy, and you could reach the point where your doctor needs to place restrictions on your lifestyle that are considerably less appealing than a weight loss plan.

Your physician can give you advice that helps make your weight loss plan a success. It doesn't matter if you've tried to lose weight in the past. Everyone experiences different challenges when it comes to losing weight. Contact your doctor to find out which weight loss programs are right for you.



CHAPTER 4 EXERCISE

When starting an exercise plan, a lot of people look to the benefits of cardio, primarily working up a sweat on the treadmill. However, it's also worth keeping in mind the benefits of muscle building through weight lifting.

Weight training

Weight training will help you burn calories while you're working out, including up to 24-48 hours after while your body repairs itself.

At the same time, you're increasing lean muscle mass, which makes nearly every physical activity easier to do.

Strength training also helps you avoid unwanted fat gain, improves athletic performance and can dramatically improve self-confidence and self-esteem.

The most effective type of weightlifting is movements that are functional.

Squats, for example, cause you to use most of your body, so it's important to do squats a lot: getting in and out of your car, sitting down -- any chance you get.

And it's something you can do outside the gym.



Making it a point to add weightlifting to your life, at any age, will greatly benefit you. That's true for both men and women. Consider hiring a trained professional to help guide you.

Women should consider adding more weight-bearing exercises to their workouts to build stronger bones. This helps prevent the onset of osteoporosis as they age.

Any time you strengthen muscles, you strengthen the bones, although some exercises are more effective than others. Weight-bearing exercises like running, jumping, hopping and lifting weights are the most effective type of exercise for strengthening the bones.

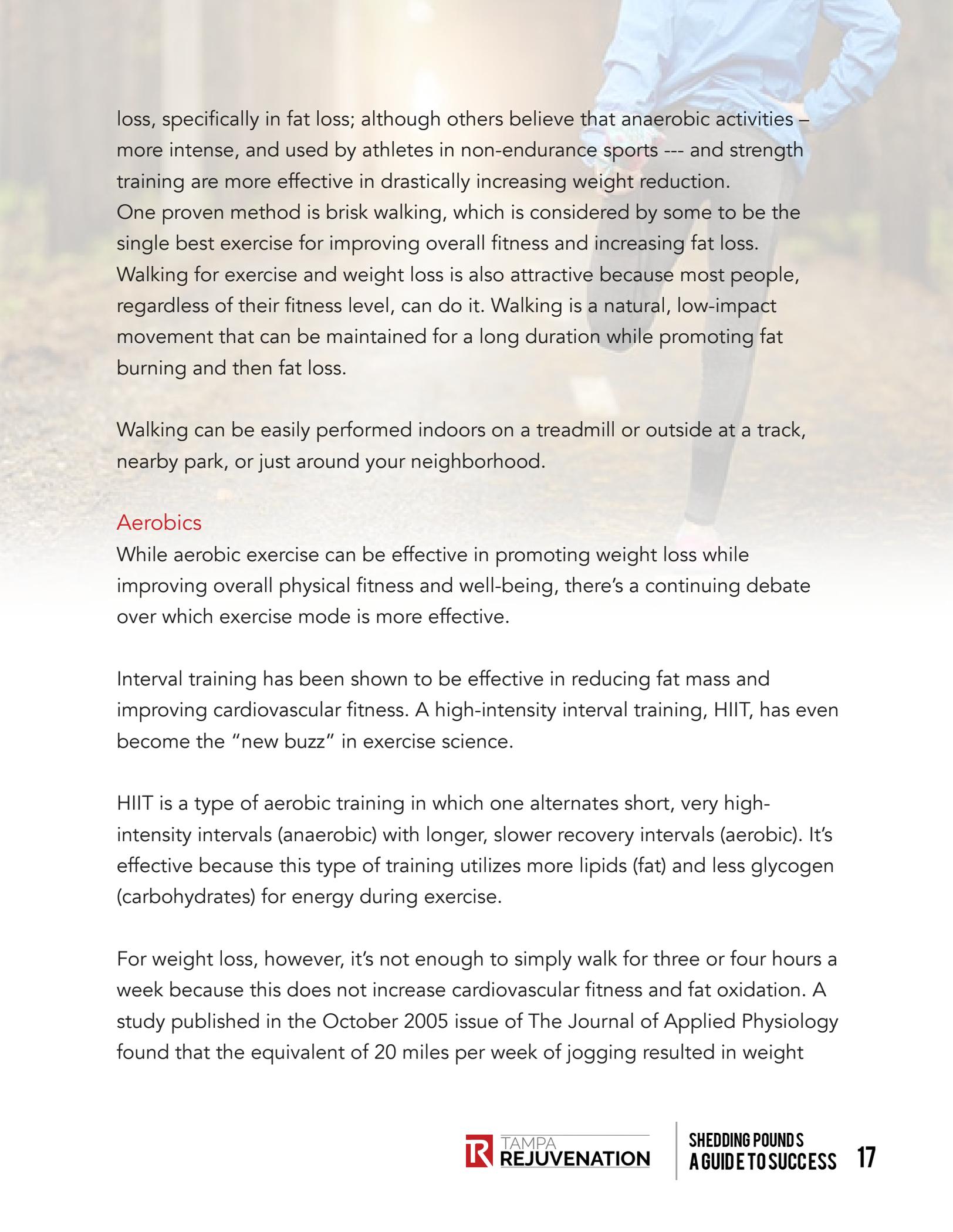
Age is not an issue here, because it's never too late to increase bone density by adding strength-training exercises. Men and women in their 60s and beyond can significantly increase the density of their bones when they perform regular weight lifting exercises. One of the best ways to build stronger bones is to do regular weight lifting exercises such as squats, lunges and other full-body weight training exercises.

The goal of strength training is to safely lift a heavy enough weight so that you are taxing your muscles. Ideally, lift as much weight as you can safely control for 6-10 repetitions, rest and repeat a total of three times.

If you're new to weight lifting, get guidance from a coach or trainer to avoid unsafe lifting techniques that could pose a risk of injury. Start with lighter weights that you can easily control, and over time, build up to heavier weights.

