

# How to Lose those 10lbs Right Now!

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As the holidays have departed and we head into Valentine's Day, the one thing we certainly don't want to have is another ten pounds added to our bodies. Unfortunately, as statistics have shown over the last few years, individuals are more likely to pack on a few extra pounds just about this time every year and keep them on for months to come. So what can we do to eliminate those excess calories we so inadvertently packed on during the holiday season?

## 3 Easy Steps Here are a few suggestions:

### START A PORTION CONTROL SYSTEM:

According to Susan Finn, PHD, RD. (American Council for Fitness and Nutrition), "Portion control is the key". She further states, "I don't believe you can't eat food that you like (even indulges), but it is the amount you eat that makes the whole difference." One useful tip I give to my clients is the use of a smaller plate. You can only pack on so much food on a tiny dish. That way, when you are done, you are most likely not to go for seconds.



### MOVE MORE FREQUENTLY:

They say, "A body at rest tends to stay at rest, while a body in motion tends to stay in motion." This is a perfect opportunity to get your body moving so that you are burning more calories than you would normally. Start a walking exercise program every day and gradually increase the intensity as you get more accustomed to the program. A strength-training program is also highly advised.



### DON'T STARVE YOUR BODY:

Skipping meals is definitely not the right move when trying to lose weight. As a matter of fact, by not keeping your metabolism revved up (with smaller meals during the day), it begins to slow down resulting in a counterproductive measure to burning more calories. Furthermore, according to Maggie Moon, R.D., (a nutritionist based in Los Angeles) "Sugar is the fuel your body runs on, and if it's not circulating in the right amounts, every organ in your body is affected".



## 3 pasos fáciles Aquí hay algunas sugerencias:

En Español

### COMIENZA A CONTROLAR LAS PROPORCIONES:

De acuerdo a Susan Finn, PHD, RD. (El Concilio Estadounidense para el Ejercicio y la Nutrición), "el control de las porciones es la clave". Añade que "no creas que no puedes comer lo que te gusta (inclusive como placer), puesto que es la cantidad que comes lo que hace la diferencia". Un consejo que le doy a mis clientes es usar un plato más pequeño. No puedes así servirte mucha comida. Cuando termines, es probable que no quieras servirte más.

### EJERCÍTATE CON MÁS FRECUENCIA:

Dicen que "un cuerpo en descanso se mantiene en descanso, mientras que un cuerpo en movimiento sigue en movimiento". Esta es la oportunidad perfecta para que comiences a hacer ejercicio y quemes más calorías de las acostumbradas. Comienza caminando todos los días y gradualmente incrementa la intensidad a medida que te acostumbras al programa. Es recomendable un programa de entrenamiento para fortalecerse.

### NO PASES HAMBRE:

Dejar de comer no es una buena práctica cuando deseas perder peso. Es un hecho que si no mantienes tu metabolismo (con comidas pequeñas durante el día), tu cuerpo comienza a debilitarse de manera poco productiva en lugar de quemar más calorías. Es más, Maggie Moon, R.D. (nutricionista de Los Angeles) afirma que "el azúcar es el combustible sobre el cual tu cuerpo se mueve, y si no circula en las proporciones debidas, todos los órganos de tu cuerpo se ven afectados."