



## New Year's Weight Loss Resolutions

*"If we don't take time to take care of ourselves,  
then we won't be able to take care of those we care about most"*

New Year's comes and we make resolutions to improve our lives. As you can imagine I am often asked, "How can I lose weight?" So if this is of interest to you I would like to summarize proven recommendations to help you achieve your goal.

Honestly while there are weight loss medications that help, there are no short cuts to the basic concept of less calories in (food) and more calories out (exercise). Besides being mindful of what you're eating, reducing portions by simply putting less food on your plate can make a big difference (also try taking half your meal home when you dine out). Don't eat to fullness, but rather wait 15 minutes after you completed consuming a much smaller meal to see if you're really hungry. Satiety is signaled by a hormonal message from your intestines to your brains so it takes time.

Regarding composition there is a simple rule I often share, White is not Right. Minimizing (don't read eliminate) refined sugars and starches (AKA Carbs) is a great strategy. In addition eating frequently such as a light snack between meals will collectively keep your blood sugar on a more even keel, which lowers insulin and fat deposition. You also feel better reducing post-sugar crashes.

Finally how can you get more benefit from exercise? You're busy and have limited time. High Intensity Interval Training (HIIT) is the most efficient fat burning program that creates an "after-burn" so you continue run at a higher metabolic rate following your workout. Click on this [HIIT link](#) for your detailed plan to help you incorporate this scientifically proven principal into your choice of exercise.

Wishing you healthy New Year!

**Scott Kramer MD, FACOG, FACS**

PS: Want more great tips then check out this article: [6 Signs You're Not Working Out Hard Enough](#)



**Annual Pelvic Exam**

### Screening for Cancer

No woman looks forward to her annual exam. You faithfully attend it because you're interested in prevention and screening for diseases so we can act early to make a significant improvement in your health. Thanks to advancements in genetic testing, [screening for family history of cancer](#) is one of the most powerful tools, even greater than PAP smears and mammograms. We added it as a regular part of our annual exams in 2014.