

Great ShapeUp.com

America's Healthiest Couple

Details Matter

By Dan & Jennifer Polimino



A client of ours, we'll call him Tim, had terrific results and lost more than 25 pounds using our Great Shape-Up Program. At first he was a model student, following the program to a tee, and it paid off. He maintained his weight loss for some time, but gradually things began to change. Over the course of a year and a half Tim started backsliding. He started out doing eight strength training sessions a month, but that dropped to five a month. Early on Tim ran two to three times a week, but that dwindled to once a week. His eating habits began slipping a bit, too.



Tim was still in fairly good shape, but every once in a while he'd notice an extra pound here or there. Overall he still looked good and felt good and didn't realize any big change, at least not until he went in for an annual physical 18 months after reaching his original goal weight. At his doc's office Tim found he had gained back 12 of the 25 pounds he'd lost. Spread out over an 18-month period, that's a little more than a half-pound a month. The gain was so

gradual that it slipped in under the radar.

How did this happen? Tim stopped paying attention to the details. Ask successful business people what sets them apart from the many who struggle and they often say its attention to details that makes the difference. The same thing goes for those who successfully achieve and maintain healthy physiques.

What does missing the details look like? Well, you might pop a couple pieces of candy daily, or you may order the fettuccini alfredo instead of the grilled salmon salad. Maybe you walk leisurely when you had been jogging, or you skip a workout and go to happy hour instead. Maybe it's even something as simple as drinking a Pepsi instead of water. The point here is that these

are not glaring, earth-shattering mistakes. But let them continue unchecked day after day and they'll come back to haunt you.

Join Dan and Jennifer Polimino, America's Healthiest Couple, right here every Monday for fitness and nutritional advice. Dan and Jennifer are ACSM/ACE certified trainers, authors, and founders of Paradigm Fitness, Inc. and The Great Shape-Up Program. To ask them a question or to find out more about lasting weight loss, visit GreatShapeUp.com

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