



## Lady of America Newsletter - August 2009

### Natalie's August Tip and Spot Check

**Hello ladies! Every month I get a lot of e-mail saying: "I can't lose weight even though I only eat once a day! Help!!!"**

**My response: WEIGHT DOES NOT COME OFF BY NOT EATING!!!!**

When you go into starvation mode – which you are doing by eating one meal a day – your body starts eating itself! The process is called catabolism and it only leads to weakness and with time you will be left with more fat and less muscle.

When you don't eat enough calories your body will shut down and the metabolism will operate at a minimum in order to save energy to keep your vital organs functioning. As time goes by you will get hungrier, until the day you start bingeing on everything.

Food is not the enemy! The right food at the right time can do wonders not only on how you look but how you function and how you feel. For example, your brain will function at optimum when you eat right.

A balanced diet that includes 3 small meals and 2 snacks everyday is the right way to go. You must eat even when you aren't hungry. Let me repeat: you must eat even when you are not hungry.

If you eat this way you will feel satisfied and the likelihood of bingeing or gorging decreases. As well, your metabolism will run efficiently, helping you to lose the fat.

Remember: small, wholesome meals make a great diet the same way that small victories bring success.

#### **Spot Check:**

Dead lifts are one of my favorite exercises ever! I make sure to always include this exercise in my own leg workout. The dead lift works your lower back, glutes, hamstrings and wrist flexor.

To perform the dead lift, stand with your feet shoulder-width apart, toes pointed forward. Place a dumbbell in each hand (start with no more than 10 pounds!). Place your arms in front of your thighs, palms in.

Lean forward from the hip, keeping your back and legs straight as you lower the dumbbells to shin level. Return to start position. Remember to keep your back straight, chest out and shoulders back.

Visit [www.ladyofamerica.com](http://www.ladyofamerica.com) for additional articles.

*Natalie Brabner*  
*Lady of America's*  
*Official Trainer and*  
*Expert in Exercise*  
*& Nutrition*

