

5 Ways to Lose Weight and boost your Energy



1 Why 7-8 hours of Sleep is important

- While you sleep your body goes into REM (Rapid Eye Movement) Sleep. During REM sleep your body starts to repair itself and regenerates. It also works on detoxifying your body. You would be amazed at how much the mind can correct/repair/restore with the proper amount of sleep.
- While sleeping soundly your body goes into what is known as SYNAPTIC PLASTICITY. Synaptic Plasticity helps your brain to learn more and gives it the ability to remember better while awake.
- Putting yourself on a sleep schedule as best you can will result in a better nights sleep. Keep a notepad and pen by your bed so when you are winding down for the night and a thought about what you need to do tomorrow bounces through your mind, you can write it down. Simply writing it down allows your brain to release the thought of tomorrows activity because your subconscious knows you have a note on it and it doesn't have to remember.
- Studies have shown that poor sleep leads to weight gain, higher blood pressure, fatigue obviously and other health issues.

2 Water – The key to life and Weight Loss

- As most of you probably know the body is about 65% water. But what you may not know is that our bodies require between 65-80 ounces of water a day (126 ounces in a gallon) to be properly hydrated. If you are not drinking enough water, your body will actually start storing water in a fear of impending dehydration. Also what is interesting is that the body does not know how to tell you it is thirsty. It doesn't have a thirst signal to send, unlike your stomach when you are hungry. In fact a thirsty body will send hunger pangs trying to tell you to hydrate it. So if you feel hungry, drink 8 ounces of cold water and wait 15 minutes. If you are indeed hungry, you will still be hungry. If, on the other hand your body is trying to tell you it is thirsty, you will feel satisfied. When you are truly thirsty, your body is well past just being thirsty and is actually in a dehydration situation. Drink water, and then drink more water, and finally drink more water.
- Water to weight loss is like gas is to fire, as the saying goes. If you are on a weight loss journey, water is extremely important. Drink 8oz of cold water as soon as you wake up in the morning (Cold water also drops blood pressure). Continue to hydrate your body throughout the day. Remember the 65-80oz of water rule. That is for a person who is in shape and not trying to lose weight. If your goal is to get healthier and lose weight, then drink $\frac{1}{2}$ your body weight in ounces of water, but never less than the 65-80 ounces. For example if you weigh 250 lbs., and you're trying to lose weight, you want to drink at least 125 ounces of water a day.
- Poor hydration can lead to migraines muscle weakness and muscle cramps along with a lack of energy.

3

Eating every 2 - 3 hours

- If you are trying to get healthy and lose weight, eating one or two or even three times a day is not your best course of action. By eating fewer meals you throw your body into a starvation mode and it actually will store calories (which turn into fat) instead of burning them. We have all heard that it takes about 2000 calories a day to maintain your weight. You would think that by eating less often you would burn the full 2000 of calories. This is a wives tail. If you are eating too few calories and too far apart, your body will store the calories which turn into fat. "AINT NOBODY GOT TIME FO' THAT!"
- By eating small healthier meals every 2-3 hours you keep your body in a constant state of a higher metabolism. In turn your body burns calories instead of storing them and releases energy.

4

Working out

- The saying goes; you can't out work your fork. That means if you are eating too many carbs and calories a day, expecting to burn them off at the gym, you are already fighting a losing battle. Nutrition is 80% of the battle and exercise is only 20%. To get healthy and lose weight, you need to do is walk between 20-30 minutes a day, 3 times a week and incorporate the other healthy living lifestyle ideas like the ones in this article.
- Once you reach your healthy weight, you can certainly begin weight training and more strenuous cardio. Once you begin a regimen of daily workouts, try and get them in first thing in the morning. This sets the tone for the day and gets your metabolism going; which in turn burns fat. Fat is stored energy and burning that fat release energy into your body!

5

How to Destress

- Stress affects the body in so many ways. It leads to decease, heart issues, weight gain and more.
- Taking a hot bath or shower helps alleviate stress. Add some Epsom salts and/or lavender oil to the bath for that extra kick at stress reduction. Play soothing music while bathing.
- This is a great time to get that mild cardio in. Take a walk and listen to your favorite music. Get your mind off how your day was as there is nothing you can do to change it, and focused on the things that bring you comfort.
- Also sunlight (which provides Vitamin D) aids in stress relief. Did you know that in areas of the world where there are long periods of diminished sunlight, the depression rate is noticeably higher?
- One way you can get the vitamin D your body need is through a specific type of light which emits the proper type of UV light. One such light can be found on Amazon and is called the Happy Light by Verilux. (Search Amazon with Verilux Happy Light). This little light is amazing and is perfect for those that are stuck in an office most of the day or are in a light deprived location.
- Stress can lead to depression and depression leads to being lethargic and tired. Less Stress = More energy!

We have found something that has helped us not only lose weight and have more energy, but to keep the weight off for good. If you would like more information, click [HERE](#) to schedule your own FREE Health Assessment.