

The Sports Academy's Weekly Fitness Tip

March 1, 2009 Issue #4

Keys to permanent weight loss: Keeping the weight OFF!

You've stuck with a work out schedule, been eating healthier and lost some weight. Congratulations! Losing weight is a huge accomplishment. However, the real challenge lies ahead; keeping the weight you've lost off. In order to keep the weight off you must continue doing what you did to lose the weight in the first place. Here are some proven habits to develop that will help you lose weight and keep it off:

- ✓ Eat breakfast daily
- ✓ Exercise approximately 60 minutes a day
- ✓ Check weight at least once a week
- ✓ Watch less than 10 hours of television per week
- ✓ Maintain a consistent diet on weekends and weekdays
- ✓ Track food intake



To lose weight and keep it off you must make permanent changes that you can maintain your whole life. Choose to walk more, stop drinking that afternoon soda or snacking while watching TV. These small changes will keep you pointed in the right direction and enjoy a healthy lifestyle.

Weekly Fitness Tips are created by Dan Smith and Karlie Brand. For more information please contact the Sports Academy at 435-753-7500 or by email dan@sportsacademy.com