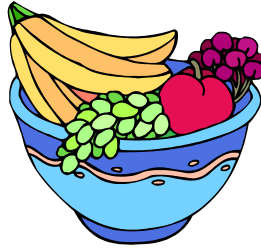


## EATING LIGHT & HEALTHY

At one time or another, half the women and a quarter of the men in this country have tried to lose weight. The ones destined to try again and again are most likely those looking for shortcuts. There are none.

The only way to step off the diet treadmill is to find a weight-loss program that helps you lose weight slowly and steadily; one that trains you to adopt a healthy eating plan so simple it becomes a way of life. With that in mind, here is an introductory guide to the last diet you may ever need.



### **GOOD HABITS**

Start strong. People who eat a healthy breakfast generally feel less hungry throughout the day.

Curb your appetite. Drink a glass of water or some tea just before a meal.

Stop counting calories. The best diet foods are complex carbohydrates. Low in fat, fast-burning, and rich in vitamins and minerals, they are also high in bulk, which means you can feel full on fewer calories. Eat whole grain cereals, rice, breads, pasta, beans and some type of fruit and vegetables.

### **Eat What You Like**

Nothing makes a diet more difficult than having to eat rice cakes when you can't stand them.

### **Sit Down**

Train yourself to eat in one place, preferably at a table. It's too easy to overeat when meals are grabbed on the run or while standing in front of the refrigerator.

### **Slow Down**

Eat slowly enough to give your body time to release the enzymes that tell your brain when you've had all you need.

### **Exercise**

It burns calories and suppresses the appetite, and it's awfully hard to lose weight without doing it. An easy way to get started is to strap on a pedometer and go for a walk, then work on increasing your mileage from one week to the next.



### **Don't Give Up**

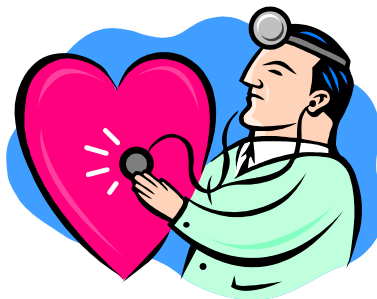
Falling off your diet once or twice does not mean the effort is hopeless. Simply acknowledge that you overate, and get back on the plan.

### **Reward Yourself**

Treat yourself with a massage, or a piece of gourmet chocolate. Do something out of the ordinary for each week you maintain your new weight.

### **Caution**

*Avoid Crashing and Popping.* Studies show that people who repeatedly go on and off crash diets actually gain weight over time. The sad fact is that the only thing crash dieters ever learn is how to starve!! Trying to suppress your appetite with diet pills and you risk a number of adverse side effect, such as irritability, insomnia, high blood pressure, and chemical dependency. Plus, once you stop taking them, any weight you've lost has a much higher probability of returning. Weight control is a learned behavior.



Seek a physician consultation before starting a diet program. Most fad diets can be risky and are usually very bias in origin. If you have had any previous heart or vascular conditions, get a complete physical before starting an exercise program. Make sure to have a specialist monitor your body while going through your diet and exercise plan.

**NOVA Pain & Rehab Center specializes in helping you to **Achieve Your Diet and Fitness Goals**. If you or someone you know is having this problem, call us today and schedule an appointment for a consultation and an evaluation. **Call 703-535-8887 to schedule your appointment**. Remember, waiting to see if the problem will resolve on it own could invite a more serious condition. Get yourself checked out **TODAY!****