Walking

There are other forms of exercise you can consider, including aerobic, anaerobic, circuit training, and interval training. Many exercise specialists believe that aerobic exercise – also known as cardio -- is the most vital component in weight



loss, specifically in fat loss; although others believe that anaerobic activities – more intense, and used by athletes in non-endurance sports --- and strength training are more effective in drastically increasing weight reduction.

One proven method is brisk walking, which is considered by some to be the single best exercise for improving overall fitness and increasing fat loss.

Walking for exercise and weight loss is also attractive because most people, regardless of their fitness level, can do it. Walking is a natural, low-impact movement that can be maintained for a long duration while promoting fat burning and then fat loss.

Walking can be easily performed indoors on a treadmill or outside at a track, nearby park, or just around your neighborhood.

Aerobics

While aerobic exercise can be effective in promoting weight loss while improving overall physical fitness and well-being, there's a continuing debate over which exercise mode is more effective.

Interval training has been shown to be effective in reducing fat mass and improving cardiovascular fitness. A high-intensity interval training, HIIT, has even become the “new buzz” in exercise science.

HIIT is a type of aerobic training in which one alternates short, very high-intensity intervals (anaerobic) with longer, slower recovery intervals (aerobic). It's effective because this type of training utilizes more lipids (fat) and less glycogen (carbohydrates) for energy during exercise.

For weight loss, however, it's not enough to simply walk for three or four hours a week because this does not increase cardiovascular fitness and fat oxidation. A study published in the October 2005 issue of *The Journal of Applied Physiology* found that the equivalent of 20 miles per week of jogging resulted in weight



loss, particularly around the midsection, whereas 12 miles per week of walking had no effect on stored belly fat.

If you're running, cycling, swimming or lifting weights, you should also consider incorporating interval training into the exercise program. Simply follow the basic time outline of 2-minute bursts followed by 1-minute recovery periods for 30-45 minutes three or four days each week.

Bone Strengthening

Effective exercises designed to improve bone strength include deadlifts, weighted walking lunges, standard push-ups, and dumbbell rows.

Running, hiking, stair climbing, and yoga are also effective ways to give your bones a workout.

Although moderate impact exercise doesn't get as many results as more forceful exercises like weight lifting and jumping, they can put enough stress on the muscles to improve the density of the bones. That's particularly true in the lower body, hips and lower spine.

Another good option is balance training, which is recommended for anyone who wants to improve muscle strength, coordination and stability.

Cardio is a popular form of exercise with those on a weight loss regimen to help burn fat. But give some thought to weight lifting as well. Weight training wins the fat loss/weight loss war against cardio because of the increased caloric burn after the workout is over.

If you've ever experienced a feeling of euphoria during and after exercise, this is due to its ability to stimulate endorphins, or the "feel good" hormones.

The bottom line is that exercise has clear physical and mental benefits. Regular exercise also has the power to keep the body's hormones in balance, resulting in a better sense of well-being.



CHAPTER 5

NUTRITION

The word “diet” often scares people. They start to ask uneasy questions -- will I be starving all day? Do I have the self-discipline to eat less?

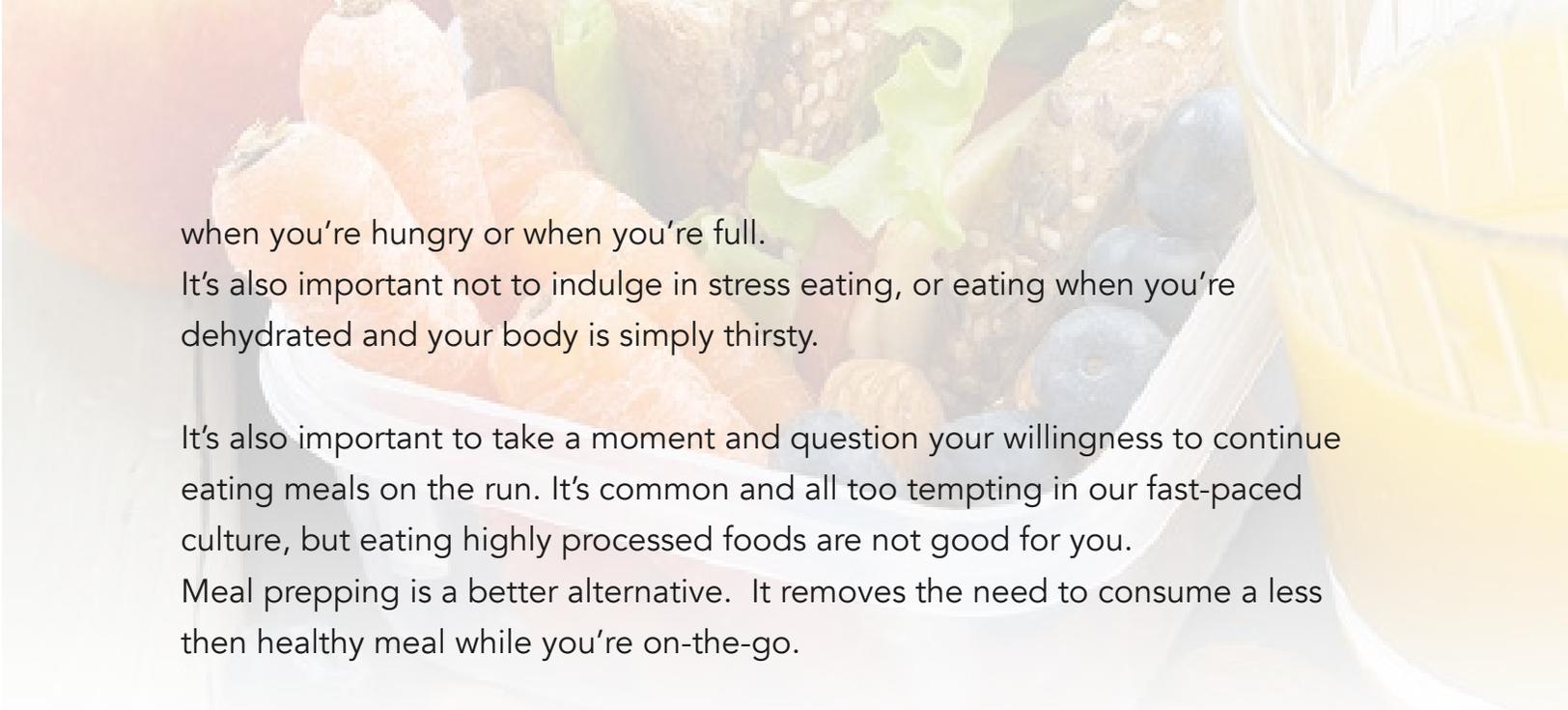
There are ways to take the fear out of coming up with a nutritional plan. People do not have to starve, or eliminate all the foods you love.

