

PHILADELPHIA, PA, October 05, 2013 **/24-7PressRelease/** -- As a personal trainer and nutritionist, Kyle Leon values a recent

[article](#)

in The Patriot-News that highlights tips and tricks for a healthy plate, and a healthy weight. The report spotlights Jessica Hoffman, a registered dietitian, who believes individuals should color their plate with fruits and vegetables: "Fruits and vegetables are packed with fiber, water, vitamins and antioxidants and should be included in every meal, every day. They fill you up without excessive calories and are a key player in maintaining a healthy weight. The health benefits to eating a diet rich in fruits and vegetables are nearly endless."

Kyle Leon adds, "They also help in lowering blood pressure, reducing the risk of heart disease, stroke, and even some cancers. If you stock up on fruits and vegetables, you are well on your way to leading a healthier lifestyle. If you grow your own fruits and vegetables, that's even better."

The report also mentions that health-enthusiasts should avoid sugary drinks, and drink plenty of water: "Water is an essential nutrient, which means that we need to consume it to live; drinking water is essential to maintaining a healthy weight. The feeling of thirst can often be mistaken for hunger. If you're not well hydrated, you may be more likely to over-consume calories at a meal. We know that it is easy to over-consume calories when they are in liquid form as opposed to solid food. Drinking high-calorie, sugary drinks can cause weight gain and increase the risk of developing type 2 diabetes. Water is calorie free, so drink up!"

Kyle Leon encourages his clients to practice mindfulness when they eat, and to take the time to enjoy, and taste their food. "When you take a bite of food, chew it at least 20 times," he said. "Taking more time to eat is the best way to decrease how many calories you eat, helping you lose weight."

The article adds, "Set realistic goals for yourself. Set goals that are challenging, yet achievable. Your goals should relate to the matters which you have the power to change. They should be goals to change your behavior and lifestyle. Make a goal that includes boundaries and specifics, such as: 'Starting Sunday, I will cook a healthy meal on the weekend, from which I can pack my lunches for the weekdays. I will do this at least twice every month.' When you set goals, don't forget to ask yourself why you want to do this."

Leon encourages clients to keep a food journal, and to balance food and physical fitness. "People who add a rigorous fitness routine to their schedule are more likely to lose weight," he said. Kyle Leon notes that keeping a daily diary of food consumed is an excellent way to

Kyle Leon Enriches a Plan for Healthy Plates and Weight

Written by Australian Business

maintain focus.

ABOUT:

Kyle Leon invented two revolutionary nutritional systems, Customized Fat Loss and the Somanabolic Muscle Maximizer. Her is a personal trainer, fitness model and nutritionist who also published a book about physical fitness. He is passionate about helping others on their quest to achieve better health and he assists clients through his individually tailored programs.