



## A “Successful” Journey to Weight Loss



There are three paths to follow on the journey to weight loss, but only one has long lasting positive results. Weight loss is a numbers game and to be successful calories in have to be less than calories out. With that in mind there are three choices; **1)** You can decrease the number of calories consumed **2)** You can increase the calories expended or **3)** You can combine the two. If you haven't already guessed, the most effective choice is **#3** especially if “successful *long term*” weight loss is your goal. Anyone can lose weight and most “dieters” have lost hundreds of pounds throughout their years of “dieting” only to put the weight back on with a vengeance.

Did you realize that for each pound you want to lose that equates to a reduction of 3,500 calories? Restricting calories alone becomes a challenging and difficult goal to achieve. To further complicate matters, dieting alone without exercise causes not only fat loss, but *muscle* loss too. Unfortunately when the successful dieter tries to go back to eating normally again, the loss of muscle and corresponding loss in *resting metabolic rate* causes that weight to return more rapidly and it returns as **all fat** (no muscle) so the “dieter” continues to get “fatter” not leaner!

Exercise alone without any regard to what you eat is not as effective either because people may not realize they are eating more or may wind up rewarding themselves with food when they become more active. A hot fudge sundae can easily sabotage the benefits of a 3 mile run!

If you combine the two (reduce what goes in your mouth and increase your activity level) **then** you have the “*magic recipe*”. You only have to *moderately restrict caloric intake* (much easier to adapt to and live with) when you *increase caloric expenditure* through exercise. Exercise, especially strength training will also increase your muscle mass thus raising your *resting metabolic rate*.

It is not surprising that the **National Weight Control Registry**; the largest prospective investigation of long-term successful weight loss maintenance (members have lost an average of 66 lbs and kept it off for 5.5 years) has shown that 98% of its participants report that their keys to success were that they **modified** their food intake in some way (98%) and **increased their physical activity** (94%).

A successful weight loss program must combine these important aspects and the exercise program it contains must include a combination of *aerobics* and some type of *strength training* for best results. This is the foundation of the **Weight Loss Management Program** at **Body Tech Fitness**. The program also includes individualized **Resting Metabolic Rate testing** so each participant knows exactly how many calories they should consume to successfully reach their weight loss goals. This vital element eliminates any guesswork that could sabotage their program.

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TAKE THE GUESS WORK OUT OF WEIGHT LOSS