

SOUTHPORT PHYSIOTHERAPY CENTRE

Summer 2017

Tips to Help Lose Weight

Research consistently indicates that a combination of exercise and dieting is the most effective way of losing weight.

Firstly, set realistic time frames.

The weight did not appear overnight and it will not disappear overnight either.

You should set short-term and long-term goals with a minimum 3-month time frame.

Emphasis should be on improving your health rather than solely at weight reduction.

There is no quick fix.

Ultimately you need to consider **lifestyle change** in order to maintain improvements.

Have a view that if you can improve your health and fitness then in time the weight will come off and stay off.

Remember that there is a difference between weight reduction and muscle toning or body shaping.

As a rule, aim for improving fitness rather than solely focusing on weight reduction.

Only weigh yourself once a week.

Muscle weighs more than fat so it is possible that your weight may increase at times.

There are many different reasons for your weight to fluctuate.

It is important not to be disheartened.

Try to take your measurements at the same time each week.

These can include weight as well as measurements of chest, stomach, waist, hips and thighs.



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***You don't
have to see
the whole
staircase.
Just take
the first
step***

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