

Title:

54 Ways To Lose Weight

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907

Summary:

54 Tips to help lose weight - and keep it off! These everyday tips are a goldmine of dieting m

Keywords:

health, beauty, diet, weigh loss, calorie, low fat

Article Body:

54 Tips for Losing Weight

Try to add as many of these tips to your daily routine, and you will surely be well on the way

1. Eliminate one tablespoon of fat a day and you will lose 10 pounds in a year.
2. Avoid strange fad diets if you can't eat that way for the rest of your life, don't was
3. Limit alcohol consumption - each serving contains 100 to 150 calories.
4. Eat fruit at least twice a day.
5. Keep a food diary about your food choices, indicating how hungry you are each time you
6. Perform aerobic exercise a minimum of 30 minutes three times a week. Log this on your
7. Gradually increase the length and frequency of your workouts.
8. Weigh yourself no more than twice a week. And do it in the morning after going to the
9. Give yourself a non-food reward for every 5 pounds lost.
10. Slow down your eating speed make meals last at least 20 minutes. Try eating with the o
11. Use smaller plates.
12. Bring your lunch to work at least three times a week.
13. Start to strength train twice a week as your fitness improves. Building muscle increas
14. Stop eating while watching television.
15. Have someone else put away leftovers.
16. Buy a good low-fat, low-calorie cookbook or magazine subscription.
17. Try two new reduced-calorie recipes a month.
18. IMPORTANT - Eat breakfast daily. This suppresses the appetite for most of the day and
19. Don't read while eating.
20. Have a sweet treat once a week.
21. Keep healthful snacks at home and at work.
22. Limit your cheese consumption to reduce fat and saturated fat use cheese and lunchmeat
23. Add calorie counting or fat-gram counting to your food diary for a few weeks if your w
24. Substitute herbs and spices for salt.
25. Shop for food when you are not hungry, and use a shopping list.
26. Replace ground beef with ground turkey or soy crumbles in dishes such as spaghetti. Do
27. Eat three vegetables a day.
28. Always eat sitting down.
29. Request that your family and friends respect your efforts to lose weight and get fit b
30. Take a walk when you're stressed or angry.
31. Eat two dairy products a day be aware of your calcium intake. Select low-fat or nonfat
32. Order dressings and sauces on the side and apply them with a fork.
33. Increase your fiber intake chose whole-grain breads, cereals and pasta products, legum
34. Add slow-down food to your meals crunchy vegetables, a large glass of water, hot soup
35. Cook with chicken broth, nonstick cooking spray, wine or water.
36. Drink eight 8-ounce glasses of water a day.
37. Shrink portion sizes of meats and starches, and pile on the vegetables.
38. Ask how the food is prepared when ordering in a restaurant.
39. Choose low-fat frozen yogurt or frozen juice bars instead of ice cream. Be careful of
40. Select clear broth- or tomato-based soups over white soups.
41. Keep the junk foods out of sight in your home and workplace.

42. Take walking shoes or a jump rope with you when you travel to keep up with your exerci
43. If you're getting off track, try to pre-plan your food intake for the next three days
44. Buy frozen diet dinners with 10 grams of fat or less and 800 milligrams of sodium or l
45. Avoid batter coating or breading.
46. Use two egg whites in baking instead of one whole egg.
47. Stretch during television commercials' arm circles, leg lifts, head tilts, etc.
48. Eliminate the butter on your rolls or popcorn.
49. Learn to say ^no~ gracefully when a friend or relative offers you a second helping.
50. Choose pizza with vegetable toppings rather than high-fat meats, such as sausage and p
51. Ask for less cheese. Have you ever tried tomato pie?
52. Choose cooking techniques that keep fat to a minimum, such as baking, grilling, broili
53. Add more low-fat soy products to your diet for the soy protein and health benefits.
54. Forgive yourself when you slip and make the next food choice a healthy one.

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