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Premier Medical

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Premier Medical's The Skinny Minute

September/October 2018

Putting Your Best Foot Forward

So many of us experience a natural sense of failure when we become injured. It's easy to excuse yourself from your goals when you feel a setback. But, it's important to remember that weight loss happens in the kitchen. Don't get me wrong, exercise builds muscle, which burns fat, and inevitably can definitely help with weight loss. However, your nutrition should ALWAYS be your number one focus, if weight loss is your ultimate goal.

Dieting can be overwhelming in this day and age, as there are so many options out there. And we tend to think we need a 'title' for our diet. We don't. I'd like to invite you to make it easy on yourself. Simplify your take on healthy eating.

Your meals should be small, often and lean. Try to shoot for five per day. Here's an example:

Breakfast: Scrambled eggs, yogurt or protein bar

Morning Snack: 1/2 cup of fruit

Lunch: Green salad loaded with veggies and topped with a light vinaigrette

Afternoon Snack: Handful of almonds or a protein shake

Dinner: Steamed, baked, broiled or roasted lean protein (think chicken, turkey or fish) with a side of steamed or grilled vegetables

Another thing to note is that not all carbs are treated equally. You do not have to eliminate them from your diet. In fact, you shouldn't. Instead replace bad carbs with good carbs! Some examples of good carbs:

- Vegetables
- Whole fruits
- Legumes
- Nuts
- Seeds
- Whole grains (oats, quinoa, brown rice)

Never let yourself get to the point of feeling starved or full. Instead eat a small amount every 2-3 hours so that your body feels content. And don't forget that sometimes when we think we're hungry we are actually just thirsty. Shoot for half your body weight in ounces of water per day. This helps keep the hunger pains away but also flushes any unwanted toxins out of your body.

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