

7-Day Weight Loss Guide

Weight loss is simple. You just need to plan ahead. You need to have your nutrition and meals planned, and you need to have a structured workout that you can follow consistently. Choose something you like! Choose healthy foods that are delicious. Very simple, very effective. Here's your weight loss guide for the next 7 days. Just follow it and lose inches of belly fat.

Monday
During today's strength and interval workout, make sure that you plan to set a new personal best. It can be in a weight exercise, a bodyweight exercise, or in your intervals. Always improving in the gym is a key to improving your body and health.

Tuesday
30 minutes of activity. Make one food substitution today that will help you lose fat. For example, skip the high-carbohydrate cookies or rice cakes, and snack on Almonds instead.

Wednesday
Do another strength and interval workout to burn fat. Stick to intense exercise, and you'll get your fat burning workout done faster than if you use slow cardio.

Thursday
30 minutes of exercise, anyway you want to get it done. And at some point in the day, review your water intake. Are you consuming enough water to keep your energy up and hunger down? See if you can't slip in another cup or two water to make up for any shortfalls.

Friday
Another strength and interval workout to burn fat and end the week. Now that it's the weekend, you might be tempted to cheat and have a few drinks. Try to hold off as much as you can, as most mixed drinks are full of sugar, in addition to the 150 calories per ounce of alcohol. If you want to have a drink, avoid the extravagant, high-calorie fruity beverages. And if booze is a big indulgence, make an effort to reduce your weekly intake by 1 drink a week until you have it under control.

Saturday
Get 30 minutes of exercise from a fun, non-gym workout. Maybe do some bodyweight stuff in the park or at home. Depends on the weather I guess. Then check in with a member of social support group (or maybe you could even plan to meet for a workout or yoga or tennis or something) and then follow that up with a trip to the movies. Pick something motivational and reward yourself for all of your hard work.

Sunday
Plan, shop, and prepare, of course. Get 30 minutes of exercise, and don't forget to grab some Almonds from the bulk section at the grocery store, and fish oil capsules from the supplement section. Aim to get 3.5 grams of Omega-3 fatty acids per day from fish and fish oil supplements. As the old saying goes, "If you fail to plan, you are planning to fail."

About the Author

When you exercise these large muscle groups think of them as factories that produce muscle building hormones. Do not neglect the crucial.

Source: <http://www.productsherbal.com>