



# Quick & Permanent Weight Loss

**A Step By Step Guide To Fast Fat Loss**

# Table Of Contents

Understanding the Reasons for your Overweight .....	2
Understanding the Reasons for your Overweight .....	3
Personal Reasons for Gaining Weight .....	4
Knowledge about Anti-Depressants and Some Other Medications .....	5
Lack of Sleep .....	5
The Habit of Consuming Quickly .....	6
A Protective Fence .....	6
Genetics .....	6
Health Risks of Overweight .....	7
Heart problems .....	7
Strokes .....	7
Hypertension or High Blood Pressure .....	8
Blood Fats .....	8
The Metabolic Syndrome .....	8
Heart Cancer .....	8
Osteoporosis and arthritis .....	9
Gallbladder stones .....	9
Blood sugar or diabetes .....	9
Sleep Apnea .....	9
Weight loss is important- But Why? .....	10
Losing Weight: What to do .....	10
Setting practical and realistic goals .....	11
Weight and Health Profile .....	12
Weight loss Includes Fat, Muscle and Water .....	13
Is it really possible to lose weight fast? .....	15
But, can you lose weight fast in a safe way? .....	16
Losing Weight and Your Rate of Metabolism – How are they Connected? .....	17
Fast Weight loss Diet plans: Choose the Right One .....	20
Keep a Measure of your Calorie Intake .....	21
Following a Low Fat Diet Plan .....	22
What is the Need for including Water in the Diets of Modern Days? .....	25
How does Consumption of Water Increase the Metabolic Rate? .....	25
How much Water should you Drink Every Day? .....	26
How Herbal Supplements Aid in Weight Loss? .....	27
How to Lose Weight Fast with Aerobics .....	32
How to Lose Weight Fast with Yoga .....	34
Interval Training for Fast weight loss .....	36
5 Gym Mistakes that keep you from Losing Weight .....	38
Sure shot Ways to Lose Weight Real Fast .....	40

# Understanding the Reasons for your Overweight:

Do you ever feel like getting rid of the extra weight of your body? If you do, it's quite normal because [wrongdiagnosis.com](http://wrongdiagnosis.com) states that more than 97 million American adults suffer from this same problem. People think that greed is its main cause, as they do believe that the more you consume, the more you get extra weight.

The American society is seriously leaning towards the aspect of losing weight. They are going from pillar to post to be endowed with a new way to weight loss. One can get several ways to loss weight without any serious problem and then they feel free to wear gorgeous dress in order to live up to the date on Friday night or to play golf happily.

Most of us now have a bias towards dieting and they often face weight loss badly. When you are going for something whole-heartedly and don't get a satisfactory result, it really irritates and then disappointment starts creeping in. So, in order to have weight loss, make a proper plan. But, you need to bear in mind that it might not work and you have to start again.

It was primarily believed by some particular nations but this view has now been accepted by The World Health Organization that cases of overweight, obesity, diabetes, heart disease, stroke and hypertension are on their way to increase at an alarming rate, especially in the developed Western world (mainly the United States of America and in the United Kingdom). Statistics denotes that the last 50 years have witnessed an increase in fatness (which leads to other problems) from nearly 7% of adults to about 35%. In fact, in the countries mentioned above, almost 50% of the adult population suffers from overweight.

Many factors are there. Our primary intention here is to deal with weight control and give you an acquaintance with some ways that can be of aid for you to be in a perfect shape. It can be divided into two groups i.e. social and personal. Social reasons are important in order to make out the sayings of your dietitian or doctor about your eating habits. Whereas, personal reasons are immensely important to be aware of, for their impact in the realm of your eating habits and lifestyle.



### ***Personal Reasons for Gaining Weight:***

Food provides your body with energy and nutrients to live. Your body forms some indications.

- Hunger indicates the requirement for energy.
- Appetite indicates the type and quantity of the needed nutrient.

The indications came after we had a fat burning metabolism and prior to it, carbohydrates were treated as our favored sources of energy. The signals are effective if you are willing to control fat and protein eating. If a carbohydrate eating is there, it is irregular.

Suppose the eaten food endows you with more energy than needed and it requires that the surplus energy be properly directed. It is a real problem of healthy eating doctrine. Having a fat burning metabolism and eating butter or cream lets you manage the eaten amount. Irrespective of you liking for the foods, if you consume more than needed, it gives birth to problems. However, having a sugar burning metabolism for taking carbohydrates as the chief source of energy complicates the problem as it lets you consume sweets without any indication. This lets you have too much energy for your needs.

