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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 and/or weight management goals. We only work by appointment and feature private exercise rooms, so the focus is on you. We listen to you, we help you where you need help, and we hold you accountable for your "homework."



Call us for a free consultation or trial workout.

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The 5 Secrets of Successful Weight Loss

Lets face it - losing weight is simple. Eat less. Move more. Simple, but not easy. We have all lost weight at different times, sometimes on purpose and sometimes by accident. What's really difficult is keeping that weight off.

Recent studies have identified 5 common traits of people who have lost weight and successfully maintained that loss over a long term. These traits are all of the DUH! variety - that is, you will probably say DUH! when you hear each one. But, how many of them do you actually practice regularly? They don't work if you don't practice them.

Secret #1

Intense physical activity.

When you work hard, you burn more calories and you increase your capacity to work even harder. Any physical activity is good; high intensity activity is great. So, don't be afraid to get out of breath, to huff and puff, to need a breather between exercises. (Of course, see a doctor first and you may want to get help from a trainer also.)

Secret #2

Lower your fat intake.

Fat has 9 calories per gram while carbohydrates and protein have 4 each. Cutting fat cuts calories most efficiently. Most dietitians agree that about 30% of your calories should come from fat, so use that guideline when ordering or buying food.