



A Healthy

Balance

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If you think you can achieve your weight loss or fitness goals by using one method alone, you are mistaken. Simply cutting calories or only exercising is not enough to achieve the desired outcome quickly and with finality. Instead, you will need to adapt a number of methods to create a healthy balance and an overall healthier lifestyle that is easier to maintain.

Three major areas to focus on are:

- eating right,
- exercising an appropriate amount,
- and trying to relieve or eliminate stress.

Studies tend to show that an appropriate combination of good nutrition plus exercise provides the greatest benefits to overweight individuals. Good nutrition and eating habits will consist of things such as eating healthier foods, eating smaller meals more often and not eating to deal with stress. Proper exercise will combine cardiovascular workouts with weight training. For a person to lose weight, he or she must reduce calories, and there are two primary ways to do so: consume fewer calories or burn more through activity. The most logical thing is to combine both methods. Additionally, it is important to remember that there is an opposite extreme that should be avoided. Excessive exercise and excessive caloric restriction are not good for the body either. However, the combination of the two in moderation can help you lose the healthy amount of weight per week, one to two pounds, while maintaining fat-free mass (your muscle) and keeping your resting metabolic rate up (keeps you burning more calories).

Another factor to consider is your stress level. Studies show that individuals with higher stress levels produce more cortisol, a hormone that helps the body store fat. Additionally, this type of fat tends to hang out in the belly! Of course, to add to that, individuals who are stressed tend to eat unhealthy foods to cope. Do you see where I am going with this?

What you should take out of all this is that, for long-term success in your health and fitness, you want to develop a healthy balance of healthy habits. Eat right, exercise often, and find ways to deal with stress in a more healthful manner.

To start your healthy balance lifestyle, today, call Fitness Together for a free consultation. You can also call to learn more about our online nutritional program, VITABOT, which is available to non-clients, and can help you to manage your nutritional habits.

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