Such surplus energy gained from carbohydrates gets metabolized into blood sugar, or glucose. Insulin rushes forward from pancreas and it converts the surplus glucose into body fat. Another problem remains and it is that with the surplus energy getting into fat, the glucose in your blood becomes useless and it makes you feel hungry again. So, it continues to more eating and resultantly to overweight.

If you move on to carbohydrates from fats as your source of energy, it creates more problems. This lack of consuming fats makes your body devoid of some vital fatty acids and sterols that your body requires. It gives birth to more hunger. Such elements can't be had from carbohydrates.

Two personal reasons can be mentioned that have a social aspect and cause overweight. One is the time of your intakes. Having a proper breakfast and a good lunch and a perfect dinner lets you balance the energy intake and energy needs. In case you lack this balance and eat heavily at night, it causes overweight because you don't need too much energy then.

Your use of energy is also sometimes responsible. The energy needed for an active person has to be more than an inactive person. The preachers of the healthy eating doctrine concentrate on this while taking about the need to count the calories of your eaten food. This stems from the fact that your appetite can't handle the surplus consumption for eating extra carbohydrates and it necessitates counting the calories. This might be a tough job to count and your counting of calories in accordance with the needs of energy can be utterly wrong.

### ***Knowledge about Anti-Depressants and Some Other Medications:***

Consuming some medicines according to a prescription might also lead to weight gaining. To clarify this fact, let's assume that you are suffering from depression and goes to the doctor for suggestion. The doctor suggests Paxil® or Zoloft® and both of them are worthy antidepressants. You can soon realize that your weight is increasing. Nutritionist Madelyn Fernstrom believes that these medicines can increase your hunger and can also hamper the process of metabolism. Other medicines like beta-blockers, corticosteroids and birth control pills can also do the same.

### ***Lack of Sleep:***

International Journal of Obesity states that an American generally sleeps for seven hours at night. It is also believed by science that your weight might increase if you sleep less than eight hours. What is the reason?

It is so because the natural function of our body gets threatened by a lack of sleep. It can even stimulate the hormones that generate our appetite.

In fact, you tend to consume sugary treat full of calories instead of healthy foods, when you are extremely fatigued.

### ***The Habit of Consuming Quickly:***

Your habit of eating your food too fast can also be responsible for the problem of your overweight. Wikipedia.com says that the term "Fletcherizing" was coined by Horace Fletcher. His theory suggests that in case of chewing your food (32 times to be specific) well on the eve swallowing it, you consume less food and aid your digestive system to improve.

### ***A Protective Fence:***

Sometimes gaining weight is a mental and protective fence for some people. May be some past incidents unconsciously prompts you to be overweight so that you can fight against all odds in the future because you are then physically more strong. You also might want to draw a demarcating line between you and the world. You feel that you won't be asked to show or exhibit anything if you are overweight.

### ***Genetics:***

Some people opine that their weight is derived from or caused by the overweight of their parents. Research shows that in case of willing to have fat about the midsection can be genetically compared to one parent. A sluggish metabolic rate can also be inherited. It refers to the fact that you tend towards gaining weight more than others.

# Health Risks of Overweight

Check your obesity by calculating your Body Mass Index (BMI). A BMI of 18.5 to 24.9 is deemed healthy, while anything beyond it's obese. The BMI uses the height and weight of an individual to calculate whether the body of the individual's healthy or unhealthy.

If your BMI is above 30, then you're obese and might be prone to a lot of related health problems like sleep apnea, cancer, diabetes, heart diseases and high cholesterol.

Here are a few common diseases that arise due to obesity:

## ***Heart problems***

Heart diseases and strokes are the leading causes of deaths in the United States. This is because overweight people suffer from high blood pressure, blood fats (triglycerides) and angina which lead to major heart problems and strokes.

The problem occurs when plaque, a fatty material, builds up on the inner walls of coronary arteries which supplies oxygenated blood to the heart. The plaque in the arteries narrows it hence reducing flow of oxygenated blood to the heart. As your BMI slowly increases, the chances of suffering for heart attacks and disease such as coronary heart disease becomes greater. Incase of obese people, the heart can simply fail to pump enough blood around the circulatory system to attend to the needs of the body, leading to congestive heart failure.