Studies indicate that crash diets where you starve yourself are counterproductive. Starvation slows down metabolism and alters the way the body processes food. Remember, you do have a lot of good choices when it comes to changing your diet.

Eating Habits and Weight

The first thing you want to ask yourself is whether your eating habits are contributing to weight gain.

Your body has a very complex system to control when you should eat and stop eating. Different chemicals carry messages back and forth to help control your appetite. When overeating, you offset the balance of your hormones that tell you



when you're hungry or when you're full.

It's also important not to indulge in stress eating, or eating when you're dehydrated and your body is simply thirsty.

It's also important to take a moment and question your willingness to continue eating meals on the run. It's common and all too tempting in our fast-paced culture, but eating highly processed foods are not good for you.

Meal prepping is a better alternative. It removes the need to consume a less than healthy meal while you're on-the-go.

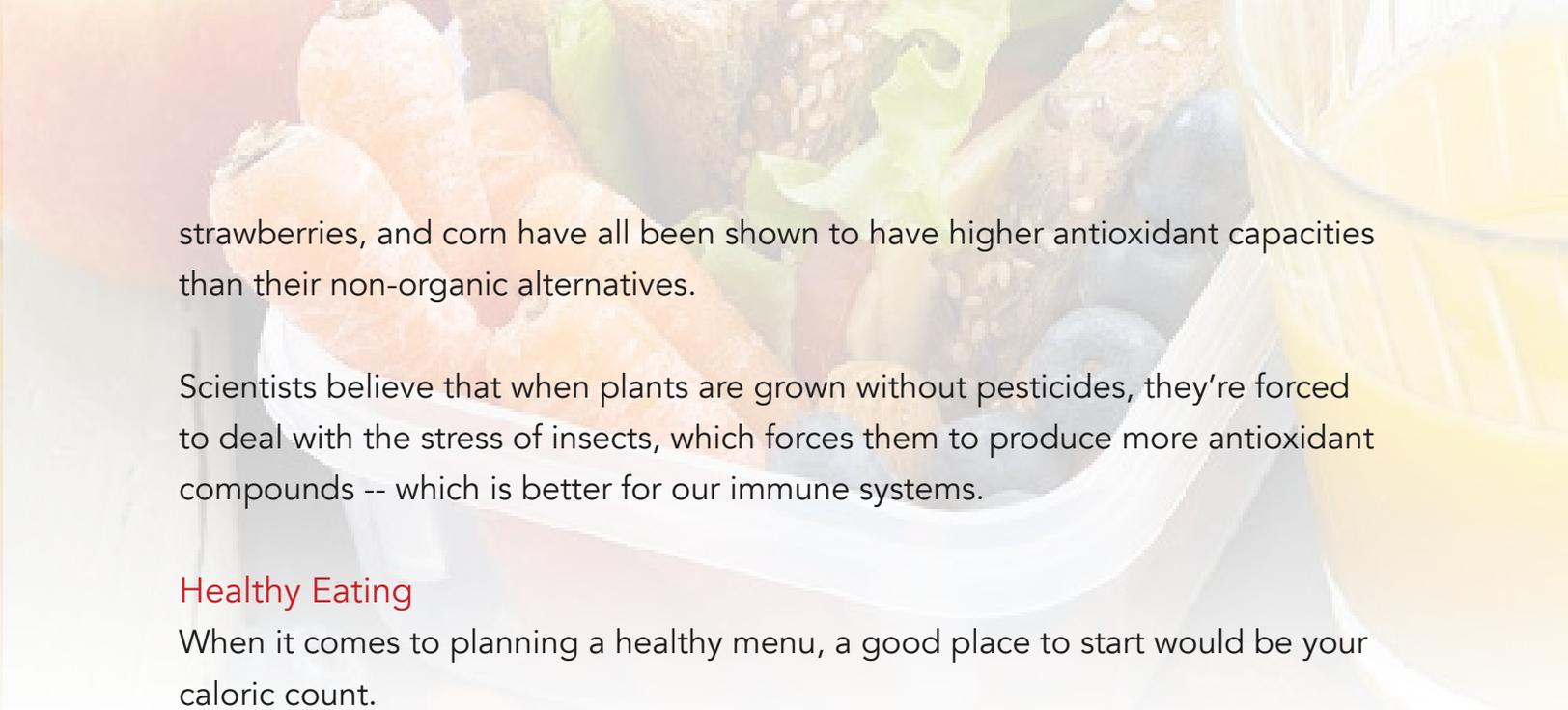
Organic foods

Once upon a time, organic foods were something you went looking for in a health food store. In a sign of just how popular healthy eating has become, these items can now be found regularly in most supermarkets.

There have been debates over organic food. They're often produced using methods without synthetic pesticides or chemical fertilizers, and don't contain genetically modified organisms.

Don't worry about that. The bigger question is how often you eat vegetables. Worrying about whether organic vegetables are better than non-organic is a waste of time compared to the more important task of emphasizing produce in your diet. Countless studies show that eating produce, whether organic or not, leads to lower rates of cancer and an increased rate of disease prevention.

