

9 Sure Fire Tips For Easy Weight Loss

By the time you finish reading this you'll have some quick, easy and powerful tools to speed your weight loss along. Are you frustrated with complicated diets? If you want easy weight loss, then follow these tips. Each helps a little bit, but put a few together and you have a powerful edge.*

Drink plenty of water. Water helps with weight loss for several reasons. Number one it speeds up your metabolism. The faster your metabolism is, the more calories you burn. Drinking water also makes weight loss easy because if you fill up on water, you won't fill up on high calorie beverages or snacks.*

Eat lots of fiber. Fiber is very filling because it absorbs water as it moves through your digestive system. Additionally, foods that are high in fiber are low in calories. Examples include apples, rice cakes, carrots, and whole grains. Also, diets that are high in fiber reduce your risk for colon cancer and helps lower your cholesterol.*

Eat breakfast every day. It's easy to skip breakfast but studies have shown that people who eat breakfast are more likely to have easy weight loss than those who do not. This is because eating breakfast jumpstarts your metabolism and therefore you will burn more calories throughout the day. Also when you eat breakfast, you are less likely to be hungry later in the day when your body is resting.*

Eat more! Eat 6 small meals throughout the day instead of 3 larger ones. Like drinking water, eating also helps increase your metabolism. When you refuel your body at regular intervals, your body burns calories faster.*

Add dairy to your diet. Recent studies have shown that adults who eat at least 3 dairy products a day lost more weight than those who did not. Researchers attribute this to the fact that calcium increases fat breakdown in fat cells. But remember, the number of calories you eat per day still matters!*

Cut out the booze. A 10 oz wine cooler has 125 calories. A 12 oz serving of beer has 150 calories. Mixed drinks are even worse. A Long Island Iced Tea has about 700 calories. A margarita has about 400.*

Learn the art of portion control. In order to obtain easy weight loss you have to control how much you eat. If you don't have time to count calories, that's fine. But you must reduce your serving sizes. Each portion of fruit or veggies that you eat should be the size of half of a tennis ball. Each serving of meat should be no larger than the palm of your hand. When you eat at restaurants, ask for a box with your meal that way you can box up half of it for later.*

Choose an exercise plan that you will enjoy. If you don't like going to the gym, then you are not going to. If you don't like running, then you aren't going to stick to a running plan. You must find an exercise plan that you will enjoy. Perhaps you'd like an aerobics class. Or maybe you'd prefer to stay at home and do Taebo. Maybe you'd like to take a dance class. Whatever you decide, you have to choose something that will work for you and that you will stick to.*

Seek support from others. Having the support from others makes weight loss easy. Tell your family and friends about your goals. If they aren't encouraging, there are numerous groups that you can join that are comprised of people trying to reach the same goal as you. Additionally join the free weight loss forums that are on the internet.

Your goal? To start using these tips on a daily basis and give your weight loss program a turbo charge!

About the Author

Our Nutrition, Fitness, and Weight Loss Management Channel helps you manage weight loss, diet and physical fitness. Try our free online.

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