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Healthy Habituator

All the Fit News to Email

Dear Mike,

At Healthy Habits, we help people who are frustrated, unsure, bored, or otherwise unsuccessful achieving their exercise or weight management goals. We only work by appointment and feature private exercise rooms, so the focus is on you. Call us for a free trial workout.



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The Numbers Don't Lie

The most common reason clients give for hiring a personal trainer or joining a gym is to lose weight. It is easy to see why - 66% of American adults are overweight, 32% obese. In Memphis, our hometown, the numbers are even worse - 34% of us are obese, we average 41 hours a week of TV watching, and 30% of us have not exercised regularly in the last year. Our county, Shelby, ranks last in the state in consumption of fresh fruits and vegetables and is 84th out of 95 in overall health. No wonder Forbes Magazine called Memphis the fattest and laziest city in the country.

Weight management has 3 primary components that accompany whatever other means may be used to control weight, including medical interventions. Those primary components are exercise and physical activity, good nutrition, and effective behavior change with ongoing maintenance. These three are always mentioned (often in the small print) as key contributors to the success of whatever other supplement, prescription, or surgical treatment is tried.

In its most simple form, weight management can be boiled down to this equation: calories in = calories out. If what you eat is equal to what you burn up, you stay the same weight. A change of only 100 calories per day means 700 calories a week, which equals 1 pound every 5 weeks, which means 10 pounds in a year. So, are you going to gain or lose that 10 pounds? Are