For those who already eat plenty of nutrient-rich produce in their diet, making the switch to organic is sensible. Organic produce usually has more nutrients, especially minerals and antioxidants. Organic apples, plums, blueberries, grapes,



strawberries, and corn have all been shown to have higher antioxidant capacities than their non-organic alternatives.

Scientists believe that when plants are grown without pesticides, they're forced to deal with the stress of insects, which forces them to produce more antioxidant compounds -- which is better for our immune systems.

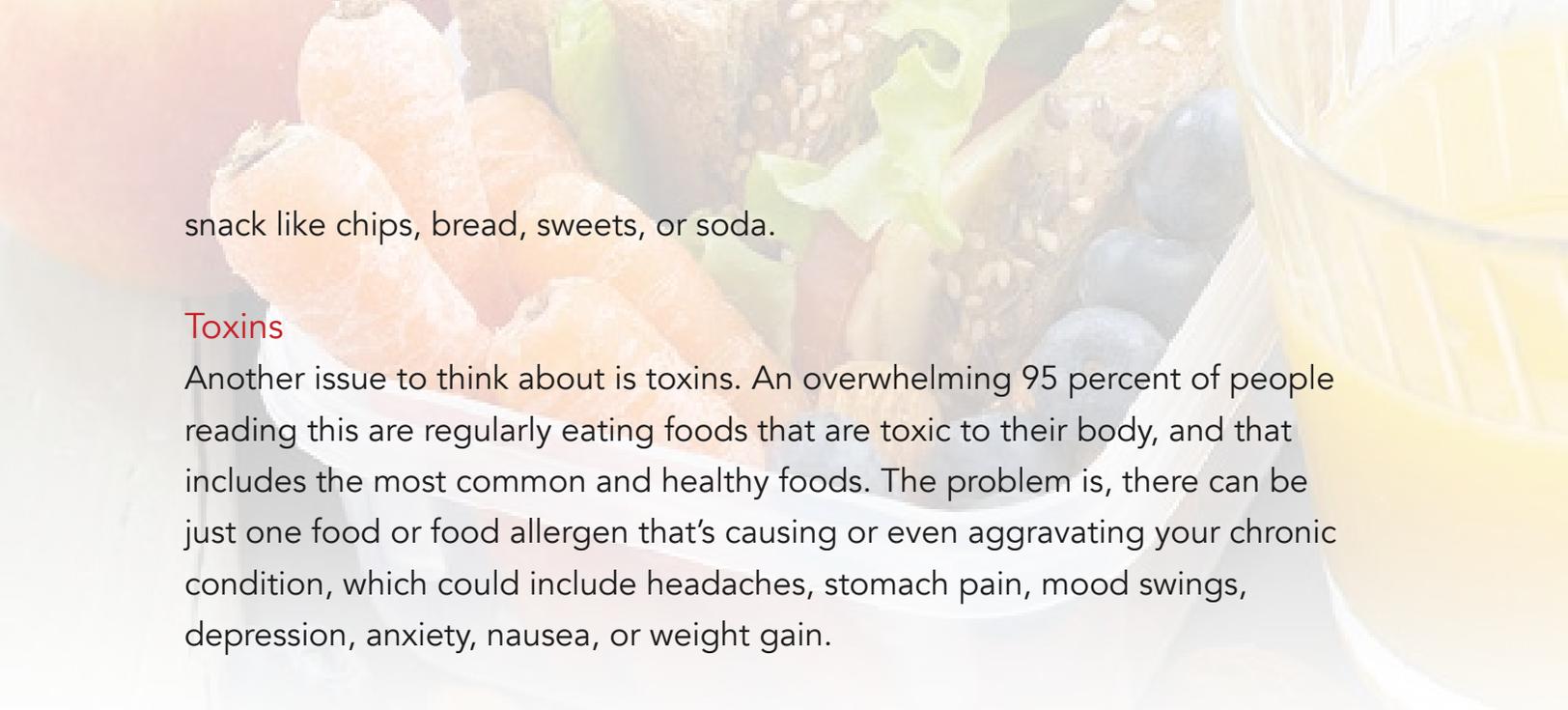
Healthy Eating

When it comes to planning a healthy menu, a good place to start would be your caloric count.

Since as far back as 1935, studies have shown that restricting caloric intake can slow down aging, reduce age-related chronic diseases, and extend your lifespan. The studies have found that cutting calorie intake by one third in adulthood increases life expectancy by 10 percent. Scientists say consuming fewer calories slows the energy production activities in the mitochondria, so fewer free-radicals are created.

That doesn't mean we need to take an overly strict approach to eating to gain the benefits of a calorie-restricted diet. It's more a matter of mathematics – addition and subtraction. If the average American is consuming 3,900 calories a day, you can make improvements by simply removing one soda a day and drinking a glass of water instead; swapping a bag of potato chips for an apple; or exercising 30 minutes a day.

At the same time, if you decide to restrict your calories, make sure every calorie you eat comes from a nutrient-rich food source. Nuts and seeds are high in protein, fiber, and healthy fats, and are a good replacement for an unhealthy



snack like chips, bread, sweets, or soda.

Toxins

Another issue to think about is toxins. An overwhelming 95 percent of people reading this are regularly eating foods that are toxic to their body, and that includes the most common and healthy foods. The problem is, there can be just one food or food allergen that's causing or even aggravating your chronic condition, which could include headaches, stomach pain, mood swings, depression, anxiety, nausea, or weight gain.

Tampa Rejuvenation has a Food Sensitivity Test that will identify those foods and elements that don't digest well in your system, or that give your body an adverse reaction. Within a week of the test, you'll receive a report providing information on the antibody levels against 96 foods in several categories, including dairy, seafood, poultry, meat, vegetables, fruits, and many other miscellaneous items.

The report will also contain an individualized dietary treatment plan that involves an elimination and rotation-style diet designed just for you. Removing or limiting those foods will not only help you lose body fat, but you'll look and feel healthier and feel a lot more vibrant every day.



