

Diets Alone Do Not Work!



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Have you always wondered why you keep losing and gaining the same five, ten, fifteen, twenty pounds over and over again? Have you tried just about every diet on the market? Have you made fitness and movement a part of your daily life, or just an occasional effort? Are you tired of being tired? Stop beating yourself up! Proper nutrition, health and happiness are yours for the taking!

Here's the skinny in a nutshell. Diets Alone Do Not Work! Our society is chock full of nutritionally deficient dieting. Add that to our over-worked, over-stressed lives with unsatisfying, nutrient-depleted foods, and you've just created a recipe for disaster. Diet is just another term for deprivation! Eating has become a habit of on-the-go toxin-filled food which wreaks havoc on the endocrine system, creating hormonal imbalances which continue to further damage the metabolism. Then, consider the last time you stuck with a regular fitness plan. We're not talking about taking a stroll around the block. We're talking about some serious fitness that challenges your muscles and makes you sweat.

Do you see a pattern forming here? The two pieces of the puzzle are nutrition and fitness. Not one or the other. Both! When combined together, a healthy, strong whole being is the outcome. Strength training will improve metabolism and increase muscle mass, which actually takes up less space in your body.

Healthy eating and proper nutrition will not only give you more energy, but is actually fuel for your body. The benefits achieved together far out-weigh the minimal and temporary weight loss when performed alone. We need to stop holding on to bad behavior and start creating the body and life we've always wanted by building healthy habits. Restore your health and renew your energy once and for all by making a commitment to a lifestyle plan for optimal metabolism management.

What do you have to lose, except those extra pounds?

Janine Friedman is a Fitness Specialist and the owner of Esteem Wellness & Fitness in Greenlawn, NY. Her extensive background in the fitness/wellness industry began in 1990 and includes a host of certifications through AFAA, IFTA, AFPA and Power Pilates. Janine's philosophy of "Movement for Mind, Body, and Soul" is a personal inspiration that she infuses into each individual client and class member she encounters. Her in-depth, hands-on knowledge of special populations has made Janine a sought-after teacher by both clients and instructors.

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