

How Many Experts Do I Need To Lose These Last Five Pounds!

With so many “specialists” appearing on talk shows and the plethora of books on health, nutrition and well being glutting the market, people are often confused about the who to turn to for the answer.

As a Professional Fitness Trainer/Fitness Counselor and Certified Nutritionist, let me help you keep this simple.

Nutritionally, you might not be eating enough causing your metabolism to slow down as your body switches into survival mode. Or you could be eating more than you realize. Keep a food journal to keep track of your daily intake. Stick with it for at least one week and assess the results.

Discontinue seeing your weight loss as a black-and-white situation. It is a set up for failure. Write down five positive things related to your current weight loss routine and read them every time you catch yourself obsessing about those 5 lbs. Replace negative self-talk with positive affirmation. Change your workout program. Your body becomes accustomed to a regular routine and conserves calories. Mix up your cardio and strength-training program every six to eight weeks for continued weight loss. Add intervals to your cardio such as two minutes of intense activity followed by three minutes of moderate activity to burn more calories. If you are sore from the exercise changes, sooth yourself with some stretching and a hot bath.