CHAPTER 6

MEDICAL WEIGHT LOSS

There's another option worth considering, in addition to exercise and diet. For some people, going beyond eating right and exercising more is necessary. The option of medical weight loss could be the right choice for certain individuals. There are several options for medical weight loss, from prescription medications to surgical procedures. A physician could prescribe medication that increases your metabolism, which assists in burning off calories.

Cure for Obesity

The medical industry is having difficulty finding a "cure" for obesity, and there's growing skepticism about so-called "miracle" fad diets. Medical weight loss provides the ability to lose more weight rapidly while also giving you the tools needed to ensure greater odds of success.

Medications affect patients differently and may pose health risks. A patient's medical history is the starting point in any plan. In fact, it's unlikely these medications are something your practitioner will want you to take long term. Instead, your physician is more likely to view this option as a tool to be used to help the individual lose weight and adopt a lifestyle to allow them to keep it off. So, what does Medical Weight Loss entail?

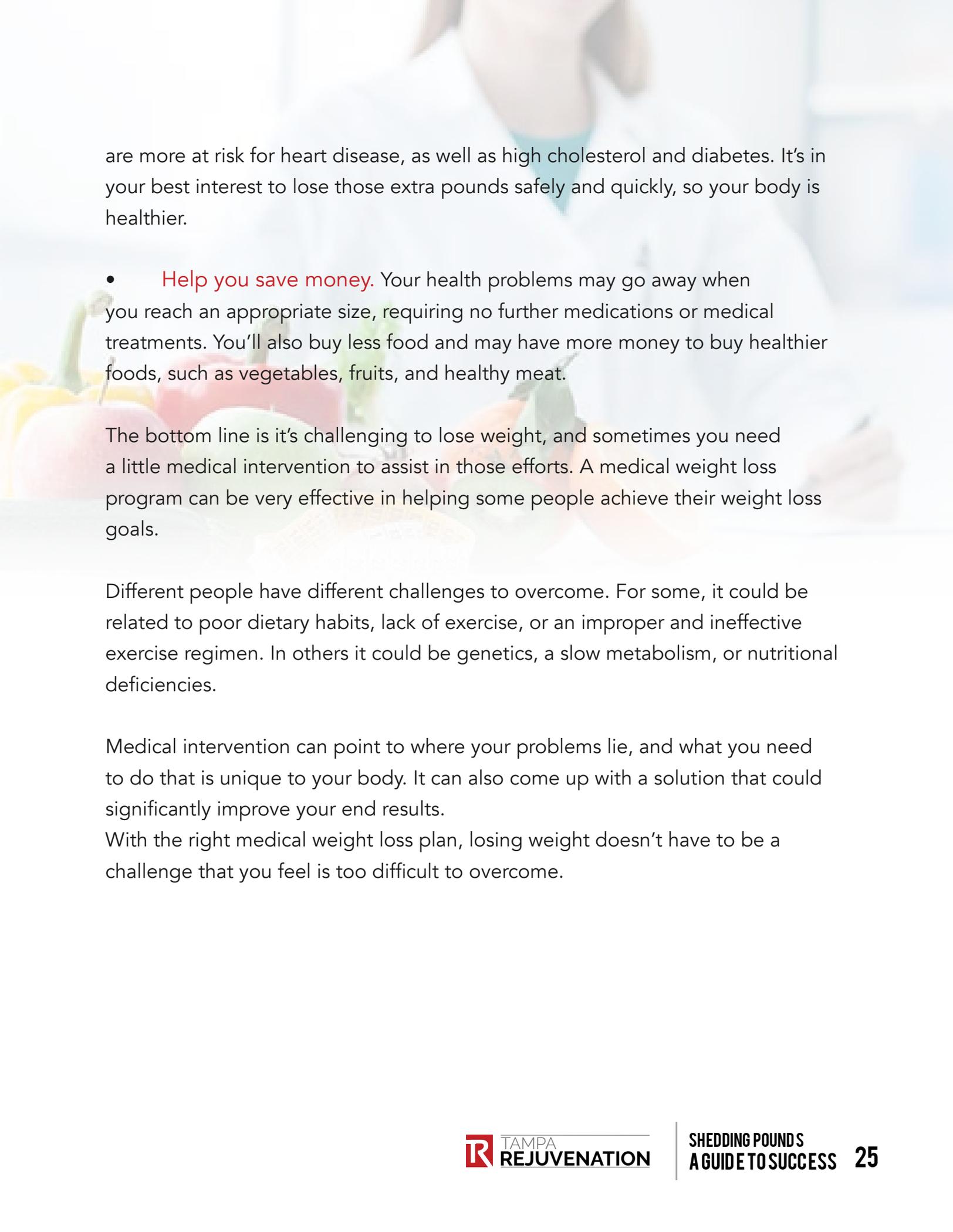
Many physicians specialize in medical weight loss and have a track record of success with their patients. At Tampa Rejuvenation, our patients receive a consultation, and then undergo blood work, an EKG, and a physical.

These steps are performed before the client is accepted into our Medical Weight Loss program.

Heart health, in addition to liver and kidney function, are all monitored for the duration of the program. Exercise regimens are recommended, as well as a customized nutrition plan, for those who follow the protocol and adopt the lifestyle.

If they do, significant weight loss can be achieved and a healthy weight can be maintained. Medical Weight Loss can also offer you other benefits. It can:

- **Give you a lower risk of cancer.** It has been proven that women who are overweight have a four-times higher risk for cancer. The more body fat you have, the more estrogen your body produces, which can be linked to endometrial and breast cancer.
- **Make you feel less depressed.** There's a documented association between depression and obesity. Extra fat can cause you to feel depressed because you may feel like there's nothing you can do to change it.
- **Give you a healthier heart.** The larger you are, the harder your heart must work. Most obese people end up having a heart attack much sooner and



are more at risk for heart disease, as well as high cholesterol and diabetes. It's in your best interest to lose those extra pounds safely and quickly, so your body is healthier.

- **Help you save money.** Your health problems may go away when you reach an appropriate size, requiring no further medications or medical treatments. You'll also buy less food and may have more money to buy healthier foods, such as vegetables, fruits, and healthy meat.

