



VIP MedSpa Clinic News

VIP MedSpa Clinic

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Medical News

7 amazing benefits of exercise

1. Improves mood.
2. Combats chronic diseases.
3. Manages weight.
4. Boosts energy levels.
5. Promotes better sleep.
6. Enhances sex life.
7. Increases fun! Find activities you enjoy, and go for it.

Are your goals realistic?

If you have a significant amount of weight to lose, it may be too discouraging to think about doing it all at once. Rather than zeroing in on a number, focus on making and sustaining healthy lifestyle changes. For examples, set a goal to exercise three times a week. And be realistic about how much weight you can lose and how quickly. Aim for a healthy and attainable weight loss of 1 to 2 pounds a week.

Holiday Rejuvenation Package: \$600
TNS Essential Serum + HA5 + Retinol 0.5 + Total Defense & Repair Superscreen

Holiday Hydration Package: \$350
HA5 + Retinol 0.5 + Dermal Repair Cream + Total Defense & Repair Superscreen

Holiday Brightening Package: \$300
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Holiday SKI Package: \$260
TNS Eye Repair Cream + Dermal Repair Cream + Total Defense & Repair Superscreen

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Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

Did you overindulge on Thanksgiving? Has it been a while since the scale moved in the right direction? Is motivation waning? Whether you've hit a plateau or started slipping back into old habits, it's never too late to get back on course. The key? Stay positive and don't be hard on yourself. Simply be curious about your choices, and use your experiences as learning opportunities for the future. Don't give up — use these tips to get back on track.

Drink your fruits and veggies

Skip the added sugars in fruit juice, and turn whole fruits and vegetables into a nutritious, refreshing drink. Make a smoothie with plain, low-fat yogurt and your favorite frozen fruit. Or puree banana, berries, lemon, mint, ice and fresh baby spinach—this green concoction may look unappealing at first, but it tastes delicious!

Red wine and resveratrol: Good for your heart?

Red wine and something in red wine called resveratrol might be heart healthy. The alcohol and certain substances in red wine called antioxidants may help prevent coronary artery disease, the condition that leads to heart attacks. Antioxidants in red wine called polyphenols may help protect the lining of blood vessels in your heart. A polyphenol called resveratrol is one substance in red wine that's gotten attention. Resveratrol might be a key ingredient in red wine that helps prevent damage to blood vessels, reduces LDL (bad cholesterol) and prevents blood clots.

Plateaus

It's normal to hit plateaus. Most people reach one after six months of weight loss. Try these solutions:

- ◆ Review your food and activity records to make sure you haven't let yourself backtrack with larger portions or less exercise.
- ◆ Reduce your daily calorie intake by 200 calories, unless this puts you in a range that's too low for good health.
- ◆ Gradually increase your daily exercise time by 15 to 30 minutes. If possible, also increase the intensity of your workout.
- ◆ Focus on three-to four-week trends in weight loss instead of daily changes.
- ◆ Reassess your program and goals. If it's too much to decrease calories or increase activity, it's better to be satisfied with the weight you have lost than to throw in the towel and regain it.

Dealing with lapses

A lapse occurs when you revert to your old behaviors temporarily. If several lapses have occurred in a short time, it's tempting to think your weight-loss plan is too challenging. Not to worry; a lapse is just a short-term bump in the road. Following these tips will help you regain ground:

- **Don't let negative thoughts take over.**

Mistakes happen, and each day is a chance to start anew.

Reduce sugar in baked goods

Love to bake but don't love the extra calories? Try using less sugar to reduce total calories. In most baked goods, you can leave out one-third to one-half the sugar listed in the recipe without affecting texture or taste.

Make time for exercise

If your days and evenings are packed, try exercising in the morning. Start by getting up 30 minutes earlier twice a week, and hop on the treadmill or stationary bike while you listen to the radio or watch the morning news. Or step outside for a brisk walk. Once you've adjusted to early morning workouts, add another day or two to the routine.

Easy calorie-cutting tricks

Your weight is a balancing act, but the equation is simple. If you take in more calories than you burn, you gain weight. Skip one high calorie item a day and keep an eye on portion sizes. Stop eating before you get full, and always aim to leave food—even a couple of bites – on your plate. These small changes will add up to big results!

- **Take another small step.** Changing your life doesn't happen all at once. Keep in mind that changing behaviors in small ways can add up to a big difference in your life.
- **Ask for and accept support.** Accepting support from other people isn't a sign of weakness, nor does it mean that you're failing. Get support from others when you have difficult days.
- **Plan your strategy.** Clearly identify the problem, and then create a list of possible solutions. If one solution doesn't work, try another until you find one that does.
- **Work out your frustration with exercise.** Keep it upbeat and even fun — don't use physical activity as a punishment.
- **Recommit to your goals.** Review them to make sure they're still realistic.

Although lapses can be disappointing, they can also teach you a lot. Perhaps your goals are unrealistic or certain strategies don't work. Most importantly, realize that all hope isn't lost when you lapse. Just recharge your motivation, recommit to your program and return to healthy behaviors.