



## **Introduction**

### Why Losing Weight is Good

Though losing weight is not easy, the long term effects brought by obesity are detrimental. Problems like high blood pressure, heart disease and stroke may arise. People who are overweight have a higher risk to have high levels of cholesterol in their blood stream as well as triglycerides (also known as blood fat). Hence, there is a great benefit from losing unwanted weight and unhealthy pounds.

It is a fact that by decreasing your weight by a mere five to ten percent, this could positively decrease the chances of you having or developing heart disease or a stroke. Regular exercise and losing weight could help in controlling your chances of developing these diseases.

The benefits of weight loss are aplenty and it helps you become healthier and more energetic.

In this short report, we share with you tips on how you can start losing weight quickly and effectively!

Enjoy!

### 1. Your commitment and desire.

Your commitment and desire to lose weight is important, in order to hit your goals. Thus, you should make sure that you are fully committed in doing the necessary things to achieve weight loss. On top of that, you should also identify your reasons in losing weight, and constantly remind yourself of them, so that you would be motivated in it.

### 2. List down the negative effects of being overweight.

There are lots of negative effects of becoming overweight. It can lead to obesity, heart problems, low self-esteem, diseases, and many more. It can also make you unfit to do certain things that you enjoy. List down these negative effects, and post the list on your refrigerator, so that you can see it each time you have the desire to eat some snacks.

### 3. Let your family know of what you are trying to achieve.

Once you have decided that it is time for you lose weight, then it is best to let your family know about it. This is because, they can actually support you in achieving your goals. On top of that, they can also help in making you eat more foods that are not associated with fats.

### 4. It is time to read the food labels.

When you purchase foods at the grocery store, you should start reading their labels, if you want to lose weight. This is to check out which foods have higher caloric content and which ones have lower. By doing this, you can ensure that you can eat foods with lower calories to help your body in losing weight.

### 5. Always eat breakfast.

Some people think that skipping breakfast is the way to go as far as losing weight is concerned. However, this is actually not the best thing to do, since it can make your body go through survival mode. In other words, it slows down your metabolism, which means that it would burn lesser amounts of fats and calories, which can result to gaining more weight instead of losing it.

### 6. Learn how to calculate your weight maintenance calories.

If you are able to calculate the amount of calories you need to maintain your current weight, then you can have better chances of losing weight. All you have to do is to see to it that you are consuming lesser calories than your weight maintenance calories. This would greatly help in making you lose weight in just a number of days.

### 7. Avoid processed foods.

Processed foods are junk foods that contain lesser amounts of essential nutrients. Aside from that, they also contain lots of fats and calories. Thus, when you eat them,

your body would just be storing extra amounts of fats and calories, which can make you gain more weight.

### 8. Eat slower.

Eating fast can get you gaining weight in to time. With that, it is best to eat slower. When you eat your food in a slower manner, you are giving enough time for your body to send a signal to your brain that it is already satisfied. Thus, even if you have not eaten all the food in your plate yet, you may already feel full, which can help in cutting down your food intake.

### 9. It is time to avoid white carbohydrates.

Consuming foods that are considered as white carbohydrates can make you gain more weight. Therefore, it is best if you can start avoiding them. Some examples of it would be rice, white bread, pastas, and breaded foods. White carbohydrates can encourage weight gain, since it is easily processed by your body, which is why it is best to minimize your consumption of them.

### 10. Eat a full breakfast.

The most important meal of the day is the breakfast. With that, it is important that you eat a full breakfast, since it can help in boosting your energy levels for the whole day. On top of that, it can also prevent hunger pangs for the rest of the day, and ensure that your metabolism would be high.

### 11. Find a calorie counting tool.

There are online tools that you can find today, which can help you count the calories in any type of food. This is very useful, since not all foods are provided with labels that indicate the number of calories they contain. When you make use of the tools, you can pinpoint which foods you want to eat more and which ones to avoid.

### 12. Eat 5 to 6 times in a day.

Not too many people are actually aware that eating 5 to 6 times in a day can help them reduce their weights. This is actually true, if you are going to eat more times but in smaller portions. This is because, it can suppress your appetite, aside from boosting your metabolism. When your appetite is suppressed while your metabolism is high, then you can expect to lose weight in just a short span of time.

### 13. Eat a lot of fruits and vegetables everyday.

Eating lots of fruits and vegetables each day is one of the best things that you can do in order to lose weight. The reason behind this is that, fruits and vegetables are loaded with fiber, which can prolong the digestion process. This means that you would feel full longer and suppress your appetite. On top of that, fruits and vegetables are also loaded with vitamins and minerals that your body needs.