The bottom line is it's challenging to lose weight, and sometimes you need a little medical intervention to assist in those efforts. A medical weight loss program can be very effective in helping some people achieve their weight loss goals.

Different people have different challenges to overcome. For some, it could be related to poor dietary habits, lack of exercise, or an improper and ineffective exercise regimen. In others it could be genetics, a slow metabolism, or nutritional deficiencies.

Medical intervention can point to where your problems lie, and what you need to do that is unique to your body. It can also come up with a solution that could significantly improve your end results.

With the right medical weight loss plan, losing weight doesn't have to be a challenge that you feel is too difficult to overcome.



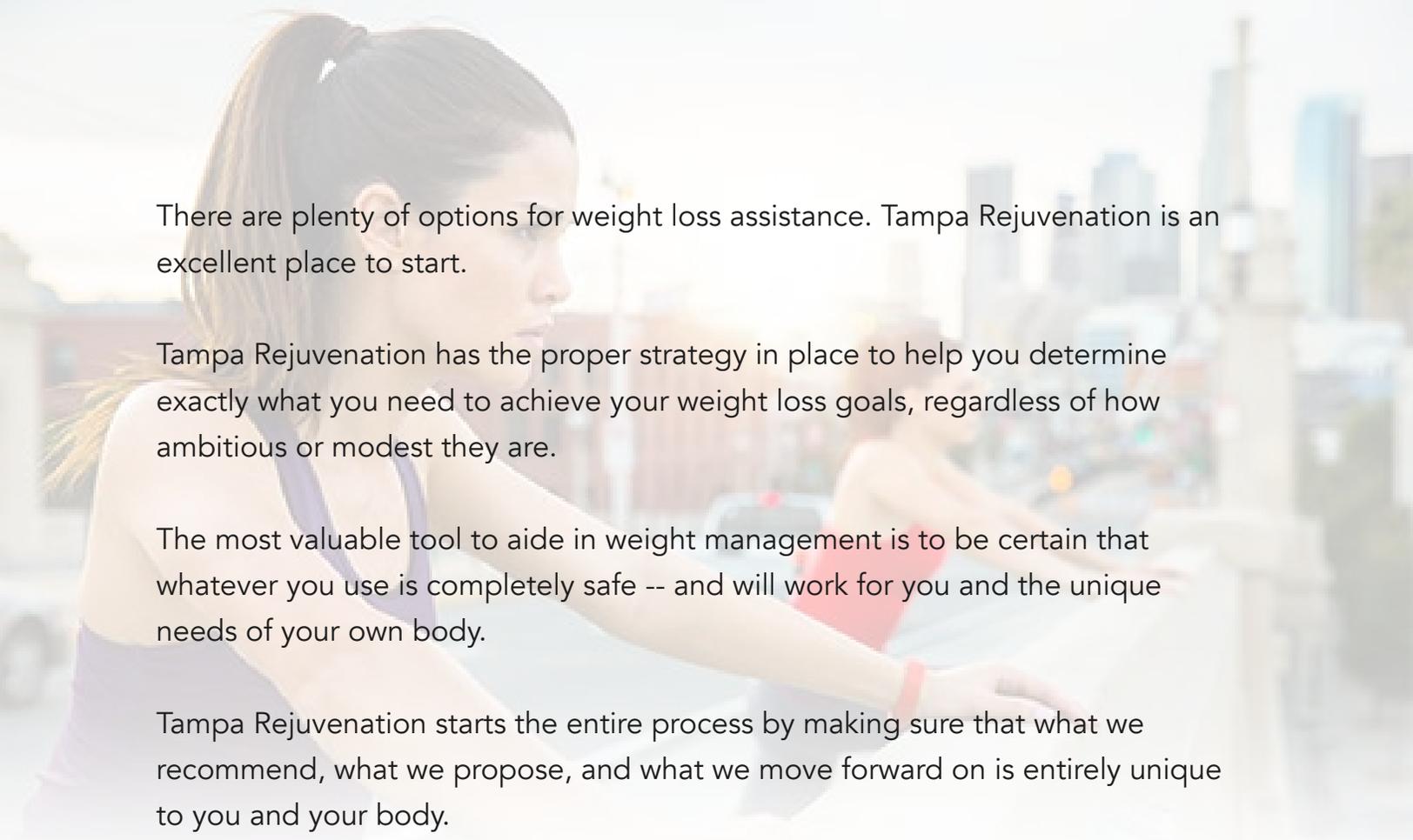
CHAPTER 7 **STICKING WITH IT**

If there's one thing a weight loss plan represents to every one of us, it's a clear Lifestyle Adjustment. That's not easy, especially at first.

Sometimes the results you've been hoping for are slow to materialize on the scale and your waistline. If you've ever felt frustrated by this, believe us when we say you're not alone.

A lot of people spend day after day wondering why they're having so much difficulty losing weight. The question becomes even more of an issue when the feelings of defeat set in due to a long-running struggle with weight problems. After all the exercising, proper eating habits and increased intake of water, it's natural to expect our weight to show signs that we're leading a healthy lifestyle. Unfortunately, giving your all isn't always enough.

Don't be discouraged – and don't do it alone.



There are plenty of options for weight loss assistance. Tampa Rejuvenation is an excellent place to start.

Tampa Rejuvenation has the proper strategy in place to help you determine exactly what you need to achieve your weight loss goals, regardless of how ambitious or modest they are.

