



PRESS RELEASE

CONTACT:

Shondelle Solomon-Miles
President, Synergize!
Phone: 305-785-2458
shondelle@synergizeweightloss.com

The Ultimate Fat Loss Guide Takes a Five-Step Approach to Permanently Attacking Fat

HOLLYWOOD, FL – April 23, 2006—A new book on weight loss, *The Ultimate Fat Loss Guide: 18 Strategies to Blast Stubborn Fat* by Shondelle Solomon-Miles, suggests that there are three key reasons why people are not losing fat and sustaining their weight loss. Those reasons have more to do with mental “toughness” than with the right exercise and diet program, the author says.

“Ninety-nine percent of people seeking weight loss are not reaching their goals because of misinformation, negative belief systems and lack of consistency,” says Solomon-Miles. “To lose weight successfully, people must replace negative thoughts, attitudes and belief systems, whether conscious or subconscious, with its positive counterparts.” Solomon-Miles believes our outer reality is a manifestation of our inner world. “In fact, I believe that training your mind and ensuring your thoughts are consistent with your desires are just as, if not more important than a proper diet and exercise program.”

Solomon-Miles, a 31-year-old fitness expert who owns *The Fitness Playground* in Hollywood, Fla., offers five principles subdivided into 18 strategies to blast away stubborn fat: Master Your Mind; Cleanse Your Body; Nourish Your Body; Move Your Body; and Relax Your Body.

“*The Fat Blaster Ultimate Fat Loss System* works because it endorses a synergistic approach,” Solomon-Miles says. “By addressing body, mind and spirit, we are able to produce a greater benefit than would be gained by focusing on any one of these entities alone.”

- ❖ **Master Your Mind:** The reason mastery of the mind is so important, according to Solomon-Miles, is that many times the only thing sabotaging one’s ability to lose weight is the belief that one cannot lose weight. “Without a doubt, you must master your mind by controlling your thoughts in order to master your body,” Miles writes. She offers three strategies for mastery of the mind: Believe in Yourself, Persist, and Control Emotional Eating.”
- ❖ **Cleanse Your Body:** “We spend more time and resources on maintaining our homes, our cars and our wardrobes than we do up keeping our internal health,” says Solomon-Miles. Many people think that the absence of disease implies that they are in good health. “Optimal health is more than the absence of disease,” she writes. “Optimal health is experiencing the fullness of life physically, mentally and spiritually.... When the body becomes overloaded with toxins and contaminants, all of its processes, including metabolism, are compromised.”

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- ❖ **Nourish Your Body:** Proper nutrition is well more than half the weight loss battle, and it is here where many people are misinformed. Solomon-Miles offers nine commandments for optimal nourishment of the body: Control Portions and Monitor Calories; Eat Every Three Hours: Never Skip Meals; Avoid Processed Carbohydrates and Simple Sugars; Read and Understand Food Labels; Combine Protein and Carbohydrates at Every Meal; Always Eat Breakfast; Eat Good Fat: Avoid Bad Fat; Keep a Daily Food Journal; Have a Cheat Day Every Week.
- ❖ **Move Your Body:** In this section, Miles unequivocally states that exercising does not have to mean owning a gym membership. “Exercise is nothing more than sustained movement,” Solomon-Miles writes. “Your body is designed to move, not sit behind a desk or on a couch for 16 hours a day.” Solomon-Miles offers two commandments for moving your body: Implement Weight Training and Do Aerobic Exercise Most Days of the Week.
- ❖ **Relax Your Body:** “Stress influences emotions, emotions influence hormones, and hormones influence eating habits,” she states. For this reason, Solomon-Miles goes on to say, “It is essential that you learn to manage stress effectively in your life so that it does not manage you, by sabotaging your weight loss goals.”

The Ultimate Guide to Fat Loss concludes with a 16-week program for fat loss. “Losing weight is not about a pill, a piece of equipment, or a fad diet,” Solomon-Miles writes. “Weight loss also is not about extremes: adhering to all-or-none diets, killing yourself at the gym or starving yourself. Losing weight requires re-establishing balance in your life, physically and emotionally, and consistently applying scientific principles and a little common sense. When the body is “in-balance” and a sound weight loss program is implemented, weight loss success is inevitable.

Solomon-Miles is a certified fitness professional and has received certification through a number of key organizations including the American College of Sports Medicine and the American Council on Exercise. She has been helping others achieve their weight loss goals for more than 10 years. Solomon-Miles is a graduate of Columbia University, New York, New York, with a bachelor’s degree in psychology. She holds a master’s degree in Sports Medicine from University of Miami, Miami, Florida.

For a copy of *The Ultimate Fat Loss Guide* or for more information on the program, contact Shondelle at Shondelle@synergizeweightloss.com.

About Synergize!

Synergize! is the leading fitness organization in Hollywood, Florida and surrounding areas. With specific focus placed on busy women who desire to return to previous states of health and vitality, Synergize! provides a motivated community for the advancement of personal fitness levels. Unparalleled professional instruction, food intake counseling, individualized fitness planning and an environment of positive fun are consistently incorporated into the Synergize! recipe for success. For more information, visit www.SynergizeWeightLoss.com.

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