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Premier Medical's The Skinny Minute

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Healthy Rewards

Have you ever noticed that it seems to take FOREVER to lose weight but one "cheat day" can put you right back where you started, seemingly overnight? This can turn into a daunting cycle of self-sabotaging ups and downs, with little to no overall progress and a plethora of regret. But, it doesn't have to happen this way.

One of the main components to sustainable weight loss is following the rule of NO FOOD REWARDS.

You should be consuming a well-balanced and realistic (for you) diet on a daily basis. This means that you are already regularly making healthy versions of the foods you love, and you've already found good substitutes for the bad stuff (e.g. yogurt topped with fresh fruit instead of ice cream, for a sweet craving).

In order to maintain weight loss, you really have to change your relationship with food and view it for what it is; a tool for survival, not a reward. You aren't a dog, after all!

What are some non-food related things that you enjoy? Music? Perhaps you have been wanting some new ear buds or have been eyeing a concert coming to town? Do you enjoy movies? Treat yourself to a new flick! Fishing? Buy some new tackle or an entire rod & reel combo for reaching a huge milestone! Are you a girly-girl that enjoys getting your hair and/or nails done? Do you like puzzles or board games? Do you need a new fitness tracker or workout clothes? How about a new kitchen tool? You get the idea!

Remember – You are doing this to become the healthiest version of yourself and you're investing in your longevity! It will be worth it!