

## Weight Loss Tips That Really Work!

Yes there is such a thing as weight loss tips that really work! Probably the best tip of all is EAT 4-6 MINI MEALS A DAY. This prevents the ravenous hunger that sends us over the deep end of over eating. High protein in those mini meals is a must as protein staves off hunger. Hunger pains drive us to eat more than we need to. Who wouldn't want to know some great ways to burn fat naturally and effectively? I am asked this very question by clients all the time. The main thing one needs to remember is: eat the right foods & exercise regularly. Simple enough right? Well it really is not but with the tips I am about to give you it will be just that simple. Let's see how to make your body an efficient fat-burning machine. Eating 5 to 6 small protein-rich meals every 3 hours throughout the day keeps metabolism moving and helps the body maintain a stable insulin level. This consistency prevents the body from releasing excess insulin and storing fat. The body, instead, uses the energy right away, thereby leading to weight loss. Eating actually increases metabolism and eating regularly every few hours will keep metabolism at its most efficient level. Every time you eat, the body expends energy to digest, absorb, and store food. Therefore, the more times you eat throughout the day, the more the body's metabolism revs up and the more fat the body burns. Just know that those meals must be mini-meals! When eating small meals, make sure you are eating the right combination of foods and use the guidelines listed below:

- \*EAT FREQUENTLY (4-6 MINI-MEALS) - Four to six meals daily has its benefits, especially on a maintenance low calorie diet. It allows for a steady flow of nutrients to the body which creates a favorable metabolic environment for muscle growth and fat loss.
- \*DRINK WATER - In addition to eating more often throughout the day, make sure to drink plenty of water. At least 8-8 oz. glasses a day. Sip slowly throughout the day. Water speeds up metabolism and flushes toxins out of your body. Fat is a toxin! Your body must have plenty of water in order to work at its most efficient level.
- \*EAT FIBER - High-fiber foods absorb substances containing sugars, fats, carbohydrates, and the calories associated with them, speeding up the movement of food through the body; this also speeds up weight loss \*wink. High-fiber foods include whole fruits, vegetables, beans, whole grain breads, cereals, wheat germ, barley and brown rice. Always check food labels for fiber content.
- \*EAT PROTEIN - A large percentage of calories from protein are burned off in the digestion process (this is called the thermic effect food). Of all the nutrients our body ingests, protein has the highest thermic effect. Eat lean meats, poultry, low fat dairy products, and fish. The building blocks of muscle are amino acids, and you get that from protein. Adding a high protein shake is a great way to get extra protein in your diet.
- \*EAT HEALTHY FATS - Monounsaturated fats do not raise blood cholesterol levels and are an excellent source of antioxidants. Monounsaturated fats are, in fact, required for the body in order to function effectively. Replace butter and other fat with extra virgin olive oil in cooking and baking. Season with olive oil with garlic and/or herbs and spices.
- \* REDUCE CARB INTAKE & AVOID CARBS BEFORE BEDTIME - Carbohydrates provide fuel for the body. When your body does not need them for energy, it stores them as fat. Yikes! So it makes sense that eating carbs before bedtime will result in excess fat, something you DO NOT want. An excess intake of carbs can and will be stored as body fat. Reduce excess carbohydrate intake for fat loss. Remember though to consume carbs before workouts as your body will need them for fuel. Complete elimination of carbs and low carb diets are a serious no-no for people who workout.
- \*CARDIOVASCULAR EXERCISE - The easiest exercise that will benefit anyone regardless of their fitness level, that can be done inside or outside, is walking. A brisk walk can burn as many calories as jogging, but does not have the risk for injury that jogging does. As an aerobic exercise, walking revs up the metabolism and keeps it going even after you have stopped. The only equipment needed is a good pair of shoes.
- \*STRENGTH TRAINING - Building lean body mass (muscle) will speed up your body's metabolism. Muscle is "active" tissue, meaning it takes calories to maintain. The more muscle you have, the more calories you burn. You build muscle by doing resistance training exercises. Also muscle weighs more than fat. By following the guidelines listed above, your body will function more efficiently, you will lose weight, and you will be healthier. It is not difficult to make the changes necessary to transform your body into an efficient fat-burning machine. You will have better health, longer life, and more energy.

## About the Author

Bodybuilding experts Peter Sisco and John Little present a revolutionary new system for building maximum muscle in a minimum.

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