

Fitness experts lend advice for New Year's weight loss resolutions

by Gabby Christensen

It's not uncommon to see weight loss on a New Year's resolution list, but it sometimes can be difficult to stick to this goal.

Brenda Herrod, program coordinator for Methodist Health System's Better Living program, said self-confidence is key when it comes to achieving a weight loss goal.

"Tell other people what your goals are, and find your support network of friends or family



Herrod

Kutler

who will help you," Herrod said.

Herrod also recommends writing down goals on paper and putting them where they will be seen every day.

She said it's important to not skip meals. "Eating regularly throughout the day helps keep your metabolism higher, prevents dips in your energy, keeps you alert and focused, and will help preventing overeating at later meals," Herrod said. "Drinking water also boosts your energy, keeps you from drinking other things which may have high calories, and increases your metabolism."

Herrod said working with a Registered

Dietitian Nutritionist (RDN) is an important start for weight loss.

"A RDN can help with a safe and effective weight loss plan while keeping your eating plan individualized to meet your needs," she said.

Herrod has seen a number of trends in weight loss lately, including using technology such as smart watches, activity and step trackers.

These devices allow one to track daily activity, sleep cycles and heart rate, among other things.

Herrod said exploring gut health is very popular now, and eating to best support your overall health.

David Kutler, president of Body Basics, said exercise and watching calorie intake is the obvious formula for any weight loss plan, however, unrealistic goals can cause some to fail.

"You need to pick an exercise that fits your individual needs," he said. "Having the correct piece of equipment in your home or office is the easiest way to achieve long-term fitness goals, as it helps people who have limited time to devote to exercise, plus having the



Pyle

convenience of not having to drive somewhere in bad weather."

Besides focusing on cardio exercise, Kutler said it's important to do strength training two to three times a week.

"This helps build muscle, which burns more calories when we're idle, plus helps tone and shape our bodies," Kutler said. "The additional benefit of increasing bone density is very important, especially for women."

Kutler said it's also valuable to consult with a certified personal trainer.

Kutler said rowing machines have made resurgence in recent years.

"One reason is they offer an excellent low impact exercise while involving almost every major muscle group, thus high calorie burn," Kutler said.

He said the newest trend in exercise is a piece of equipment called the Helix Lateral Trainer.

"It has a unique motion that moves side to side rather than front to back as all other machines do," Kutler said. "The benefit is that it targets muscles that are hard to activate compared to most other machines."

He said it's important to remember weight loss should be viewed as part of the journey to long-term health and fitness, and not seen as just a short-term goal of losing a certain amount of pounds.

"Take time to explore the alternatives and keep an open mind," Kutler said.

Brent Pyle, fitness director at Prairie Life Fitness, suggested adding structure and planning out gym days.

"Pack a gym bag every day whether you plan to go to the gym or not," Pyle said. "Have a workout buddy or work with a personal trainer to keep you reliable."

He said it's better for you to prepare and plan your own meals for the week, versus picking something up from a restaurant.

Pyle said Prairie Life Fitness offers personal training and a number of classes, as well as recreational sports.

Pyle mentioned there are numerous trends right now, from styles of training to different types of diets, such as, detox/cleanses, CrossFit groups, interval fasting, live-stream classes and prepared healthy meal services.