

Hidden factors can stall weight loss

Staggering obesity rates are constantly documented in the media.

According to the World Health Organization (WHO), more than half of the adult population is overweight, and obesity rates are rising among children and adolescents as well, with numbers up by 15 percent.

Being overweight can affect your self-esteem as well as contribute to a number of medical worries like diabetes, high blood pressure and heart disease. As a result, many people are starting diets to shed some pounds.

Whether you're counting carbs, watching calories or monitoring fats and sugars, maintaining a healthy weight is a top healthy priority.

Perhaps you've just plunged into a diet program, but are getting discouraged that you haven't seen radical results. While weight loss doesn't happen overnight, other factors could be contributing to your situation.

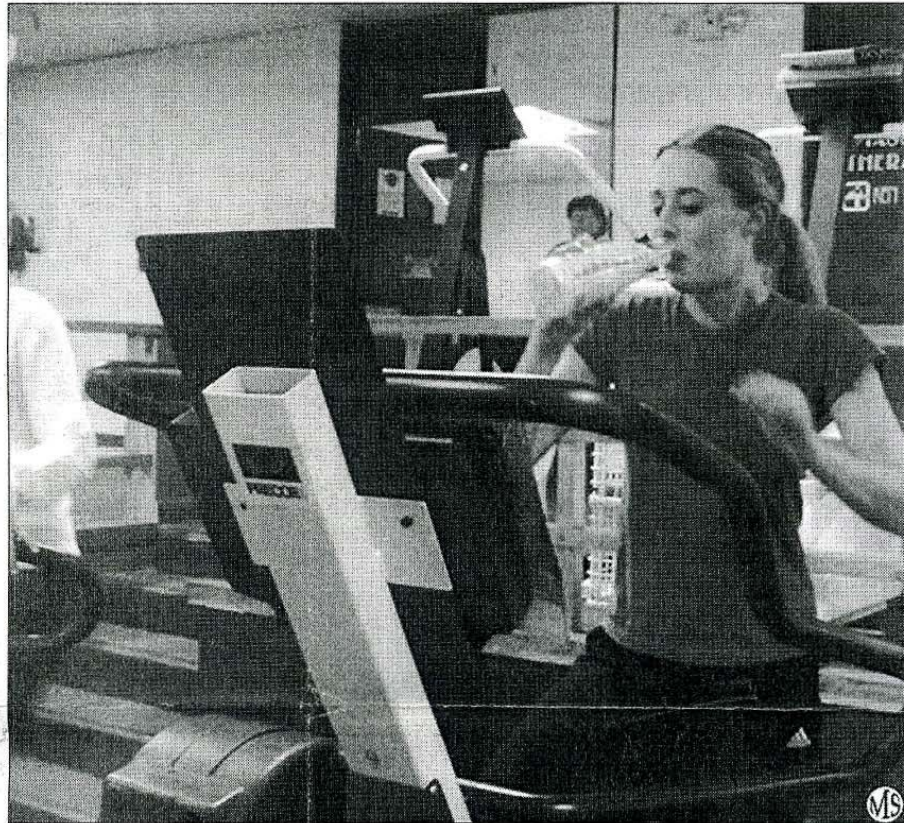
Small choices can largely impact your total weight loss. Here are some ways to maximize your diet, courtesy of Lance Collins, founder and CEO of FUZE Beverage, LLC, a manufacturer of non-carbonated beverages:

* **Portion size** — As a rule of thumb, a portion is about the size of your fist for meats and other goodies. But it's easy to go overboard.

Many popular restaurants serve meals that are much larger than the recommended portion size for an average-size woman.

If you can't avoid those family-style portions, as soon as you get your food, set aside a "doggie bag" of the extra food.

* **Beverages** -- Most sodas, fruit juices and sports drinks are packed with sugar or high



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Exercise is a major component of healthy weight loss.

fructose corn syrup, which can pack on a lot of carbs and calories. Diet products aren't much better.

They may be sweetened with aspartame -- a product linked to cancer outbreaks in lab results.

As an alternative, try FUZE's low-carb Slenderize beverages.

These products offer a crisp, satisfying and healthy infusion of vitamins and nutrients that can boost metabolism. Their unique flavor combinations have just the right amount of sweetness, which is not achieved with aspartame.

The beverages boast Vitamin C for its antioxidant

and healing properties; Chromium to boost energy; Citrimax, which suppresses appetite and limits the conversion of carbs to fats; and L-Carnitine, an amino acid that also gives you more energy.

* **Snacking** -- Nibbling throughout the day, even on healthy snacks like fruit, affects weight loss and contributes to obesity. Through repeated snacking on small portions, you're only fooling yourself into thinking you're not eating too much.

* **Sedentary lifestyle** -- Regardless of your diet program, exercise is a must. Sitting around wishing the pounds away is no answer.

Whether you hit the gym, stroll with neighborhood friends or swim a few laps in the pool, a cardio workout can boost metabolism and speed up weight loss. Counting carbs and calories alone will provide results, but probably not ones that you ultimately desire. Don't forget to rehydrate after an intense workout. Enjoy a tall glass of water or a FUZE beverage that comes in many fruit-infused flavors. There are now four beverages in the Slenderize line, including Cranberry Apple; Cranberry Raspberry; Tropical Punch and the new Strawberry Melon -- each with only 10 calories per serving.