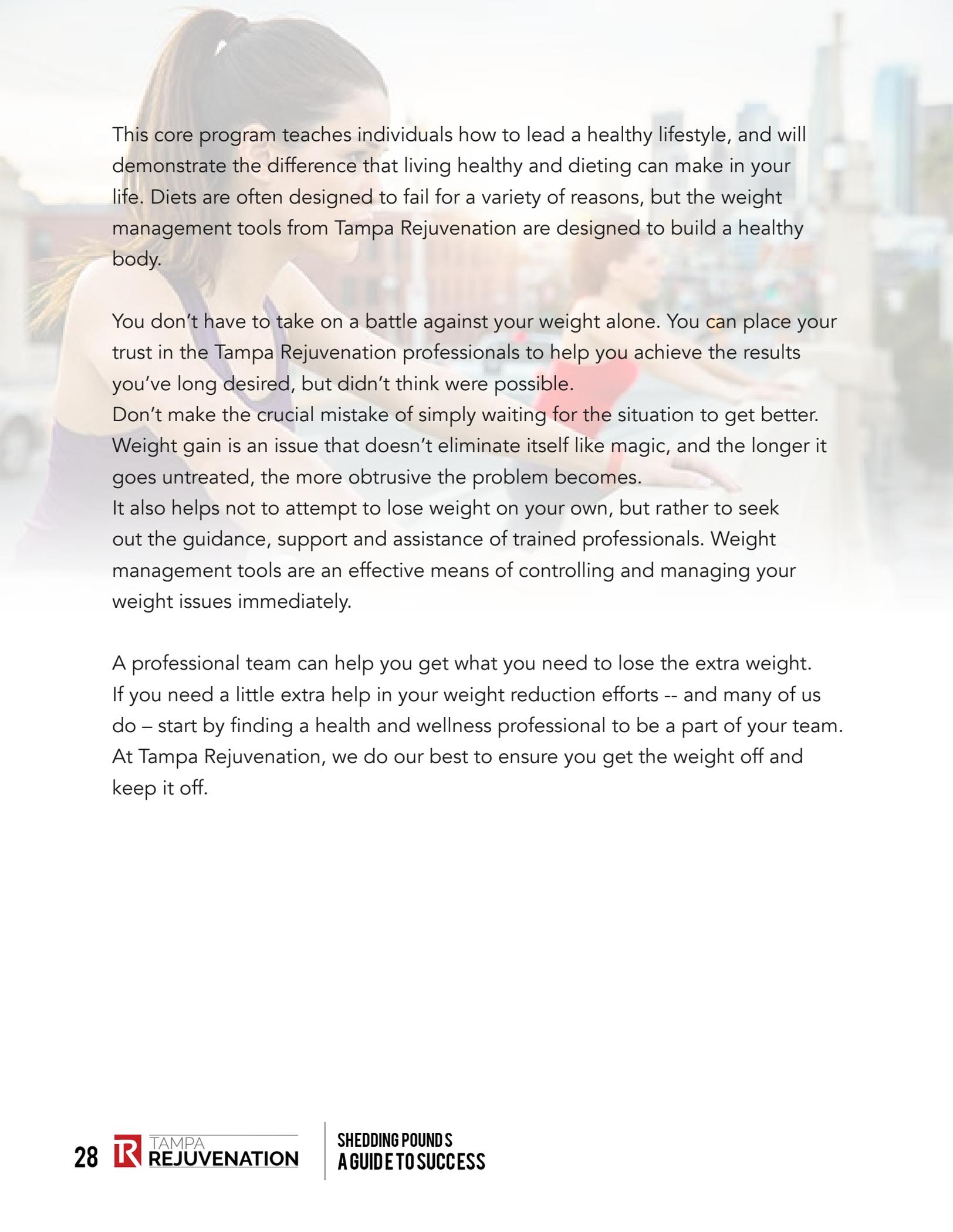
The most valuable tool to aide in weight management is to be certain that whatever you use is completely safe -- and will work for you and the unique needs of your own body.

Tampa Rejuvenation starts the entire process by making sure that what we recommend, what we propose, and what we move forward on is entirely unique to you and your body.

We start with testing and blood work, which is essential to eliminate the possibility of any underlying conditions that could be prohibiting your weight loss efforts from succeeding.

Each specialized approach that we take will be carried out by an expert team of professionals who have your best interest in mind. They will start you on a program of weight maintenance designed specifically to meet your needs in a safe and effective manner.

Not all weight management facilities are the same, or operate in ways proven to get results. The staff of professionals at Tampa Rejuvenation are dedicated to helping individuals achieve a healthy weight, then maintaining it. This means that once your desired weight goal has been obtained, clients are taught to maintain and manage their new body effectively and wisely.



This core program teaches individuals how to lead a healthy lifestyle, and will demonstrate the difference that living healthy and dieting can make in your life. Diets are often designed to fail for a variety of reasons, but the weight management tools from Tampa Rejuvenation are designed to build a healthy body.

You don't have to take on a battle against your weight alone. You can place your trust in the Tampa Rejuvenation professionals to help you achieve the results you've long desired, but didn't think were possible.

Don't make the crucial mistake of simply waiting for the situation to get better. Weight gain is an issue that doesn't eliminate itself like magic, and the longer it goes untreated, the more obtrusive the problem becomes.

It also helps not to attempt to lose weight on your own, but rather to seek out the guidance, support and assistance of trained professionals. Weight management tools are an effective means of controlling and managing your weight issues immediately.

A professional team can help you get what you need to lose the extra weight. If you need a little extra help in your weight reduction efforts -- and many of us do -- start by finding a health and wellness professional to be a part of your team. At Tampa Rejuvenation, we do our best to ensure you get the weight off and keep it off.



CHAPTER 8

CONCLUSION

Some people think timing is everything.

With that in mind, folks often jump into a weight loss routine in the spring and summer months, when they're outside and want to look good.

Others prefer tackling weight loss during the winter, when it's not as hot and humid and it seems likely they'll feel more comfortable while exercising.

More than a few of us figure we've got an ideal excuse to skip our weight loss plans entirely during the holidays—oh, those giant family meals are on the way!

A better option is to avoid this approach entirely. Instead of thinking about the ideal time of year to exercise or eat less, try making weight loss a year-long lifestyle, not just something you pencil in on the calendar during certain times of the year.

A man and a woman are jogging outdoors on a path. The woman is in the foreground, wearing a pink shirt and grey shorts, smiling. The man is behind her, wearing a blue tank top and black shorts. The background is a blurred green landscape.

The truth is, it's always a great goal, no matter what month it is, to make a commitment to weight loss and healthy living.

