

Ways to Lose Weight Without Counting Calories

Even though creating a caloric deficit is vital for weight loss, counting calories is easily one of the most tedious parts of losing weight. It creates a diet mindset, which just sets us up for failure. Dieting will only make you gain more weight in the long run, so here are some other options to consider.

Include More Strength Training in Your Workouts

Generally, people believe that cardio is the main thing you need to focus on if you want to lose weight. The right strength exercises will give you a lean physique that wouldn't be possible to achieve with cardio alone. Just compare the bodies of marathon runners and fitness models and you'll see what I mean.

One of the most effective ways to get cardio and strength training into your regimen is circuit or interval training. Studies show that interval training is far more effective than traditional cardio and strength training practiced separately.

Don't Eat Late at Night

Avoid feeling hungry before bed by ensuring you eat healthy meals with enough calories for your energy expenditure during the day. The calories we consume late at night are not generally the quality kind. If you have to eat something, stick with veggies, dairy and other low-calorie foods!

Stop Binging on High-Sugar Foods

Some people have this idea that as long as they stay under their calorie limit they can eat whatever they want. This is absolutely not true, when it comes to binging on processed sugar. Sugary foods may be ok as a treat on occasion but don't think your health will go unaffected if you stay under your limit.

Whichever diet lifestyle you choose to follow, limit the bad foods and you won't need to micromanage your caloric intake. When you do need a sweet fix, practice moderation and choose fruit first over processed sugar.

Drink More Water

Try substituting your smoothies and lattes with water. Giving up your favorite drinks sounds excessive but liquid calories are going to hinder your weight loss goals and overall health just as much as food. Remember that water should be a staple beverage...the main thing you drink.

Stop Eating Before You Feel Full

A common habit is to eat until you feel full or even continue eating until you simply can't anymore. Many people also feel guilty about wasting food. Just because the food is in front of you, doesn't mean you have to eat it.

Visit Your Doctor for a Check Up

This may be a surprising tip for weight loss but visiting your doctor for a physical and blood panel work should be done. Especially if you find that you are eating well and exercising regularly for a month or two but still struggling to lose weight.

JULY 1, 2019

Today starts July's Accountability Group – Sleep, Hydration, Activity, feeding your body and your soul with healthy foods and positive thoughts.

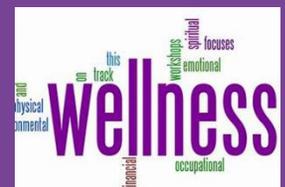
Healthy Body & Mind

drink water
eat natural foods
think positive
exercise daily
sleep well

wellness.com

An emailed calendar will be sent out to track your habits when you register.

It's not too late to join. \$30 to create healthy habits and be entered into a drawing for a Relaxation Facial with Tee and Massage with Chad!



4 Week

Wellness Series

Monday, July 1 @ 6:30 pm
Back, Core & Pelvic Floor

Monday, July 8 @ 6:30pm
Meal Prep 101

Monday, July 15 @ 6:30pm
Ditch the Diet Mentality

Monday, July 22 @ 6:30pm
Balancing Your Life

IT'S NOT THAT SOME PEOPLE HAVE WILLPOWER AND SOME DON'T.

IT'S THAT SOME PEOPLE ARE READY TO CHANGE AND OTHERS ARE NOT

-JAMES GORDON

Workout of the Week

8-12 Reps x 3-5 Rounds

Squat with Shoulder Press

Standing Front Press (R&L)

Diagonal Wood Chop (R&L)

KB Windmill (R&L)

Mt Climbers

Single Leg Deadlift (R&L)

Mini Band Lateral Pushup

Forward Lunge with Rotation (R&L)



Chicken Apple Bacon Sliders

Ingredients

- 2 cups peel and grate Apple #1
- ¼ cups dice Celery
- ½ teaspoons Poultry Seasoning
- ¼ teaspoons Black Pepper
- ¼ teaspoons Salt
- 2 tablespoons Honey
- 1 pound ground or canned Chicken
- ½ cups cook and dice Bacon #1
- Serving Day Ingredients
- 8 individual cook Bacon #2
- 2 medium Apple #2



Directions

In a large bowl, stir shredded apple #1 with celery, poultry seasoning, pepper, and salt until blended. Mix in honey, chicken, and crumbled cooked bacon #1. Combine until well mixed, but do not overmix. Shape chicken mixture into 1/2-inch-thick sliders, using 1/8th pound of meat per slider. (Freeze for Later - Divide and place into indicated number of freezer bags separated by waxed paper.)

Serving Day Directions

Cook sliders on prepared grill 4 minutes on each side or until chicken is cooked through. Slice apple #2 horizontally to have a full circle shape "bun". Serve sliders on sliced apples with a strip of bacon (Bacon #2).



Toy Drive #Camdentothemax
drop off in office until August 9th