

How To Clean Diet Eat Fast Fat Forever Last Loss That Won't Come Back

1. Take it one step at a time Start by paying attention to what you eat. Cut back on fat and sweets and add more fruit and vegetables. And Exercise! If you hate to exercise try it for only 15 minutes a day at first, set small EASY goal at first then a 1/2-hour. Keep in mind that while you are exercising you are burning calories and not eating. Also, it will be easier if you chose an activity that you enjoy.2. Set a goalSet a deadline to lose the weight and write it down. For example, ' By Dec 14/04 I will weigh 150 lbs or less'. Put it somewhere you will see it daily.3. Give up sodalf you drink a soda or 2 a day you are adding empty calories. If you find it hard to stop completely, cut back at first and drink water instead.4. Don't buy junk foodWhen you go shopping, don't go on an empty stomach and you will be less likely to buy junk food. Keep your home 'junk food free' so you won't be tempted to indulge.5. Eat breakfastConsume most of your calories early in the day and always eat breakfast. Eat less for Lunch and even less for supper. Don't eat after 8pm and not only will you avoid those added calories but you will sleep better.6. Give yourself a treatWhen you tell yourself that you can't have something you want it more. Give yourself a treat once a day (ie. half a cookie) and you won't feel you are missing out.7. Eat five or six meals a dayEating more frequently will keep you from getting too hungry. So Start moving. Skip TV and the computer and take anywhere from 15 to 30 minutes a day to walk. Grab your MP3 or buy one for 50 bucks. Walk around the block and listen to your favorite tunes. If it's raining or snowing, walk around the house or just walk in place. Then, slowly rid your house of the junk food and substitute fruit, veggies, and nuts. Eat a healthy breakfast and try not to snack. Once again, there is no simple cure or way to beat the system. If you don't do this, you will live a shortened life. 1. Take it one step at a time Start by paying attention to what you eat. Cut back on fat and sweets and add more fruit and vegetables. And Exercise! If you hate to exercise try it for only 15 minutes a day at first, set small EASY goal at first then a 1/2-hour. Keep in mind that while you are exercising you are burning calories and not eating. Also, it will be easier if you chose an activity that you enjoy.

About the Author

Changes to diets over the last 50 years may be playing a key role in the rise of mental illness, a study says.

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