

Shaping up for the Summer

It's finally here, warm weather, good times, and skimpy clothing. Summer is truly an exciting and fun time of the year. It is also the absolute best time to get rid of unwanted weight.

During the latter part of fall and winter we tend to hibernate to the inside from the cold spending a lot of sedentary time watching TV and snacking on comfort foods.

The next thing you know, 5lb, 10lb, 15lb, 20lb on top of the other 30lb we didn't need. The increase in weight will have several negative effects on the body.

1. Effect blood pressure
2. Cause joint pain (knee, back, hips)
3. Increase the chances of diabetes
4. Leave you feeling tired and sluggish

However, summer weather is the perfect medicine for getting back in shape and let me explain the reasons why.

1. Summer time has a positive effect on the way it makes us feel. The sky is blue, the birds are chirping, bees are buzzing, and off course, romance is in the air.
2. The warmth of the sun causes the body to burn calories more efficiently. When exercising out doors in warm weather, weight loss results are increased. However, avoid extreme heat and always have room temperature water available.
3. Foods for weight loss are plentiful for the summer. Fruits are ripe with great tasting high fiber juices. Veggies are in abundant and ready to complement any meal we can think of while also keeping our colon healthy.

With all the benefits of summer weather, there's no reason why you can't reach your weight loss goal for the summer. With that being said, here's the perfect plan from yours truly☺.

Breakfast: 1 whole egg scrambled w/canola or safflower oil
1 medium apple or pear
1 slice of whole wheat toast w/natural jelly or honey
1 L.H. Multivitamin and 2 Fat Metabolism Enhancers
8oz glass of water w/lemon

Snack: medium bowl of strawberries or melon mixture
8oz of water w/lemon

Lunch: Selection #1: **Meal Support** (Meal replacement protein shake 2 scoops w/8oz of water)

Lunch: Selection #2: Tuna or sliced turkey (Boreshead)
Large mixed salad w/balsamic vinaigrette dressing
8oz glass of tea sweeten w/natural sweetener (stevia, spenda, equal)
1 L.H. Multivitamin and 2 Fat Metabolism Enhancers

Snack: Medium serving of mixed fruits (pineapple, blueberries, strawberries, melon)
8oz of water w/lemon

Dinner: Grilled, baked, or broiled salmon or chicken

Medium to large serving of mixed veggies (broccoli, carrots, squash, green beans)
sautéed with canola or safflower oil

1 L.H. Multivitamin

8oz of water w/lemon

Warning: *Watch the sodium contents at all times.

*Be aware of the calories found in alcohol beverages.

*Keep sweets to a bare minimal.

*Avoid greasy fried foods as much as possible.

As for exercise, I advise doing a variety of things. The main thing is to find something that will get you moving. The following is some of my favorites:

1. Functional training with light dumbbells. To include cardio and stretching between sets (see my **Total Body Workout DVD**). Recommended every other day.
2. Speed walking is a great way to get the body moving without a lot of impact to the joints. If you can find a nature trail surrounded with trees and flowers, would be an added plus. 30-45 minutes a day is great.
3. Gardening is also one of my favorites. Whether it's planting azaleas, mums, tulips, or day lilies, it's a great way to burn calories and relax the mind.
4. Aerobic classes are another great way to have fun and shake off some calories. One of the hottest crazes happening now is **Zumba**. It consists of a lot of dances and rhythmic movements. I recommend aerobic classes every other day.

The list of summer time activities is endless. The important thing is to get moving and enjoy your self. And guys over 40 remember you're over 40, especially when it comes to playing basketball.

Note: Before starting your summer weight loss programs the first thing I advise is doing the **7 Day Systemic Detox Program**. It will help get rid of winter bloat and jump start the metabolism. Once the Detox is complete the other vitamin supplements can be added. I also recommend the **Fat Metabolism Enhancer**. This product will help increase the body's ability to burn calories more efficiently. **The Meal Support** is very beneficial as a meal replacement for the person on the go. Combining protein (whey, egg, soy), green tea, and sweet potato, it's serves a complete nutritious meal. Last and most important is the **L.H. Food Base Multivitamin**. This is a must when establishing the foundation of quality fundamental nutrition. Consisting of food based nutrients to help the body repair cells and maximize recovery.