### 14. Drink water when you feel hungry.

There are times when you may be surprised that you already feel hungry, when you have just eaten. In most cases, it may mean that you are thirsty instead of being hungry. Thus, whenever you feel hungry after an hour or two of eating, then try to drink a glass or two of water, and you can see the difference.

### 15. Eat snacks that are sugar free.

Whenever you want to eat snacks in between meals, it is best if you choose those that are sugar free. These types of snacks would not just satisfy your hunger, but also satisfy your sugar cravings. Thus, it is best to buy more sugar free snacks from now on, every time you go to the grocery store.

### 16. Eating nuts.

Nuts are great for snacks, since they can get your satisfied quickly. They are filled with unsaturated fats, which is good for you. Just take note though that nuts contain high amounts of calorie. Thus, it is best if you eat nuts in moderation, so that you won't gain a lot of weight.

### 17. Eating grilled lean meats.

Lean meats are best since they do not contain a lot of fats and calories. On top of that, they also contain a lot of protein, which can help you when it comes to building more muscles in your body. Lean grilled meats can also get you satisfied quickly, which can help in minimizing your food intake.

### 18. Eat wheat bread.

Instead of buying white breads from the grocery store, it is best to choose the wheat breads. This is because, they contain lesser amounts of calories. On top of that, when you compare it to the white breads, wheat breads would take your body more time in processing them, which can encourage higher metabolism.

### 19. Cook your own foods.

If you want to lose weight soon, then you should cook your own foods from now on. This is because, preparing and cooking your own food can help you ensure that you are eating the right types of foods for your weight loss goals. On top of that, you can also make sure that you are consuming lesser amounts of preservatives, in order to maintain your health.

### 20. Avoid salad dressings, sauces, and dips.

Salad dressings, sauces, and dips, are usually part of every meal in some households, since they improve the taste of foods. However, they actually contain a lot of calories that can prevent you from hitting your weight loss goals. With that, it is time to ditch

these things, and start using herbs to season your foods. Herbs do not contain lots of calories aside from the fact that they contain health giving substances.

21. Let your friends know that you are trying to lose weight.

If your friends are unaware that you are trying to lose weight, then they can influence you in eating foods that are unhealthy, especially when you go out with them. Thus, it is important that you tell them about what you are trying to achieve. By doing that, they can ensure that you would be able to hit your goal by avoiding eating foods that are fattening. On top of that, they may even join you in your quest to losing weight.

22. Buy a book about healthy recipes.

There are books that can contain healthy recipes these days. Buying even just one can get you started in losing weight. Select a book that is written by someone reputable and is known for being an expert in weight loss. When you do this, you can have fun in following the recipes in the book, while losing weight.

23. Cook a good amount of healthy meals over the weekend.

Lots of people are not able to maintain their weight, since they do not have time to prepare healthy meals during the weekdays. If you are one of them, then cook healthy meals over the weekend, and store them in your freezer or refrigerator. This way, you can simply heat them during the weekdays, which would be very convenient, aside from making sure that you eat healthy foods.

24. Avoid diet programs that are too restrictive.

If you are searching for diet programs, it is best to avoid those that are too restrictive. Restrictive diet programs can make you consume very small amounts of calories, to the point where your body can go on a survival mode. This is not good, since it can get you losing weight at the start, and make you gain more than you have lost later on. Choose a diet program that is easy to follow, and is not too restrictive, so that you won't feel that you are sacrificing a lot in order to hit your goals.

25. Reward yourself each time you hit your short term goals.

Whenever you hit your short term goals, such as losing 5 or 10 pounds of weight, then you should reward yourself. You can do it by buying yourself the wristwatch that you have been longing for, or a gadget that you like. Aside from that, you can also make it as simple as watching a movie. By rewarding yourself for your achievement, you become more motivated in pushing for more.

26. Reduce your alcohol intake.

If you are used to drinking alcoholic beverages, then it is time to reduce your intake of such drinks. This is because, beers and other alcoholic drinks usually contain a lot of

empty calories, which can be converted into extra pounds of weight. Cut down your alcohol intake from now on, so that you can lose weight.

27. Make sure that your weight goals are measurable.

Deciding just to lose weight is not enough to get you started on it. It is best if you set measurable goals, so that you can monitor your progress in it. An example of a measurable goal is losing 5 or losing 10 pounds. This is measurable, since all you have to do is to step on the weighing scale to see if you are able to achieve it.

28. Start the process of losing weight today.

Constantly reading about articles and tips about losing weight would not get you anywhere, unless you put them to good use. Thus, it is best to start working on your weight loss goals today, so that you can apply the things that you are learning through your research. Do not wait until the end of the week to get started, since you may lose your motivation by then.

29. Take a picture of yourself prior to starting.

Just before you get started in doing the things to make you lose weight, it is best to take a picture of yourself. By doing that, you can have something to compare with your present figure once you have lost weight. Each time you achieve your short term weight loss goals, take a picture of yourself, so that you can track your progress.