## ***Strokes***

Obesity and overweight can help store fatty adipose deposits in the arteries which might lead to blood clots within the arteries. Incase the blocked artery is close to the brain it can hinder the flow of oxygen and blood to the brain and hence cause a stroke. Strokes are more prevalent in people who have high BMI.



## ***Hypertension or High Blood Pressure***

This is as a result of the high amount of pressure exerted by the blood as it pushes against the artery walls. Obese and overweight people have a higher chance of suffering from hypertension.

## ***Blood Fats***

The chance of you having irregular levels of fats in your blood's greater when your BMI is over 30. Such blood fats include low-density lipoprotein or LDL, a fat-like matter called „bad cholesterol“, triglycerides as well as low high-density lipoprotein, also known as „good cholesterol“. These uncharacteristic levels of blood fat in blood stream can lead to serious heart problems.

## ***The Metabolic Syndrome***

This encapsulates a group of factors linked to high obesity and overweight that, heighten the risks of heart ailments and other health troubles like strokes and diabetes. Any person can exhibit any of these factors but generally these risks tend to happen together. When a person's suffering from any of the three following heart ailments risks, he or she's suffering from the metabolic syndrome:

- Are you apple-shaped or have a large waist? If you're one then you're suffering from obesity which is primarily abdominal. The extra flab around the waist poses a greater threat to the possibility of heart diseases than fat around the hips.
- Low high-density lipoprotein cholesterol and high levels of triglycerides mean incredibly irregular levels of blood fat.
- Abnormal blood pressure.
- Uncharacteristic levels of blood sugar during normal fasting.

## ***Heart Cancer***

The second deadliest disease that kills thousands of people within the United States is cancer. Many different varieties of cancer can develop if one's overweight or obese. Cancer is common amongst men in the form of colon, rectum and prostate cancer, while breast, colon, ovary, gallbladder, uterus and cervical cancer are common in women.



## ***Osteoporosis and arthritis***

The combination of the two forms is called osteoarthritis which most overweight people suffer from. It's a problem of the hips joints, knee joints and lower-back. The weight of the fat puts pressure on the joints, leading to pain.

## ***Gallbladder stones***

Overweight people might experience problems like inflamed gallbladders and small gallbladder stones. These small stones generally caused by high cholesterol create abdominal pain and the only available cure is surgery.

## ***Blood sugar or diabetes***

Non-insulin diabetes mellitus (also called type-II diabetes) is quite common in the USA. This affects the body by reducing its abilities to control the sugar level in the blood. Obese people are at twice the risk of developing diabetes than people with average BMI. Diabetes cannot be completely cured hence people suffering from it have to stay on a daily dose of medication. This disease can also lead to complications and other health-related problems like blindness, heart problems, strokes and kidney failure amongst a few common ones.

## ***Sleep Apnea***

This is another problem related to obesity. People who suffer from sleep apnea stop breathing for short durations while asleep. This commonly leads to sleepiness during the day and often, heart failure.

People who suffer from overweight should avoid junk foods, fatty foods, beef and other greasy or oily foodstuffs. An intake of fresh water, juices and lots of vegetables should be enough to keep severe diseases away and help reduce the weight.

Obesity and problems of overweight are most common in teens and children, increasing the risks to their health. In the US, diagnosis of Type 2 diabetes in children has gone up from a rarity to 45% of brand new diabetes cases in the last few years, making obese children vulnerable to becoming overweight in their adulthood and the related health problems.

# Weight loss is important- But Why?

Is weight loss that important? If you want to look good and healthy and lose weight – yes it is! Engage yourself in physical activities, eat healthily or skip meals when ill, but do try and remove all that ugly flab from the body! Here's why you should reduce:

- Obese people are prone to arteriosclerosis, diabetes, hypertension and heart diseases
- Intake of food that's fatty can lead to diseases
- Immediate weight loss can lead to diseases and other unforeseen complications
- Become more active physically to keep the levels of energy high since obese people are usually lazier hence they feel more tired
- Physical exercise extends your life and helps you think straight
- Losing weight by dieting, exercising and yoga.

## Losing Weight: What to do

Losing weight brings with it several advantages: you feel a lot healthier, and become more energetic and look better than you ever have. These are some of the reasons why people who are fat, or obese, needs to lose weight, and lose it fast.

