

PRESS ARTICLE

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Slimming Up in 2010

If you had to take a guess, how many of your friends and family members make a yearly New Year's resolution to lose weight and then never stick to it? Every year millions upon millions of people make a commitment to weight loss and sadly do not succeed. Why is that? The reason is that it can be difficult to lose weight, and many times people self-destruct by deciding that the discipline may be beyond their ability. That's probably why research from Johns Hopkins is predicting that there could be a 75% obesity rate in America by the year 2015. While many people want to reap the benefits of a slim trip body, they don't realize what it takes to make it happen. If you're serious about losing weight this year, then keep reading!

We consulted with one of Arizona's most recognized and leading weight loss doctors, Dr. Suzanne Bentz, for answers on this complicated subject. This top weight loss doctor dishes up some helpful waist-slimming strategies that will help you achieve your goals this year. Dr. Bentz, who is a Diplomate of the American Board of Bariatric Medicine (which deals with the treatment of obesity and related diseases) has personally helped over 10,000 individuals overcome their weight issues. Many of her patients have lost over 100 lbs and have successfully avoided risky surgery. In addition, Dr. Bentz was the leading medical weight loss pioneer to first introduce the now famous HCG diet program to Arizona in her practice though the use of Releana- a safe and natural liquid hormone treatment that targets the areas with excess fat storage and rapidly burns the fat, safely and without hunger. Studies have shown that the average person loses 20 pounds the first month (one pound per day) regardless of age and has no side effects.

If this is the year you intend to reach your weight loss goals, then you have turned to the right page! Below are some insightful tips and ideas to help you slim up in 2010.

Make A Real Commitment

There are so many diets and programs out there to select from. It seems like everyone you talk to has a “trick” or special diet that they insist you must try. The truth is you need to find a healthy diet you can live with, not just try for a short time. Be serious enough about whatever diet you adopt into your life to realize that it's something that may be a lifetime commitment for you – even after you take off the weight. Many times you might have to practice a modified version of the diet to keep the weight off. The most successful people are the ones who see a diet as a healthy lifestyle change rather than merely a few months of being committed stay off junk food and cookies. The hardest part about losing weight is changing your mindset! If you truly desire to shed those unhealthy pounds, then you must commit to a long-term, healthy lifestyle you can maintain for years to come.

Monitor Your Diet

Many people don't keep track of what they eat and then wonder why they aren't losing weight. What they don't realize is that they are often eating double and even triple the allotted amount! Studies show the best way to keep track of what you eat and make sure you are eating the right amount is to keep a weight loss journal. Record what you eat at each meal or snack, how big the portion is, and keep track diligently so you don't go over your allotted amounts. For an added bonus, track your weight every week in your weight loss journal, so you can see the pounds dropping alongside your diet changes. It's a great motivator to stay the course. In addition, if you are not losing weight, then you can go back and see why.

Move it or lose it!

For many people, exercise is the hardest part about losing weight. Yet, often times, people mistakenly think exercise has to be hard or for a long period of time, when in fact it does not. When you find something you love to do, it becomes easier to make time for it and you actually enjoy yourself while you are doing it. You don't have to go to a gym or spend hundreds of dollars on a personal trainer. In fact, one local weight loss patron, Christina Jordan who under Dr. Bentz's program lost 80 pounds in 8 months, stated that when she lost the most weight, she had actually fired her expensive personal trainer and just began speed walking for one hour a day around her neighborhood. The options are endless! You can sign up for a belly dancing or Latin dance class with your spouse, take a bike ride around the park with your best friend, push your baby in her stroller up the hills around the neighborhood you live in, or even buy a fun

workout video to do in the privacy of your own home. Just make sure whatever you do is at least 20 minutes of heart-pumping activity, and that you do it at least three times a week for maximum results.

Find Your Motivation

For many people, weight loss is a frustrating and sensitive topic for them to talk about, because it can be tied to deep-rooted negative emotions. That is why it's suggested that you find a new positive motivating factor to help propel you into success. For example, a new outfit, a day at the salon, or a special trip can be great motivators and personal rewards you grant yourself when you reach a certain weight goal. However, there are still those who find they still need more motivation to remain disciplined. For those who need a little more motivation, perhaps the idea that they will be blessing themselves and their family with a healthy, energetic new loved one will be enough driving force to keep them heading towards their weight loss goals. Find whatever positively motivates you and focus on it daily.

Plan For Success

Nothing ruins your weight loss plans more than a clogged, chaotic schedule. If you know you have a major work schedule that will leave you too drained to exercise or cook on a certain day, figure out other days to fit it in your workout and pack a healthy lunch box for the day. If your spouse is having a client dinner you are expected to attend, look online at the restaurant's menu ahead of time and make sure there are ways you can modify the food to fit in with your diet plan. If you're too busy to cook every night, pick a weekend day and make a few recipes you've wanted to try, portion them out accordingly, and freeze them to defrost and eat for dinner throughout the week. If you plan ahead, you are less likely to over-indulge, and more likely to stick to your plans.

Know When To Ask For Help

There is nothing more frustrating than doing everything you know to do to lose weight and still having the weight there. When you know that you have done all that is expected to lose weight and you've seen little or no results, then it may be time to consult a professional to help you. 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 you're having, such as hormonal or medication related issues. Whatever the problem may be, a weight loss doctor may be the help you need to shed the unhealthy pounds. There are several weight loss options to choose from, so do your research and find the best weight loss doctor that fits your personal needs.

2010 is officially here! Why not give yourself and your family the gift of a healthy, new, trimmer you this year? The best time to start is now! Initiate working towards your goals with your new weight loss plan. There is no better time than now to commence the revealing of the new, healthy you. The key is to just get started, and stick to your plan. Remember, the sooner you start, the sooner you begin to see results!

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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