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Don't Be a Weight Gain Statistic This Holiday Season



Dr. Kelley helps approach the holidays with the mindset of a fitness-professional

[Austin, TX] The holidays are a struggle for many people seeking to lose weight, or even maintain. It starts with one innocent slice of turkey and before you know it, you've eaten the entire cast of the Twelve Days of Christmas song—including the pear tree. It's said that the average American gains five pounds between Thanksgiving and New Year's Day. Naturally, you resolve to lose weight with the New Year, but one thing or another gets in your way and once again it's time for the holiday season.

As a trained bariatric physician with over 12 years experience in the ER, Dr. Richard Kelley has seen it all. Fed up with the medical industry's reactionary care, Dr. Kelley founded Physicians Way, a weight loss clinic in Austin dedicated to helping patients obtain their optimal health and fitness in a safe,

effective way—a *physician's way*.

Since 2006, Dr. Kelley's patients have found great success at Physicians Way. "Their plan includes helpful suggestions on how/where to exercise or food you can eat. "I've lost almost 70 pounds thanks to their help," says a former patient.

Dr. Kelley has built his practice following the nutrition practices of professional fitness athletes. He encourages patients to stop thinking like chronic dieters and start thinking like fitness professionals.

With the holiday season approaching, this advice is even more pertinent. If you had a major assignment due at work, you wouldn't call in sick that week. Think of weight loss as your job and the holidays as an assignment. With Dr. Kelley's tools and strategies, individuals will be able to approach the holiday season with the same dedication and success as any professional.

In his most recent book, ***The Fitness Response***, Dr. Kelley expands on the philosophies that he first introduced in his Amazon bestseller, ***The 3-Hour Appetite*** and its companion cookbook. Dr. Kelley melds effective medical knowledge with practical daily exercises of fitness professionals.

After struggling with a 30-pound weight gain, accumulated over nearly a decade in medical training, Dr. Kelley was able to successfully lose that excess weight and keep it off by learning to live a fitness-based lifestyle. Dr. Kelley is now sharing his secrets to success through templates and techniques that work in a predictable way.

Dr. Kelley resides in Austin, Texas with his wife and business partner, Sherrill. Together, they help patients at their clinic, Physician's Way Healthy Weight Loss, as well as continuing his work as an ER physician. To learn more about Dr. Kelley please visit www.richardkelleymd.com or www.PhysiciansWay.com.

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Trying Weight Loss the Physician's Way

Dr. Richard Kelley is helping Austinites lose weight by modeling the proven techniques of professional athletes.



WHO: Austin's bariatric physician and Amazon bestselling author, Dr. Richard Kelley is changing how Austinites lose weight. Tired of the medical industry's reactionary band-Aid approach to obesity, Dr. Kelley opened his own weight loss clinic, Physicians Way Healthy Weight Loss, where he helps patients obtain their optimal weight and fitness with a fresh approach designed to last.

WHAT: After the success of his book, *The Fitness Response*, Dr. Kelley is now releasing a live workout DVD program called *Living The Fitness Response*. In it, he utilizes techniques and practices that numerous Austinites have already benefited from.

A 20 year veteran in the medical field, Dr. Kelley realized that a small subgroup of the population not only succeeded, but excelled at weight loss. By modeling the practices of these individuals and other fitness professionals, those who struggle to lose weight, can effectively change their habits and activities, increasing their probability of success.

Dr. Kelley lives the fitness-focused lifestyle he promotes, and as a result, has successfully maintained his 30 pound weight loss for well over a decade.

TALKING POINTS:

- Reshaping your body by changing everything you ever learned about eating
- The secret to predictable weight loss: Building a clear path to success with recognizable sign posts
- Unlock the professional inside: Making weight loss your job rather than your goal
- The power of protein: The missing piece

High Protein Foods	Protein (per serving)
Egg	6 grams
Milk	6.3 grams
Yogurt	8 grams
Chicken/ Beef	25 grams
Fish	21 grams
Peanuts	9 grams
Almonds	8 grams

To learn more about Dr. Kelley please visit www.richardkelleymd.com or www.PhysiciansWay.com.