It's very easy to get excited about the entire concept of losing weight and set goals for oneself. But the process of losing weight, while not at all difficult once certain basic guidelines are maintained, is not all that simple either, and cannot be gotten over with hastily. One has to be practical and set practical, reachable goals for oneself. This way you can never be disappointed with yourself, will always live up to your expectations of yourself, and will have a much better chance of losing weight efficiently. 5-10% of weight loss even can seriously set you on your path to leading a far better and healthier life.

If you are overweight, then losing weight should be done gradually, and steadily. The process should not be rushed, and one should never lose more than 2 pounds a week. this way, you'll stay safe. But obese people may need to lose weight fast, but even so, a doctor's or a physician's advice is crucial before any steps are taken.

There are several reasons why you weigh what you weigh. Your weight depends upon the kind of food you eat, and the amount of food you eat, whether you exercise regularly and daily, whether food is used as a stress reliever and so on. Also, your age, general status of your health and your genetic and physiologic condition, all contribute to your weight.

There is no dearth of products in the market promising the world and delivering nothing eventually. They promise you massive weight loss by following merely a few steps which do not include making serious changes in your lifestyle, or eating food with less calories. These products, which opt for a quick and effortless way out, are mostly all impostors and con jobs. They seldom work at all, or aren't permanent in their effect. Also, they may be harmful to you too. Always ignore any such product promising you results which don't require any effort from your part. Losing weight requires work, exercise and a health regimen, without which it's not possible at all.

### ***Setting practical and realistic goals***

People who are obese or overweight have often, instead of dieting, resorted to exercise and eating healthy foods according to the rules set down by the Dietary Guidelines for Americans, who recommend eating foods with low fat and more greens in them, such as vegetables and fruits, and grains also. People, who do diet however, need direction and help in order to efficiently control their weight.

Unless and until you are seriously overweight or obese, and need to get rid of the fat immediately and fast, your strategy should always be aligned towards long term goals, which have long lasting and often permanent effects, if you follow certain basic rules. There are certain diets which claim to help lose weight, and which do not follow the recommendations of The Dietary Guidelines for Americans, and these may work, but they only do so for a short time and may even be harmful to your health.

Here are certain steps that you can follow:



- First and foremost, consult your physician and check whether it is at all feasible for you to lower your calorie consumption and increase the amount of physical exercise that you do.
- A balanced diet consisting of food that has very few calories in it can lead to losing about a pound or so of weight per week. Fruits and vegetables

should be eaten around 5 servings a day, and be sure to include whole grains, milk products and meat too. This is an extremely healthy diet that you can follow and is guaranteed to reduce weight.

- Exercise or physical activity of any kind is a must if you want to lose weight. You don't have to necessarily start off by gymming or the likes: you can take simple steps, literally! Try taking the stairs, instead of the elevator, or the escalator, or try parking farther and walk the distance instead. If your doctor agrees, and only if he does, try some daily physical activity such as walking.
- It's best not to rush and lose a lot of weight very quickly. Such a method may not be safe. It's always best to set limits and moderate, realistic goals which are easily reachable but still benefit you. 5 to 10% weight loss can really prove to be beneficial and can help lower your blood pressure by quite a tidy amount. For instance, if you are around 5 feet 6 inches, and weigh around 180 pounds, and would like to weigh around 150, 5-10% weight loss is perfectly fine and healthy.

Realistic, practical approaches to weight loss are, more often than not, the most efficient. They can lead to serious, beneficial changes that are long lasting. Physical exercise is a must in this regard, and cannot be emphasized too strongly.

## ***Weight and Health Profile***

High blood pressure, several diseases like Type 2 diabetes and coronary artery complications are some of the many fallouts of being overweight and obese. The circumference of your waist and most importantly, your body mass index are dead giveaways when it comes to knowing the amount of body fat you have, and the health risks you might run into because of it. BMI is mostly a very dependable way of estimating body fat, especially for people between the ages of 19 and 50. Exceptions are women who are pregnant and breast feeding, bodybuilders, athletes and patients. The health risks increase with the BMI count, and also with waist size. Sizes greater than 40 inches for men and 35 for women can prove to be serious and harmful. There are several other ways of estimating body fat other than BMI and waist size, which your doctor can help you with. Your BMI can be determined by using a chart found at healthcare centers everywhere.

