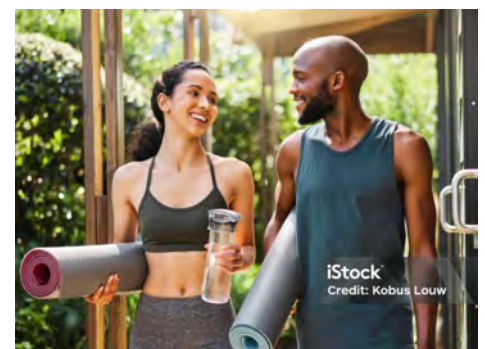




### **Springtime: A great time to lose weight and become healthier.**

Many factors make Spring the perfect time for healthy change. You're less hungry as the temperature heats up. Your body is working hard to decrease its temperature and things like digestion actually increase body heat. Naturally, the body signals to eat less so it doesn't have to work so hard. The days are longer with more natural light to get outside and be more active. Take advantage of the innate jumpstart this season provides to increase your motivation towards weight loss and better health.

What a great time to work on building a regular exercise routine or improving your current one. A regular exercise routine helps you lose weight and then maintain ideal weight by supporting a healthy metabolism.



## **SPRING EXERCISE**

Spring symbolizes fresh starts. If you have been looking for fun ways to spruce up your workout routine, spring is a perfect time. It is also a time when the weather starts warming up, making outdoor activities a possibility after a long, cold winter. The Centers for Disease Control (CDC) recommends a minimum of 150 minutes of moderate aerobic exercise is recommended per week. If your workout is more vigorous, you only need 75 minutes a week. That recommendation is equivalent to 15 and 30 minutes per day for 5 days a week.

Walking, jogging, and running are the classic forms of cardio. When the spring rolls around, it may be warm enough to take your cardio outside. If you have trails or mountains nearby, you can even turn a walk into an uphill [hike](#). That will really get your heart rate up. If you are a beginner, start slow. You don't have to jump right into sprints. A brisk walk is plenty of movement. Walking is associated with ample health benefits like lowered blood pressure, cholesterol, and resting heart rate. It is also a good form of exercise if you have weight management goals.

Walking also is a family-friendly activity you can do at lunchtime or after dinner. Get into the routine of getting in more steps throughout the day.

Doing the same workout every day can get boring rather quickly. One way to shake things up in the spring is by getting your family and friends to go through different circuits. These activities can be done in your backyard or at the park. Some parks even have stations where you can perform different exercises such as pull-ups.

Each day, try different circuits so you can target different muscle groups. Aim for five to eight exercises that you rotate between and go through the circuit two to three times. You also can select circuits based on which muscles you want to target that day.

### **Sample Circuits**

Some exercises to target specific areas of the body include:

- Upper body: Pull-ups, push-ups, [tricep dips](#), bench decline pushups, arm circles
- Core: Planks, crunches, mountain climbers, wall planks, [swimmers](#)
- Lower body: Squats, walking lunges, step-ups, donkey kicks, glute bridges

If you want to incorporate weights into your circuits, try these exercises using dumbbells:

- Upper body: Bicep curls, bent over rows, [shoulder press](#), tricep extensions, bent over raises
- Lower body: Single leg deadlifts, calf raises, side lunges, [Bulgarian split squats](#), hip thrusts

When the spring rolls around, take advantage of the warmer weather and take your workouts outside.

It will do you—and your soul—some good to feel the sunshine on your face and the fresh air in your lungs. If you prefer to workout indoors, all of these fun workout ideas for spring can be taken inside too.

The important thing is to stay active and keep your body moving, regardless of which workout you choose. Just be sure to talk to a healthcare provider first before starting a new exercise program. They can help determine what is right for you.

<https://www.verywellfit.com/5-fun-workout-ideas-for-spring-5218287>

## Behavioral Tactics for Weight Loss

Learn how to identify sabotaging thoughts, and how to effectively respond to them. Once you learn how to respond to sabotaging thinking that can interfere with your progress, you'll be able to consistently make decisions that support your goals.



### Sabotaging Thoughts to address

I'm stressed, and I deserve to feel better. But I also deserve to achieve my health and weight loss goals, which are so important to me. Instead of eating, which ultimately sabotages other goals, I'm going to go for a walk/do a five-minute mindfulness meditation/listen to some music/call and vent to a friend, etc. These things will help me calm down without any negative consequences."

### Sabotaging thoughts, along with helpful responses that can keep you on track:

All-or-nothing thinking: You see things in only two categories, when they are really on a continuum).

Example: I've made an eating mistake, so I've blown my healthy eating plan today and might as well give up and start again tomorrow.

Response: One mistake does not mean I've blown anything! If I get right back on track this minute, I can go to bed feeling proud of my ability to recover. If I missed my exit on the highway, I wouldn't think, "Well, I've blown this trip. I might as well keep driving five more hours in the wrong direction."

Self-deluded thinking: You tell yourself things that you really do not believe at other times.

Example: If no one is watching me eat, it doesn't really count.

Response: My body processes calories in the same way whether zero people or 100 people are watching me eat.

Mind Reading: You are sure you know what others are thinking, (even in the absence of compelling data).

Example: Everyone will think negatively of me if I eat differently.

Response: It's likely that some people will be happy for me if I'm eating healthfully and some won't notice or won't care what I'm eating.

Emotional Reasoning: You think your thoughts must be true because they feel true, even if there is evidence to the contrary). Example: Since I feel so hopeless about losing weight, it must really be hopeless.

