

7 Secrets to Maintain Weight Loss

If you've ever lost weight, you know how hard it is to keep it off.

Ever wonder why some people are able to keep weight off, while others put it right back on? Read on for the 7 Secrets to Maintain Weight Loss. (And if you still have pounds to lose, these 7 secrets will help you too.)

Secret #1: Keep on Moving

If you're serious about keeping the weight off, you need to be serious about your workouts. Keep your activity level high, both in and out of the gym. Your workouts should consist of both cardiovascular training and strength training. While out of the gym make an effort to move as much as possible by taking the stairs, going for walks or jogs and participating in recreational activities.

Secret #2: Be a Healthy Eater

Sorry, you can't go back to eating at the drive thru and expect to maintain your weight loss. Focus on these 3 aspects of healthy eating:

1. Keep calories low. Gone are the days of eating mindlessly. Be aware of everything that goes into your mouth, whether by journaling or simply keeping a mental tally.
2. Be careful. Eat small portions, avoid high-calorie foods and check nutrition labels. You don't have to swear off chocolate forever, just eat it occasionally with portion control.
3. Eat a balanced diet. Include a variety of fruits and vegetables, lean meats and whole grains.

Secret #3: Turn off the TV

The average person watches a whopping 35 hours of television each week. People who successfully maintain weight loss, on the other hand, watch an average of 7 hours or less. TV watching encourages snacking and puts you in a sedentary position on the couch. Spend less time in front of the TV and enjoy longer lasting weight loss.

Secret #4: Keep it Simple

While it is important to keep a variety of fruits and vegetables in your diet, your diet should be fairly simple. Create a repertoire of basic whole foods: fruits, vegetables, lean meats, whole grains, beans and nuts. When you cut down on your options it becomes easier to stick to your plan, making weight loss guaranteed.

Secret #5: Track Yourself

Your biggest fear is gaining back every solitary lost pound, but don't be afraid of your scale. Weigh yourself at least once each week to monitor any gains. If the numbers begin to climb then reduce calories and increase your exercise.

Secret #6: Eat for the Right Reason

Emotional eating is one of the top reasons that people are



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overweight. It's very important that you view food as fuel, not as an answer to deeper emotional needs. When food becomes more than just fuel, the pounds quickly add up. If you want to keep your weight under control, you're going to have to eliminate emotional eating.

Secret #7: Forget All-Or-Nothing

No one is perfect – not even you! There will be days when you eat more calories than you should have. There will also be days when you miss a workout. Don't let small slipups send you into a tailspin of all-or-nothing sabotage. Simply get back to your healthy lifestyle rather than letting yourself backslide into your old habits.

Don't be one of the many who skip these 7 secrets and instead return to life pre-weight loss. You worked hard to be where you are – you deserve to keep it.

I'm always available to help you achieve any fitness or weight loss goal. Call or email to get started on a solid exercise program that will change your body and life forever.

Reinvent Yourself

Recent advances in neuroimaging techniques have discredited the old saying: You can't teach an old dog new tricks. Scientists have discovered that the brain actually has dynamic properties throughout life. This means that your brain is always evolving. Through practice, you are able to change your habits and change yourself.

So go on, reinvent yourself!

Garlic Asparagus

Your diet should be filled with vegetables, with asparagus at the top of the list.

This asparagus recipe is easy to make and tastes great. Serve it with a piece of white fish, chicken breast or other lean meat for a healthy meal.

Servings: 4



Here's what you need:

- 1 bunch asparagus
 - 2 teaspoons olive oil
 - 1 1/2 Tablespoons garlic, minced
 - dash of salt and pepper
 - 2 teaspoons lemon juice
1. Preheat oven to 425 degrees F. Cut off the tough ends of the asparagus.
 2. In a casserole dish, combine the asparagus, oil, garlic, salt and pepper. Bake for 15-20 minutes, until tender.
 3. Remove from oven and mix in the lemon juice. Serve and

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enjoy!

Nutritional Analysis: One serving equals: 47 calories, 2g fat, 5g carbohydrate, 2g fiber, and 3g protein.

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