Keep in constant touch with your doctor to be aware of the many health risks, and come to a suitable health losing method for you. Ask your doctor what sort of diet could be suitable for you: a moderate one, which is usually 1200 calories for women and 1400 for men, or other diets that you need to be aware of, and which your doctor can help you with. Also, understand clearly what side effects can take place, and what other medications are available, and also about diet supplements. Keep him updated about any changes that you may feel during or after the completion of the medication.

Choose a treatment center which is close to where you live or work, is accessible and has appointment times which are suitable for you. Be aware of the institution or the healthcare center, and its qualifications and certifications. Also, know about the costs of the various aspects of your treatment, be it the membership, the foods, the dietary supplements or the tests that you may undergo. Get yourself a price list, as it will be helpful in this context.

## **Weight loss Includes Fat, Muscle and Water**

Did you know that when you lose weight, you are not just losing excess fat from your body, but muscular tissue too? There has been lots of research into this field and science has actually proved that what we get rid of is seventy five percent fat and twenty five percent muscle tissue. What you probably never imagined before is that we also lose a sizeable quantity of water during a weight loss spree. Water comprises over seventy percent of our body weights and also makes up a large part of fats and the substance in our muscles.

You don't feel that great if you are overweight and the scales keep climbing, do you? You derive absolutely no benefit from being the way you are, that is, being obese. Apart from looking and feeling bad about it, you risk getting multiple diseases from being obese. Yes, obesity can kill. Heart attacks are the worst deal you could get. That can be fatal, as you already know. Being a glutton has its moments, but in the long run, it's a disaster for you. Living for the sake of food is simply not the way to be. You have to pay the price if that's your mantra and that dearly.

Throughout the day, your body works like a machine that burns up calories. When you are climbing up and down the stairs, moving on the streets, lifting and heaving and pushing and pulling objects, or doing just about anything that involves movement, you are shedding calories. As long as your calorie intake is

sufficient for the energy you need to stay fit and healthy, everything will be fine. But when you consume more calories than what your body needs, you don't burn it all up. It gets accumulated around your waist, buttocks, thighs and neck as ugly fat. As soon as you notice fat build up, work on it. If you leave things the way they are for longer than is safe, you'll have a hard time shedding it all later.

Don't get all worked up, though, because help is at hand. There are plenty of sites on the Internet that tell you how you can lose weight effectively in a short while. They will give you all sorts of diet and exercise tips that will work wonders. What you have to keep in mind is that losing fat is not enough; you have to make sure it doesn't come back in a hurry. Herbal remedies suit some people well. If that doesn't work for you, try jogging or taking brisk walks once a day.

You have to strike a balance of correct diet and exercise. It is a combination of the two things that really makes a difference. Go on a high fiber diet and stick to it. Take at least eight to ten glasses of water each day. Your system will stay clean and clear of fats and toxins.

# Is it really possible to lose weight fast?



Most people looking who want to lose weight, want results fast. Be it for an upcoming party or a meeting with an old friend, people are always searching for ways and means to lose weight and look good overnight. Health drinks, crash course diets, strict fitness regimes: people are willing to try anything that might work. It is important to remember however, that your body is not designed to suffer these changes over such short periods of time. It is not meant to be fat one day and become skinny the next. Adopting these drastic measures shock your metabolic processes and often lead to your falling sick. Read on to find out other possible dangers and questions you might have.

Scientists and dieticians believe that rapid, uncontrolled weight loss can harm your heart as well as other crucial organs of your body. Excluding this damage also, there's always the nasty fact of all the fat you lose like this returning sooner or later. These quick fixes and crash weight loss regimes do not have long-term benefits. Long-term damage? Possibly, yes.

Trying to lose weight fast is injurious to your health: whether it be through crash diets that promise health benefits, or throwing up after meals and not eating for long periods of time. Nothing works. So get the notion of overnight shapeliness out of your head right away, if you care about your body and health. There are better, safer ways of getting rid of body fat. Sure they'll take time and a lot of work, but the results are long lasting and overall wholesome, unlike the damage and temporary benefit that these short term routines offer. Added benefits of a long term course are you end up being a lot more trained and disciplined, and your body is more toned as the fat is replaced by muscles.

## ***But, can you lose weight fast in a safe way?***

Some dieticians and body fitness experts believe that in fact, it is possible to lose weight safely in a few weeks' time. Not days, or overnight: but weeks! Giving your body time to adjust to the drastic changes is imperative, and although you can shorten the length of time, you cannot do away with it without harming yourself.

