

Healthy Habits

from Prime of Life Fitness

The secret to long-term, lasting weight loss is no longer a secret! The National Weight Control Registry at Brown University Medical School is a registry of over 5,000 people who have successfully lost at least 30 pounds and kept it off for at least a year. By tracking participants' responses to detailed questionnaires, researchers have identified the lifestyle habits that lead to long-term, sustainable weight loss.

And the number one habit is (drum roll please), **portion control**. 98% of NWCR registrants report that they have modified their food intake in some way to lose weight. A 2004 study in *Obesity Research* confirmed that portion control is the greatest predictor of successful weight loss.

For more habits successful losers use to maintain their weight, check out the full article [10 Essential Habits to Keep the Weight Off](#) at [Fitness Over 40](#), the Prime of Life Fitness blog.

Thanks for checking out the first issue of *Healthy Habits*, a weekly email newsletter for friends and clients of Prime of Life Fitness. We respect your inbox and your time, so if you'd prefer not to receive this email, please click the unsubscribe link below. Special thanks to Julia Bourlakov for inspiring me to action.



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