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## **The Secret of Weight Loss**

Approximately 65% of the population age 20 and over are overweight or obese.

If weight loss were as simple as taking a pill, or eating a special type of food, - no problem! Everyone would just do what it takes! Or would they?

How many times have you followed a "diet" and lost weight, only to fall back into bad habits, and gain all those pounds back, and more?

There is actually a simple formula for losing weight: **eat less/move more!**

If it's so simple, why don't people have lasting results? The way you eat and the way you exercise has to become a way of life, not just a temporary thing.

Look at your body as a *work in progress*. But, which way are you progressing? Are the pounds accumulating, your body on a journey toward diabetes, cardiovascular disease, high blood pressure, high cholesterol, stroke, back problems, arthritis? If so, how about following another road-one that has a destination of a healthier, fitter life? More energy, less tired, less pressure on those joints, and less stress on your heart sounds more appealing, doesn't it?

By decreasing your weekly calorie count by 3500, a one-pound weight-loss can occur. That's 500 calories a day. Burn it off in exercise, or eliminate that number of calories from your diet, or better yet, a combination of both. Double that, and in a short 10 weeks' time, you can have 20 pounds off. That's a reasonable, safe goal, and one that is attainable. So, follow that road to a healthier lifestyle. And by the way, it's the only road I can think of that if more people travel it, it doesn't cause you to slow down and become gridlocked. Actually, just the opposite! A little support and encouragement, and maybe even a little healthy competition from others make that journey even more enjoyable and successful.

And, if you are worried about losing your way, how about your own personal GPS system? A personal trainer can help you keep headed in the right direction and stay focused. Contact Marcia Erne for a free consultation at 317-650-0075, or e mail: [MarciaErne@sbcglobal.net](mailto:MarciaErne@sbcglobal.net).