

## In This Issue

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## A Common Side Effect of Weight Loss Goes Unsaid...



When someone completes a weight-loss journey, the reality of life at goal weight is complicated.

Patrick O'Neil, director of the Weight Management Center at the University of South Carolina, thinks weight loss is a "mixed blessing"- it can make a huge positive impact physically while being psychologically complicated.

When researchers studied **2,000 overweight and obese adults** over four years, they discovered weight loss was associated with a reduction in health risks but not psychological benefits. This was attributed to a "honeymoon period" of active weight loss where temporary confidence is gained, versus the maintenance phase where feedback or compliments about physical change aren't received. People start to realize that life really isn't that different- just the packaging has changed. Anyone undertaking a weight loss strategy should be encouraged to identify deeper motivations, and explore any potential barriers to success outside of the physical body.

Losing weight is a challenge, but keeping it off is even harder. Be prepared to face setbacks. Don't forget the mental side of any weight loss journey, as it requires more work than the physical.

## 4 Reasons to Change Your Workout



*According to Anthony Yeung, CSCS, your workout might not be helping you as much as it could. You can't repeat the same old exercise program and expect better results- your body craves variation. Plus a change can help you avoid reaching a plateau, or suffer an injury.*

### **These signs indicate it's time to reboot your workout: You're Not Getting the Results You Want**

If you aren't seeing the muscle gain or fat loss you want despite weeks of effort, you've likely reached a plateau. A new routine will shock your system, forcing your body to get stronger and burn more calories.

### **You Don't Look Forward to Training**

You previously loved hitting the gym or trail, and now you're dreading it- this is a telltale sign your program is getting stale! Break out of a rut by trying something new; a variety of activities will let you have more fun and train a wider range of movements and skills.

### **You Feel Beat Up**

If you're constantly tired and sore, or feel like aches and pains accompany each workout, it's time to change your routine. Overtraining and injuries can occur if you push yourself to the limit each session.

### **You're Doing What You Want, Not What You Need**

Most of us are guilty of doing more of the things we like; however, it's the things we don't like that give the best results- that includes burpees! For best total body results, make sure your workout program has the following (in any variation): squat, lunge, deadlift, pull up, and push up, in addition to at least 1 session of cardio training.

If you're interested in starting a program, check out Nerd Fitness for Strength Training 101 <https://www.nerdfitness.com/blog/strength-training-101-where-do-i-start/>



## *In Motion Tennis Lessons*



Join **Kristi Kleinsmith** on the courts to learn a sport that gets kids moving while improving balance, agility, and coordination!

Group lessons are designed for children ages 4 to 12.

Sport-specific skills, drills, and games will keep your child's interest and motivate them to come back for more fun  
4 week sessions cost \$40 and take place Saturday mornings in Bright's Grove

## *Wawanosh Hiking Adventure* Sunday May 27<sup>th</sup>, 2018



Participate in a **FREE 2 hour** fitness challenge that incorporates beautiful Wetlands terrain!

All fitness levels welcome

Space is Limited so please register by email  
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## Sheet Pan Fajitas



This dish is easy, healthy and versatile- it can be served in a warm tortilla, lettuce wrap, or on top of salad! It's low fat, low carb, and makes enough for tasty leftovers.

### Ingredients

- 1 pound chicken breast, sliced thin
- 1 ea. Red, green, yellow pepper, sliced
- 1 onion, halved and sliced
- ¼ cup olive oil
- 2 teaspoons chili powder
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- 1 teaspoon salt
- Pinch of chili flakes
- Optional: Guacamole, Sour Cream & Pico de Gallo

### Directions

1. Preheat oven to 400
2. Combine oil and spices in a small bowl
3. Toss chicken, veggies, and oil mixture together on a large sheet pan
4. Spread evenly, and bake for 25-30 minutes until chicken is cooked and veggies are soft with a crispy edge
5. Serve with tortillas or salad as desired, and top with optional fajita fixings!

Check out the step by step recipe here:

<https://laughingspatula.com/sheet-pan-fajitas>