Then think about yourself – what you eat every day, what your patterns are as you prepare your meals, what time of day you set aside for exercise or outdoor activities.

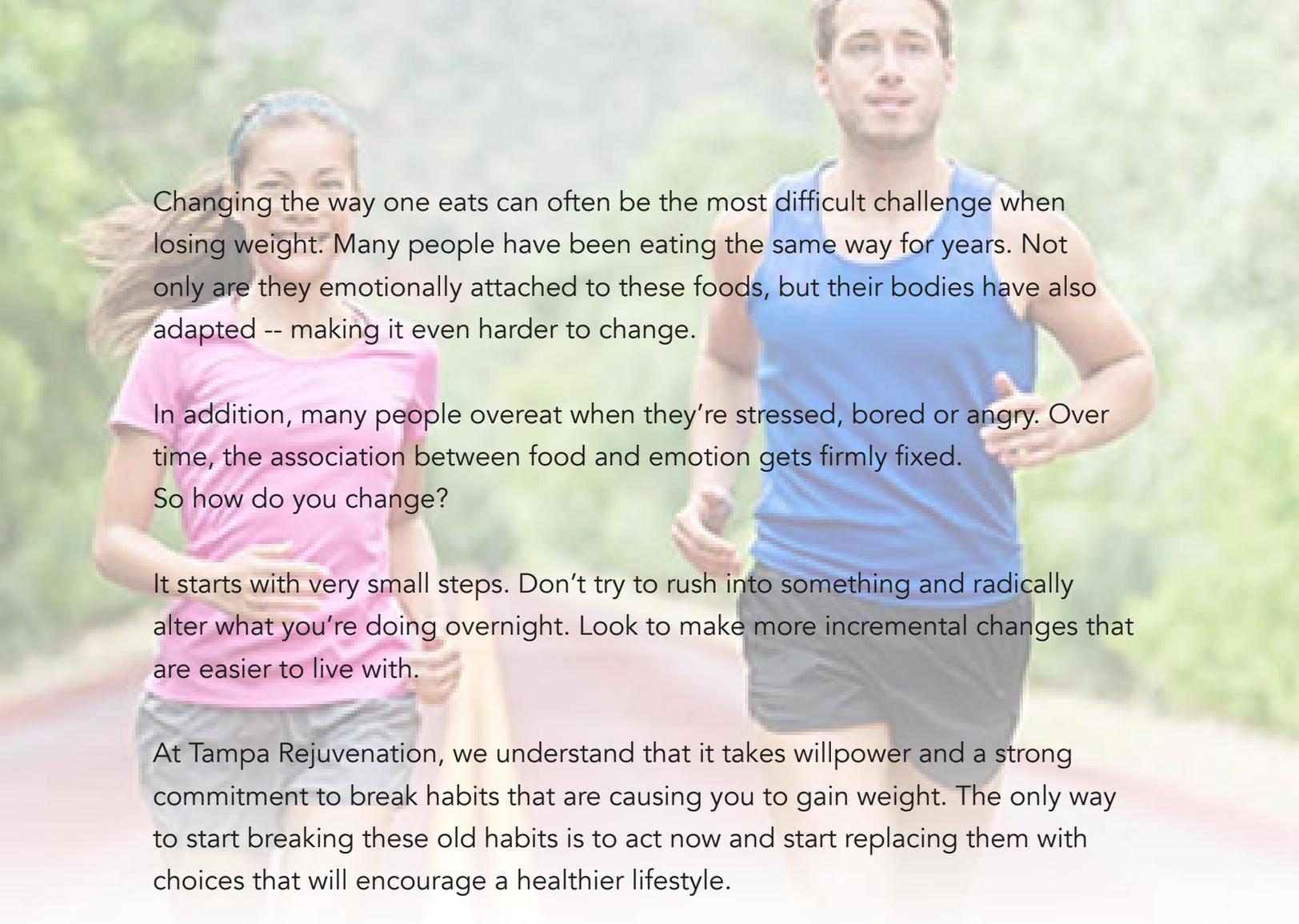
Write these things down. It even helps to stick a note on your refrigerator. Then think about what you have the hardest time with: eating in-between meals? Late night snacks? Going to fast food drive-ins when you're in a hurry?

Once you feel like you've pinpointed a few of your biggest struggles, think about what kind of changes you could make to help avoid the temptations entirely—or how to do everything in moderation.

You may love all those delicious sweets handed out during the holidays – and no one is saying to cut them out completely. What you can do is set a limit on how many you have.

Consider making a conscious effort to keep your food portions smaller. Drink plenty of water during the day and have a glass of water before your meals as well. This will help you feel full so that you don't overeat.

One other common weight gainer a lot of people forget about: don't drink all your calories. Beverages other than water will have 100-300 calories in them, sometimes more. Add that up a few times a day and you get the point. Try to have plain water most of the time, and if you'd like to add some flavor, have a green tea or use a lemon or lime in your water.



Changing the way one eats can often be the most difficult challenge when losing weight. Many people have been eating the same way for years. Not only are they emotionally attached to these foods, but their bodies have also adapted -- making it even harder to change.

In addition, many people overeat when they're stressed, bored or angry. Over time, the association between food and emotion gets firmly fixed. So how do you change?

It starts with very small steps. Don't try to rush into something and radically alter what you're doing overnight. Look to make more incremental changes that are easier to live with.

At Tampa Rejuvenation, we understand that it takes willpower and a strong commitment to break habits that are causing you to gain weight. The only way to start breaking these old habits is to act now and start replacing them with choices that will encourage a healthier lifestyle.

Educating yourself about healthy foods and exercise should be the first step. Download a calorie counter, start logging your diet, and search the internet for nutrition and fitness topics you find interesting. Watch videos about healthy eating.



Most importantly, surround yourself with people living the lifestyle you need to achieve your weight loss goals. If your current environment is holding you back, then try joining a gym, getting a personal trainer, or meeting with a health care professional, so you can get into an environment where the people around you can encourage a new and healthier lifestyle for you.

For example, at Tampa Rejuvenation!