30. Be excited in losing weight.

It is best if you are excited in achieving your weight loss goals. There are actually a lot of things that you can do in order to become more excited about it. One of which is by thinking that you are going to have a better figure once you are able to achieve it. On top of that, you can also think about how healthy you would become when you are able to shed off extra pounds.

31. Practice good posture.

Practicing good posture whenever you are sitting down or standing up can help when it comes to losing weight. This is because, it can make you exert effort in doing it, instead of just slouching on your back. On top of that, it can also help in flattening out your tummy, which can make you look good in a matter of days.

32. Make use of a notepad to record what you have eaten.

Recording every food that you eat for the week can help you in losing weight and doing this can give you a better idea about how much calories you have consumed once the week is done. With that, you can make the necessary adjustments for the following week, if you realize that you ate too many foods that are high in calorie content.

### 33. Lose weight in a healthy manner.

When it comes to losing way in a healthy way, it means that you should not be losing more than 2 pounds in a week. If you lose more than two pounds each week, it means that you are losing weight too fast. When this happens, your body may see it as a threat, and would try to conserve your remaining fats and calories. Because of this, your metabolism can become low, and it may cause you to gain back the weight you have lost fast.

### 34. Don't be afraid of failing.

There is always a chance that you can't achieve your weight loss goals for the first or second try. It is just natural to fail, since losing weight is not an easy goal to achieve. Thus, you should not be afraid of failing. Whenever you fail, you should not give up and learn from your mistakes. Work harder, so that you can eventually succeed.

### 35. You should be patient.

If your long term goal is to lose 30 pounds, then you should be patient. Keep in mind that at the start of your diet program, you may be able to lose a lot of weight. However, the weight you would be losing as you progress would actually slow down. Thus, you should be patient, since it can become harder to lose the last 5 to 10 pounds.

### 36. Always think positive.

Do not get discouraged if you are not able to lose weight immediately. You should always think positive in order to achieve your weight loss goals. When you think positive, you would become more confident in doing the necessary things to lose weight. Aside from that, it would also help you in becoming patient when it comes to losing weight.

### 37. Check out blogs and online weight loss forums about losing weight.

There are lots of blogs that you can find online today, which follow the topic of losing weight. Get involved with them, so that you can meet like minded people online. Visiting them frequently can also help you in gathering information about hitting your goals of losing weight. Aside from that, you can also ask some questions and communicate with other people around the globe who has the same dreams as you do. You can share notes with them, aside from the fact that they can also provide you tips on how to lose weight fast.

### 38. Eat banana and drink a glass of water before breakfast.

The moment you wake up, it is a good idea to eat a piece of banana and drink two glasses of water. This would make your internal organs start working, which can boost your body's metabolism. On top of that, it would also provide you with good energy



levels for the day. Moreover, it would also help in controlling your appetite, which can result to weight loss.

39. Don't make excuses in postponing an activity that can make you lose weight.

If you regularly walk in the park on a daily basis, then see to it that you won't make excuses in postponing it. There may be times when you don't want to go out when it is windy outside. However, you should keep in mind that the strong winds can actually help you in attaining your goals faster. This is because, it would become walking more challenging, which can make you burn more fats and calories.

40. Make it a habit to always bring a bottle of water wherever you go.

If you are able to make it a habit to bring a bottle of water wherever you go, you would be able to ensure that you are properly hydrated. On top of that, it can also help you in losing weight. The reason behind this is that, if you don't have the bottle of water with you, then you would be tempted to buy a can of soda that is filled with calories and sugar whenever you are thirsty.

41. Visualize yourself as being fitter.

To boost your confidence and your motivation in losing weight, one of the things that you can do for it is to visualize yourself as being fitter. Try to visualize how good you feel for becoming thin, how energetic you would become, and how well your clothes would fit you. When you are able to do this, you would always have the drive to do the necessary things to lose weight.

42. Find a friend who also wants to lose weight.

If you have a friend or friends who also want to lose weight, then you should team up with them. This way, you can help each other in working out, as well as in watching over your diet. When you have a partner in losing weight, it would become easier aside from the fact that you would also become more motivated.

43. Choose a good multivitamin supplement.

You may think that taking a multivitamin supplement is counterproductive when it comes to losing weight. On the other hand, it can actually help you in achieving your goals. The reason behind this is that, your body actually needs vitamins and minerals in order to convert the food that you eat into energy. In other words, vitamins can ensure that your energy levels would be boosted, which can help you in increasing your daily physical activities.

44. Read success stories about losing weight.

There are lots of success stories that you can read online nowadays. Aside from that, you can also find such stories in magazines. When you read success stories, you would be able to learn from the experiences of people in losing weight. On top of that, it can also inspire you to achieve your weight loss goals.

