

## **Do you want to lose weight?**

By Robin Resnick, Certified Personal Trainer

There is a simple solution! It's not a miracle pill nor a special piece of equipment you can sleep with that will whittle away your unwanted fat. It's just a simple plan. If you want to lose weight, you need to burn more calories than you eat. You need to create a caloric shortage.

You don't need to starve yourself. On the contrary, you need to eat sensibly and increase your activity level. How? By exercising! A combination of aerobic exercise, strength training and moderate eating, all on a regular, consistent basis is the secret to losing your unwanted weight.

You are probably thinking that you have tried dieting and exercising, all to no avail. Diets get old fast, and exercise - who has the motivation, or the time. Especially when you aren't seeing results fast enough. It is important to keep in mind that the results will not be instantaneous, but if you work at it, you will see results.

Exercise, both strength training and cardio, is critical to this plan, because without it, you risk losing lean muscle as well as fat. Did you know that muscles burn more calories than fat? Over the course of a day, while you are sitting at your desk, sleeping, driving, etc. a pound of muscle burns approximately 35 calories, while a pound of fat burns approximately one calorie. Muscles help to create that calorie deficit every day.

So, how do you begin? If you have tried on your own, and it hasn't worked, then it is time to get help from a personal trainer. The first thing I do is work with my clients to set reasonable, attainable goals. Based on those goals, I make recommendations on what should be eaten. Then I set up a personalized exercise plan and weekly make sure it is being followed by personally training my clients. Throughout, I keep my clients motivated, and help them be accountable for what they eat and how much activity they do.

As a personal trainer, I encourage my clients to give 100% to their workout. I also make certain they are doing the exercises correctly so they get the most out of what they are doing, and I help to avoid exercise boredom by modifying the workouts as needed. I work with my clients each step of the way, cheering them on and motivating them to reach their goals.

Working with a trainer, you will see results, and lose that weight!