

# Blessings Winn Uses Zumba to Help People Get Fit

Kathy Erickson July 02, 2013



**Blessings Winn is an active Zumba Instructor that uses her classes to help people get fit.**

(Newswire.net -- July 2, 2013) Wesley Chapel, Florida -- Blessings Winn is an Zumba Instructor in Wesley Chapel, Florida. She loves to help people with health and fitness. She will be teaching Zumba in both Wesley Chapel and Tampa, Florida

**Blessings Winn** mentioned that if you need to lose weight - You need the motivation to make the change, and more than that, you need the knowledge to assist you in properly changing. Here are some diet-friendly tips you can use to your benefit.

Don't take too much time in between meals. Instead, eat more frequently, but don't eat more than 3/4 full per meal. Doing this can help you to avoid overeating, and control your portions. Also, eating more frequently can lead to healthier eating habits. For example, chewing thoroughly instead of swallowing it down, will help you to actually enjoy your meals.

Make realistic goals to avoid setting yourself up for failure. One of the things that can sabotage a diet is the thought that you are going to lose all the weight in a short amount of time. It probably took quite some time to put on the weight, and it's going to take some time to work it off. When people don't set a goal, they tend to give up and go back to old ways. By setting a achievable goal, you'll keep yourself encouraged for the long haul.

When trying to lose weight, pay attention to the way that you prepare your own food. This can be a simple way to cut back calories and fat content when cooking at home. When cooking meat, try to bake, boil, grill, or broil as much as possible. Stay away from pan frying or deep frying. Grilling is a perfect way to burn away the fat while preparing a tasty dish.

Try to fit as much exercise as possible into your day. Take the stairs instead of the elevator. Stand instead of sitting and if possible, walk instead of stand. Pacing can be very helpful. Fidgeting has been shown to help with weight loss, as well. Jiggle your foot, tap your toes and drum your fingers. It may not seem like much, but it adds up quickly!

When trying to lose weight, incorporate low-fat or non-fat yogurt into your diet. This is extremely beneficial because of the fat burning capabilities that yogurt possesses. The cultures found in yogurt not only help burn fat, but provide other excellent effects such as aiding in digestion, and boosting the immune system.

As mentioned at the start of this article, you need to want to change your life before it's actually going to happen. Once you've made that decision and actually wish to pursue a diet, the tips you've learned here are just the icing on the cake (no delicious pun intended!). Use them to help you get in better shape.

***Blessings Winn*** Teaches Zumba at the following locations:

## **Signature Club**

LA Fitness

415 S. Dale Mabry Hwy

Tampa FL

(813) 775-6492

**-Wednesdays @ 9:45am**

And...

## **Health & Wellness Center**

2700 Healing Way

Wesley Chapel FL 33544

(813) 929-5252

**-Tuesdays & Thursday @ 7:30pm**