45. Spend time with your friends who are health buffs.

Spending more time with your friends who are very conscious when it comes to their health can help you in achieving your goals. This is because, they can influence you in making healthy changes in the way you live. On top of that, they can also provide you the instructions that you need in order to lose weight.

46. Shop for smaller sized clothing.

To motivate yourself more in losing weight, you should shop for clothing that are in small sizes. In other words, purchase those that you can wear once you have already shed off the amount of weight that you want to lose. This can get you more motivated in hitting your goal, aside from the fact that it can get you excited in wearing the smaller clothes.

47. Workout.

Aside from watching what you are eating, you should also get enough exercise in order to lose weight. Keep in mind that to lose weight effectively, following a healthy diet and getting enough exercise should go together. Thus, come up with a workout program soon, so that you can shed off your excess pounds. \

48. Build more muscles.

When you get some exercise to lose weight, keep in mind that strength training can also help you lose weight. This is because, it can help your body in building more muscles. Muscles actually require more calories to maintain. Thus, with more muscles in your body, you would be able to shed off fats and burn calories faster.

49. Hire your own personal trainer.

If you have extra cash, then hiring your own personal trainer is actually a good idea in order to lose weight fast. This is because, a personal trainer can give you his undivided attention when it comes to getting enough exercise. Aside from that, he can also help you in coming up with a healthy diet, which you can combine with your workout program.

50. Challenge someone.

Challenging your friend who is also overweight can help you both in losing weight. Competing with each other for a certain period of time, and setting up a prize for the winner, can motivate you more in losing weight. Announce the competition among your friends, to make it more fun and exciting.

### 51. Be mindful of your portion.

You may have already heard a lot of people telling you to watch your meal portions to lose weight. However, it is very possible that you have a vague idea on what a correct meal portion is. What you can do is to see to it that your portion is just about the size of your fist. Aside from that, if you are eating out, you can simply make sure that you only eat half of what you have on your plate.

### 52. Make use of smaller plates.

If you cannot stand leaving food on your plate when you eat, then it is best to make use of smaller plates. When you make use of smaller plates, then you can eat everything on it. With that, since the smaller plate can only accommodate a smaller portion, then you can control the volume of food that you eat.

### 53. Look at yourself at the mirror more often.

Looking at yourself at the mirror can help you become more motivated in losing weight, than climbing on to the weighing scale. This is because, in most cases, your looks would matter more for you than the numbers that you can see on the scale. While in front of the mirror, check out how your clothes fit and how you feel, so that you can see your progress more.

### 54. Get enough sleep.

When you deprive your body with enough rest, then it would have the tendency to lower down your metabolism. On top of that, it can also make you eat a lot of foods the following day to compensate for the lack of rest. Thus, it is important to get enough sleep, so that you can become more energetic the next day, and your appetite would be normal.

### 55. Play with your pet dog at the park.

If you have a pet dog, then you should take him to the park and play with him often. You can play fetch with a ball or a Frisbee if you want to. By doing this, not only would your dog get the exercise that he needs, but you would also be able to bond with him, while burning off a lot of fats and calories.

### 56. Choose a sport.

Getting involved with a sport that you really like can help you in losing weight. There are lots of sports that you can choose from such as tennis, running, swimming, boxing, and more. Choose something that you have a passion for, so that you would be motivated in practicing it, which can help you lose weight, without even noticing it.

One of the best ways to lose weight is to run. However, you may want to find out how to get yourself to run more. What you can do to achieve that is to sign up for a running

competition. To motivate yourself more, you should aim for winning the title, so that you would practice more.

### 57. Buy a mountain bike.

Lots of people today are fond of riding their bikes and going to the countryside or even the mountains. This is actually a good activity that you can enjoy with your family or friends. Thus, it is time to purchase a mountain bike, and get your body working each weekend by going on a biking trip.

### 58. Swim at least 2 to 3 times per week.

Swimming is one of the best things that you can do to lose weight. This is because, you can get your whole body working without even noticing how much work you have done already. On top of that, most of your muscles are worked out when you swim, which is why it is best for losing weight.

### 59. How to make working out at home more interesting.

To make working out at home more fun and interesting, you can actually purchase exercise videos for it. There are lots of workout videos available in the market today. All you have to do is to choose the type of workout that you want to do, and buy the video for it. Play and watch it inside your room and start your exercise.

### 60. Make healthy lifestyle changes.

Losing weight and maintaining it should not be a short term engagement. In other words, you should make healthy lifestyle changes, so that you can attain weight loss and maintain your ideal weight once you achieved it. With that, it is time to get enough sleep each day, eat nutritious foods in good portions, and stop unhealthy habits such as drinking alcohol and eating junk foods.