Response: Everyone gets discouraged from time to time. It's normal. I'll only stop losing weight if I decide to give up.

<https://beckinstitute.org/wp-content/uploads/2021/06/A-Cognitive-Behavioral-Approach-to-Weight-Management-1.pdf>

## RECIPE OF MONTH - cod fish tacos

### Ingredients

#### Fish:

- 4 pieces 4 oz each skinless firm white fish such as cod, (or snapper fillet, mahi mahi), fresh is best, if frozen thawed
- 1/2 teaspoon **cumin**
- 1/2 teaspoons **kosher salt**
- 3/4 teaspoons lime chili seasoning, such as Tajin Classic

#### For The Sauce (make 1/2 cup)

- 1/4 cup fat free Greek Yogurt
- 3 tablespoons **light mayonnaise**
- 1 tablespoon lime juice
- 1-2 tablespoons water, to thin
- 3/4 teaspoon chili-lime seasoning salt, such as Tajin Classic
- 1/8 teaspoon **kosher salt**

#### For The Slaw

- 1/4 cup chopped cilantro
- 1 cup white cabbage, sliced
- 1 cup red cabbage, sliced
- 1/4 cup shredded carrots
- 1 tablespoon **olive oil**
- 1 tablespoon lime juice
- 1/4 teaspoon **kosher salt**
- 8 corn tortillas, charred on the open flame 30 seconds on each side
- lime wedges, for serving

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This easy, healthy cod fish taco recipe is seasoned with a chili-lime cumin rub topped with slaw and creamy lime sauce – no breading, no frying!

Recipe

- AF Air Fryer Recipes
- FM Freezer Meals
- K Keto Recipes
- LC Low Carb
- P Paleo
- SC Slow Cooker Recipes
- V Vegetarian Meals

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### Instructions

- 1 Season fish with salt, ground cumin and Tajin.
- 2 Combine the ingredients for the sauce in a small bowl and refrigerate until ready to eat.
- 3 Toss the slaw ingredients and keep cold.
- 4 Place on preheated skillet and spray with olive oil, cook 4 to 5 minutes on each side until fish is just opaque and charred. Break up in large chunks.
- 5 Char the tortillas over an open flame on the burner or in a skillet about 30 seconds on each side, stack on a plate covered with a towel to keep warm.
- 6 Assemble tacos. Place slaw on the bottom of each tortilla, top with fish and drizzle with sauce, serve with lime wedges.

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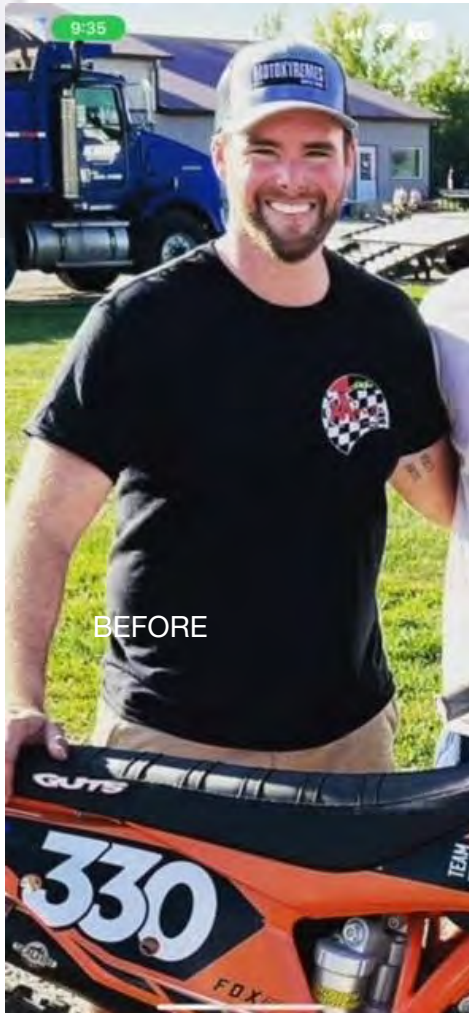
## CLIENT SPOTLIGHT

Steven Jones  
39 Years Old  
Starting Weight: 244  
Current Weight: 193  
Wight Loss: 51 Lbs

1. My biggest motivation was to get back into shape. I've been an athlete my whole life even turned pro in Motocross at age 18. When I was 36, I had a big dirtbike accident and my gym and eating habits took a turn for the worse and I gained 50 plus lbs...didn't even realize who I was at that point. I knew I had to do something about it. My sister used HHC and had great results and I had try to get back on track.

2. I learned through my lack of ability to exercise and live a healthy lifestyle, I needed better portion control and being conscious of the food I am consuming. With "junk" food readily available anywhere, it's easy to fall into the trap of eating over processed food...excessively.

3. The advice I would give to anyone beginning the journey would be to go into the process with the mentality that weight loss is a marathon, not a sprint. You won't see immediate results but with focus, dedication and hardworking, you will see it happen, people will compliment you and you know the sacrifice to take the harder road is well worth it.



BEFORE



AFTER

## SUPPLEMENT OF THE MONTH



### Liver Pro

Supporting the liver during weight loss is important for maintaining health. The liver aids in the metabolic process, increasing fat clearance and naturally detoxifying the body. When your body breaks down fat, toxins stored in fat cells are released. It is important for the liver to function optimally to process and rid the body of these toxins. The Liver Pro product is supportive of this process as well as enhancing cardio metabolic health by assisting in healthy blood pressure and cholesterol levels

Available in online store [happyhormonecottage.com](http://happyhormonecottage.com) and at The Integrative Hormone Center.

