

How To Keep Smiling While Losing Weight

by Sherry Torkos

(NAPSA)—Good news: There is a way to keep your spirits up and your weight gain down.

Most adults gain between one and two pounds a year. Driven by hectic schedules, increased stress, reduced physical activity and poor eating habits, weight gain affects overall health in many ways. Not only can it increase the risk of diabetes and heart disease, it can also affect sleep and mood and may even contribute to sexual dysfunction. Fortunately, you can avoid this trap. Here's how:

1. **Change your exercise routine with the seasons.** Don't let cold winter weather make you sedentary. There are plenty of ways to stay active during the winter. Try skiing or ice-skating, or take a class like Pilates or yoga. Any physical activity will benefit your weight, mood, hormonal balance and immunity.

2. **Follow the glycemic index.** Avoid foods with a high glycemic index (foods that break down quickly into sugar, such as refined starches and sweets). These foods cause dramatic fluctuations in blood sugar that can increase appetite. Reach for low-glycemic whole grains (whole wheat, brown rice, oats, flaxseed, legumes, vegetables). They're broken down more slowly and evenly, helping control blood sugar levels and reducing hunger.

3. **Try to steer clear of stress.** Chronic stress can cause weight gain, particularly around the midsection. Stress increases the release of the hormone cortisol, which promotes body fat storage. Stress also triggers unhealthy eating.

4. **Choose smart supplements.** Supplements can help promote good health and support a weight management program.



Don't let weight gain get you down.

- **Multivitamins and minerals** help you get antioxidants, B vitamins and vitamin D when you may not be getting enough through diet.

- **Phase 2 Carb Controller** can help support weight management and reduce after-meal blood sugar levels. This white kidney bean extract, found in Carb Intercept from Natrol, reduces the digestion and absorption of starchy foods. Starches are a major factor in weight gain and blood sugar fluctuations.

- **Fish oil, which provides omega-3 fatty acids**, is good for heart health and emotional well-being. Research suggests that omega-3 fatty acids may also help fight fat by increasing its oxidation.

- **Green tea** contains antioxidant-rich catechins, as well as a small amount of caffeine. Research suggests that these compounds work together to increase calorie burning. Look for Teavigo, a natural green tea extract made through a patented process for maximum potency and purity, at healthyorigins.com.

For more information, log on to www.phase2info.com.

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