

ask karen LOSING WEIGHT

QUESTION: Is there an easy way to lose weight?

ANSWER: Magazine covers are notorious for headlines that make promises such as "Lose 10 Pounds in 28 Days" or "Make Over Your Body in One Month." Those headlines sell subscriptions, but can sometimes set us up for disappointment. Gaining weight is often a slow process and losing it is equally slow. Unfortunately, we don't realize the weight gain or we are in denial over it until we get to the point of feeling overwhelmed at the thought of trying to get back into shape.

I checked with Jefferson College of Health Sciences fitness and health expert Ally Bowersock who tells me, "For most people a realistic goal would be 10 to 12 weeks you could lose up to four pounds of fat. But that is with regular resistance training, cardio, adequate sleep and the nutrition that you need."

One of the key parts of weight loss is strength training because muscle burns more than fat. And it is important to realize that the scales are not the most important

measurement of your hard work and efforts.

"You may only lose 4 pounds of fat but you will look like you have lost more," Ally says.



Always check with your doctor before beginning an exercise regimen. Honestly, I know weight training can be a little bit intimidating but once you try it you may like it. I have recently started to lift weights more regularly and have noticed a positive change in my body composition.

"You need to go by how your clothes feel how energetic you are during the day, how your tone looks. It may not be reflected on an actual scale but you can get your body fat measured you can measure your waist circumference and those things will reflect the changes," Ally says.

In next weeks, check out "Ask Karen" why for some of us gaining weight is inevitable without strength training.

► Karen McNew is a WSLS news anchor. Find more 10 On Your Side Health information, go to www.wsls.com; click Lifestyles and then Health.

