

THE ULTIMATE WEIGHT LOSS GUIDE



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Introduction

Tis the season for a lot of things, and getting in shape is no exception. With the hustle and bustle of New Year's Resolutions, there couldn't be a more perfect time to create a workout plan and kick it into high gear!

There are many things that cause us to wake up and realize the body we're living in isn't the healthiest of bodies. Stress, especially this time of year, can lead to overeating and increased cortisol- both of which are not conducive to getting or staying fit. Being overwhelmed with balancing all aspects of life- work, kids, home, school, etc., can also cause us to under eat or fly through a drive-thru without thinking twice.

There are a plethora of factors that can throw our healthy habits off track or just completely off the radar.

When we shed just even a small amount of weight, we reap a ton of health benefits. Our chances of developing diseases such as diabetes and heart disease drops. We are less likely to suffer from sleep apnea. Our blood pressure drops and we feel better about ourselves. Energy increases as we become more active and we produce more feel-good hormones when we exercise.

No matter how you slice it, medical or physical, the benefits of working out and losing weight are plentiful.