



Western Racquet Club Fitness Center

Hours of operation:

Monday through Saturday: 5am to 10pm

Sunday: 5am to 6pm

Follow us on social media!

Facebook: Western Racquet Club - Elm Grove

Twitter: @wrceimgrove and @wrctennis

Instagram: wrc1960

Get Fit Newsletter December, 2018

Why your weight won't budge

Wanting to drop a few pounds but not able to? There are few things more frustrating than wanting to be slimmer and to tone your body, without any success. Read the following seven Reasons Your Weight Won't Budge to discover what is standing in your way and how to quickly and easily begin your fat loss journey.

Reason #1: Your Mind

Your mind is your number one ally when it comes to achieving your goals. However, until your mind has been programmed for success, it will do more to derail your efforts than to help you.

- Take a few moments each day to visualize yourself at your ideal weight. Imagine how it feels to look the way you've always wanted.
- Protect your mind from any negative self talk. If a negative thought comes to mind, immediately reject it.
- You want to be thin and fit, and yet you think of yourself as out-of-shape and fat. Re-program your mind to think of yourself as fit and attractive, and you will be well on your way toward achieving your goal.
- Give up the belief that you can't achieve the body you've always dreamed of. See it first in your mind, and then in the mirror.

Reason #2: Your Fear

Change makes most of us nervous – even if it is a change in the right direction. You may not be consciously aware of the fear you have of getting into shape. Until you conquer this fear, your weight loss efforts will be blocked by self-sabotage. Professional speaker and author, Anthony Robbins, has outlined three specific beliefs that you must have in order to conquer your fear and instantly create a lasting change.

- **Believe that something MUST change.** You can't be wishy-washy about it. You can't be considering it. You can't even be pretty sure about it. You've got to be rock solid.
- **Believe that YOU must change it.** You can't pass the buck of responsibility and expect to lose weight. It's on your shoulders. Other people will prove to be great assets in your journey, but in the end you are the one who is going to make it happen. You have to want this weight loss enough to make it your personal mission.
- **Believe you CAN change it.** You may have failed in the past, but that doesn't matter. When you put your mind to it, you're able to do amazing things. Do you believe that you are capable of losing weight? Once you own the belief that you can, you'll be unstoppable.

Reason #3: Your Excuses

Your excuses for being out-of-shape are getting old. An excuse takes less immediate effort than an action, but in the long run the action taker always has the advantage. Don't allow excuses to ruin your life any longer.

- Don't skip out on your responsibilities with excuses, instead expect more from yourself.
- Focus on the big reason why you are losing the weight. Make a list of the benefits you'll enjoy once you achieve your goal and read them first thing each morning.
- Remember that you can only have two things in life: excuses or results. Which do you want?

Reason #4: Your Commitment

How many times have you tried to lose weight, only to give up a week or two later? We live in a commitment-phobic world, so it's no wonder that you routinely abandon your goals. If you truly want to lose fat then your commitment to the process is a must.

- The margin between success and failure is bridged by your commitment. Don't give up until your goal has been achieved.
- Treat exercise with the same importance as a work meeting, and you'll never skip it at the last minute. Find

three available 60-minute time slots in your schedule and mark them (in pen) on your calendar. Now stick to your schedule.

- If you don't give up, then you'll never fail.

Reason #5: Your Diet

If you consistently eat the wrong food, then your weight loss efforts will all be in vain. To put it bluntly, you need to stop eating junk. Processed foods, refined sugar and high fructose corn syrup do not belong in your diet if you want to be in great shape. Cut these items out of your diet and replace them with real whole foods like lean meats, vegetables, whole grains, nuts and fruits.

- Don't eat processed foods. Even though processed foods are accepted by our society, they contain tons of chemicals and empty calories that will make you sick and fat.
- Fat contains twice the caloric density of protein and carbohydrates, so make sure to limit the amount that you consume. Eat lots of lean proteins and wholesome carbohydrates from plants and whole grains.
- Vegetables, whole grains, fruits, nuts and seeds are filled with fiber and antioxidants which are vital for healthy weight loss. Snack on these instead of packaged treats.

Reason #6: Your Patience

It takes time to transform your body from fat to fit, even though you want it to happen overnight. Remind yourself that it took time to put the weight on, so it will take time to take the weight off. When you find your patience wavering, or when you encounter a frustrating plateau, do the following:

- Review your goal. Is it specific and measurable? Is it small and attainable, rather than monumental? Focus on your goal when the going gets tough.
- Make each workout a new experience. Challenge your body with different resistance, new exercises and a varied pace.
- Remember that anyone can have one great workout, but that won't get you the body you want. The only way to achieve your goal is by consistently exercising and eating right, plain and simple.

Reason #7: Your Support

People who exercise alone are less challenged, less accountable and are more likely to fail. It makes sense. Who would rush to the gym if no one is was waiting for them? Who would push themselves if no one was paying attention? Exercising alone is a recipe for disaster.

- Find a workout partner who is in better shape than you, or better yet, work with me, your local fitness expert, to guarantee your results.
- I am passionate about seeing you achieve results—don't waste your time, energy and effort on mistakes.
- When you start a program with me, you suddenly have the upper hand on weight loss. I'll be in your corner, coaching you each step of the way, keeping you accountable to workouts and giving you that dose of encouragement when you need it most.

Get serious about your results and begin the last weight loss program that you'll ever do.

Call or email today to schedule your first workout. *You'll find my contact info in this newsletter.*

Write & Review

You could be making a valiant effort to lose weight, but if you eat too much each day then the number on your scale will not budge. Even if you think that you're limiting calories, you won't know unless you do a little research. Get a small notebook to carry with you and jot down everything you eat for an entire week. Be sure to include the exact amount that you eat of each food item. At the end of the week do a tally of each day, and then figure out how many calories you eat on an average day. Review your daily entries for items that are filled with empty calories – like cookies, candy or soda. These should be the first things that you cut out of your diet as you transform your body.



Guilt-Free Kale Chip Snack

Salty, crunchy snack foods are a weakness for most people. Instead of eating chips or popcorn or crackers, which quickly add up in unwanted pounds, make a batch of these delicious, crunchy kale chips. Kale chips are low in carbs and make a delicious crunchy snack.

What you need

- 1 bunch kale, washed and torn, stems discarded
- 1 Tablespoon olive oil
- dash of salt and pepper

Instructions

1. Preheat oven to 300 degrees F.
2. In a large bowl mix the kale pieces with all of the ingredients.
3. Spread evenly on foil-lined baking sheets.
4. Bake for 12 minutes, watching closely that they do not burn. Remove from oven when crispy.

Nutrition

Serves five. One serving equals 51 calories, 3g fat, 68mg sodium, 5g carbohydrate, 1g fiber, 2g protein

Call G-Form Fitness for personal training

G-Form Fitness 262-797-8676
Glen Werns 414-940-4536
Patrice Nassalang 414-899-1733
www.gformfitness.com