

Real Life Fitness, Supplements and Meal Replacements



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I have noticed many on weight loss programs and supplements recently, so I thought I'd touch on that subject.

First off, taking the initial step is always the hardest, so honor that effort within yourself, and appreciate what you are doing. I realize that knowing specifically what you can eat/drink during the course of a day is the key to success for many people. It takes all the guesswork out of it, and most of the temptation. I relate completely. I've lost over 110 pounds myself, and have tried shakes and programs of various kinds in the past.

So having been there, I know there are points to consider. First thing to remember is that these programs should be considered short-term. For those who need that structure of knowing what to eat, portion control, etc, these programs offer a great start. Eventually the goal should be to transition over to food that is as natural and unprocessed as possible. Having someone to help with that transition is so important for continued weight loss success.

Secondly, an exercise component should be added into the equation ASAP. As soon as exercise is added, it becomes part of the mindset towards a healthy lifestyle. And exercise, especially strength training, will

help keep everything tight, as weight is lost. People that have larger amounts of weight to lose, and do not exercise, may have loose skin which is very difficult to tighten up later on.

It is focusing on your ultimate goals, and developing a plan, that will ultimately garner the most success. Goal setting is a great thing to do, which keeps everything in perspective. Learning how to manage stress helps to keep cravings in check, and deal with situations that may be difficult. Relaxation techniques, guided meditations, mind/body exercises such as yoga and Pilates, and breathing techniques are all good ways to manage stress and help with weight loss efforts.

Most of all, how you approach your day is so important. In the morning assess your SOB factor, "State of Being". Check in with yourself, and see where you are emotionally. Start the day with a smile and honor that you are doing something wonderful by taking control of your health. Appreciate who you are and where you are going. The world may not change, but the way you look at it will, and your positive energy will filter out to others around you. And then who knows... not only will you make changes in your body, but you can actually be changing the world too. Now how cool is that!

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Let me show you how to make a healthy lifestyle easy! 631-793-1945