

How To Keep Your Weight-Loss Resolution

by Sherry Torkos, B.Sc., Phm.

(NAPSA)—Many people make the same promise to themselves every year: to finally lose those unwanted pounds. Fortunately, it may be easier than they think once they realize some of the barriers to success. For one thing, it's unfortunate that many make that pledge in winter, when activity levels are low. They wind up falling short of weight-management goals and then start eating even more because of yet another diet failure.

To avoid this vicious cycle, keep your spirits soaring and weight gain at bay:

1. Change your exercise routine with the change of seasons. If you're into biking, swimming or gardening during the summer, switch to running, tennis or soccer in the fall. Then in winter, try skiing, Pilates or ice skating. Join a club. Take a class. Walk a dog.

2. Pay close attention to foods high in sugar and refined starches because they cause sharp increases in blood sugar. Reach for complex carbohydrates (whole wheat, brown rice, oats, flaxseed, legumes, vegetables) because they are broken down more slowly and evenly, which helps to control blood sugar levels. Boost your fiber intake, eat smaller portions and don't skip meals.

3. Don't forget your hormones, especially insulin. Insulin and blood sugar levels should be a concern for everyone, not just people with diabetes.



Changing your exercise routine and diet may reduce winter weight gain.

When insulin levels are high, the body stores more fat and is unable to use fat as a source of energy.

Stabilize blood sugar and promote weight management with Phase 2 Carb Controller. This white kidney bean extract, found in Carb Intercept from Natrol, reduces the breakdown and absorption of starch calories, thus reducing blood sugar and promoting fat loss.

4. Take a good-quality multi-vitamin and fatty acid supplement. You need antioxidants, B vitamins and vitamin D when you may not be eating enough fruits and vegetables. Fish oil supplements are good for heart health and emotional well-being. New research suggests that omega-3 fatty acids can help fight fat by increasing fat oxidation.

• *Ms. Torkos is a nationally recognized pharmacist, author, lecturer and certified fitness instructor. You can learn more online at www.livesowell.com.*