

Premier Medical's The Skinny Minute Health & Beauty News

May/June 2017

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"Fat Burner" Injection
Or
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B12 Lipotropic Injections 4 for \$44*

Premier Medical
WEIGHT LOSS & AESTHETICS

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REASONS YOU'RE NOT LOSING WEIGHT:

1. Your sleep schedule is off. *Try to get between 6-8 hours of sleep each night.
2. You don't drink enough water. *Shoot for half your body weight in ounces of water. Example: If you weigh 200lbs, you should drink 100 ounces of water each day.
3. You wait too long to eat. *When you space out your meals too much your metabolism slows down and your body isn't able to burn off all the calories in your next meal.
4. You eat out too often. *Even when choosing "light" entrees, many times the portions are oversized and there are more hidden calories than you realize.
5. You sit all day. *If you have a desk job, be sure to get up and walk for 10 minutes at least 3x per day.
6. You reward workouts with food. *Exercise is a great way to lose weight – It burns calories and builds muscle mass. But if you indulge afterwards you ruin all of that sweaty work.
7. You overdo the alcohol. *Alcohol has tons of added sugar and "empty calories". Stick to one glass of wine with dinner if you just can't resist.
8. Stress gives you snack-attacks. *If you're feeling tense, you are more likely to reach for unhealthy, high-calorie treats for a quick comfort fix. You may eat when you don't really need food.
9. You make quick food decisions. *It's worth your time to plan out your meals and healthy snacks so you're not tempted to grab something on the go.



Give us a call to schedule an appointment with Dr. Steven Fabrizio.
He will guide you through your entire weight loss journey!

Please join us in thanking our Licensed Esthetician, Lisa Kirk, for her many years of service. Lisa helped so many clients (including us!) look and feel absolutely amazing at Premier Medical Weight Loss & Aesthetics for the past 5 years. Lisa, we thank you! And we wish you the very best in all of your future endeavors.