

Health Tips

Want to Lose Weight for Good? Find What Works for You!

Summer is almost here and you want to get in shape. I hear you! We've all heard about the various fad diets that promise you will lose a pound a day, or a pant size in a week and so forth. Usually, these claims are misleading and no particular diet will magically make the fat fall off within days. Still, there is some truth to what's behind each of these diets, and you need to find what works for you. The bottom line is, in order to lose weight, you need to expend more calories than you consume. This is because, if your body does not take in enough calories to perform its every day functions, it starts burning your stored fat to get that extra energy it needs, which results in weight loss.

In order to ensure that you are burning more calories than you are consuming, you often need to either eat less (or eat more healthful foods like fruits, vegetables and lean protein) and increase your activity, or be significantly more active while maintaining a healthy diet. Low-carb and low-fat diets are not the end-all answer, but if you tend to eat a ton of white, starchy carbohydrates or a lot of fatty fast food, you will probably benefit from cutting back on those and heading for items like grilled chicken or fish, salads with low cal dressing, whole wheat bread, grains, and so on.

If you are trying to lose a lot of weight fast, detox and cleanses can help, but this is only a starting point. For long term and ongoing weight management, the best approach is to eat a balanced diet that is easy, accessible and tasteful that you can maintain over time, and to find an exercise routine that you enjoy, such as a pilates or aerobics class, going to the gym 3-4 times a week, or taking a run or bike ride around the neighborhood a few times a week. If you have a dog, maybe walking the dog every morning can become part of your routine. Think about the activities you enjoy and work them into your life each week.

It might also help to know that one pound of fat equals 3,500 calories. So in order to lose one pound of fat in one week, you can divide 3,500 by 7 (days in a week) and get 500 calories that you need to cut out every day. The key is to find what works for you and stick to it!

If you are looking to enhance your diet and exercise routine or jumpstart your weight



loss, please consider our 5-step wellness & preventative program. The program includes: Pure-Lipo Body Sculpting, Whole Body Detoxification, Medical Weight Reduction, Anti-Aging Medicine/Optimizing Your Hormone Levels, and Customized Vitamin Therapy. It is proven to make you lose the pounds fast, make you feel and look great.

Give The Wellness & Aesthetics Center a call at (210) 338-8228 and I can tell you more about our 5-step wellness & preventative program and other weight management treatments, and help you find a solution that's right for you.

Join our 5-step wellness & preventative program

After years of research and training, Dr. Vernon Williams has designed a comprehensive prevention & wellness program. Our objective is to help individuals achieve optimum quality of health and longevity of life by optimizing hormones and nutrition.

Sign Up Today

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