

What weight loss program worked

1. Portion control, and calorie count.

Most days, I eat one (1) bowl of normal cereal. I'd grab a smoothie from Smoothie King, have a Healthy Choice (11.5oz) for dinner, along with a banana. Eat light when I get home from work.

So far I've lost 15lbs over the last four months by doing this. No stupid gimmicks or hokey methods. Still have 15lbs more to lose. Burn more energy than you consume.

Watch what you consume (keep it low fat/low cal/low sodium/low sugar), and how much.

I drink only diet sodas. I shy away from candies and most processed foods. Fast food is on rare occasions only. Sugar consumption is low. I also take stairs two at a time. It's basically eating with your brain, instead of your eyes/stomach. Order the smaller sizes at restaurants. If you're still hungry, order again. If not, then you won't feel obligated to finish the food. Same goes for salad bars/buffets. All you can eat? No! All you care to eat. Don't stuff yourself.

Moderation, moderation, moderation.

Oh, and Beck's Light only has 64 calories.

2. Except I watch my fat intake as well. I will eat Subway if I have to eat fast food. No cheese, lowfat honey mustard instead of mayo on my sub. I snack on pretzels or baked lays instead of fattening chips.

I keep my weight within 5-7 lbs MY ideal size doing this. My ideal size is 5/6 (lost 20 lbs to get there) The rest of the time I eat what I want but stop when I am full and only eat when I am hungry. I have crept up 5+ over the holidays as usual and now have to get serious a few weeks and get it back down. I also love to walk. Walking or other extra exercise will build more muscle and more muscle burns more calories. When I am dieting I walk briskly 3times a week or whatever

I can (move more), eat less fat(no fast food, watch the mayo, butter,oils), eat less calories or burn the extra ones if I overdo it. You should learn about calories and fat. I believe 1 pound of fat is equal to 1600 calories>? So you have to remove or burn that many calories to lose 1 pound. There are math formulas online to figure this out for your size and bodyweight.

This works well for me. I am 5'5 137lbs. I need to get down to 132 again.

About the Author

If you have had a successful with something (non Atkins), tell us about it.

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