

Tips for Successfully Sticking With Your New Year's Resolution to Lose Weight & Get Fit



1. Exercise: Find an Outdoor Winter Activity You Enjoy

- Helps us combat the "winter blues"
- Helps us adapt to winter through improved circulation, muscle tone and increased core temperature (thus suffer less from the cold)
- Allows for family fun time

2. Protein: Increase Your Intake by About 20g Daily

- Body needs more protein when starting a new exercise program or increasing your activity
- Gives stamina to decrease fatigue, improve exercise tolerance
- Rebuilds muscle tissue, which is a key goal of fitness

3. Focus: On Health, rather than the Number on the Scale

- When starting a new exercise program the body naturally resists the changes and new demands
- As you strengthen your muscle tissue and lose fat, you may not notice a large decrease in your absolute weight as seen on the scale
- Be patient and focus on aspects such as how energized and strong you are starting to feel, how your clothes are fitting, and how much better you are sleeping
- The most important number to track is not the number on the scale, but your waist-hip ratio.

4. Support: Personal and Professional

- Studies show that when people share their goals with someone else, they tend to be more successful in achieving their goals
- Support of family members and friends can keep you motivated and accountable (and may even inspire them to make healthy changes, too!)



- Guidance of a personal trainer or health care practitioner is always advisable when setting goals for fitness and weight loss, to help ensure you are receiving helpful expertise available to facilitate your journey and ensure you are progressing safely & effectively.

Dr. Elizabeth J. Cherevaty BScH, ND

Registered Doctor of Naturopathic Medicine

Healing Foundations Naturopathic Clinic

Phone: 519-821-1999

Email: clinic@healingfoundations.ca

Website: www.healingfoundations.ca