What you really need to do to lose weight fast is stick to a comprehensive program that includes a balanced diet, lots of regulated exercise and a disciplined routine. Having a personal trainer often helps, as you can discuss your plan with him or her and adhere to it. Make sure your trainer designs a program for you that is personalized but effective: not too hard for you to follow, but also one that works!

Having a lot of fiber content in your diet is important, not only does it regulate your digestive system, it also makes your stomach feel full for a longer time. When your hunger is under control, what you eat and how much you eat of it is under control too. Soluble fibers found in vegetables and fruits keep off some diseases also, apart from helping in weight loss.

Fibers help in your diet, but it is also important to keep a tab on how much calories you take in with every helping. If your calorie intake is higher than the calories your body is able to burn, then no exercise regime can give you results. To lose weight, it is crucial for your body to burn up more calories than you take in everyday. And remember the more calories you consume, the more you have to lose, and the longer you have to exercise. That can't be nice! So to keep a check on the weight, keep a check on the calories that go in to your body.

Water in large quantities always helps. Especially, when your body is going through such rigorous training. People who are perennially dehydrated tend to collect water around their tummies and other places, or so studies reveal. However if you have enough water and make sure your body gets its required level of hydration, your body will work faster and better; making it easier for you to lose weight quickly.



# Losing Weight and Your Rate of Metabolism – How are they Connected?

Fast metabolism is usually associated with slimness and therefore health and good looks. However, there is a lot more to your metabolism than just fast or slow, and how it functions has a great effect on the overall health of your body. People think those who have fast metabolism can afford to binge on food regularly, as it gets burnt up fast. But this is not always true, having a healthy metabolism is always more important than having a fast one. Here are the answers to some of the questions you might have about metabolism.

- What is it and what does it do?

The energy (measured in calories) that a person's body can burn is called his or her metabolism. This is the general use of the term. Medically however, metabolism is actually the sum of all anabolic and catabolic processes in your body: i.e. the processes which build up cells, and those processes which break down cells. Therefore, your metabolism is more important than just a fat regulating mechanism, it determines your overall health too. It controls your biochemical processes so that your body can function effectively.

- What are these processes?

Structural biochemical processes – These include build-up and breakdown of bones, cells, membranes, glands, hair, skin, nails, connective tissues, your organs and teeth.

Functional biochemical processes – These include the formation of antibodies, hormones, enzymes, neurotransmitters and cell mediators.

Energy biochemical processes – These include biochemical products like glycogen, sugar, ketones and triglycerides.

- What is a good or a bad metabolism?

Every function of your body is controlled by these biochemical process: walking, sleeping, eating, drinking, reading, watching TV, swimming and

so on. These processes require calories to be used which you consume by eating. The nutrition you provide your body therefore determines how your body does all these functions. A good metabolism means your body uses the nutrition you consume effectively. A bad metabolism uses up the calories and nutritive value of your food before you can replenish it.

Your weight does not have a direct relation with how efficient your metabolism is. You may be thin and have poor metabolism or be fat and have excellent metabolic efficiency.

- Why does metabolism become slow?

If you have food that has very less calories, less nutrition, or processed food, inadequate amounts of protein, essential fats, excessive carbohydrates, or suffer from stress and anxiety, dehydration, or have toxins in your body, parasites, or have too much of drugs, alcohol or medicines – you could have slow metabolism. Basically a lack of balanced diet and an improper lifestyle has a direct fallout on your metabolism and make it sluggish.

People who opt for crash diets often forget to take heed of their metabolism, and the sudden changes in food intake make their metabolic processes slow and inefficient. Lack of energy forces your body to start breaking down proteins for energy, which stops them from building your body, which is their primary function.

- What do I need to take in then?

Calories can be distinguished into different kinds. Proteins need to be taken in for effective metabolism. Essential fats and carbohydrates are important too. If your metabolism needs repairing, you will have to be patient and give it time, making sure you have a balanced intake of all nutrients the whole while. This process may lead to some weight gain as your inner mechanisms get rebuilt. This is temporary however and you can reduce weight again with your exercise regime.

- So what should I *not* do to take care of my body?

Doctors have found that doing fad diets, crash course weight loss programs, skipping meals, eating too many carbohydrates, less protein, avoiding fat completely and more can all lead to poor metabolism and weaken your body.

- What if I've already wrecked my metabolism?

If you have already ruined the state of your metabolism, you will need to follow these steps diligently and hope you can repair it in time again.

1. Unnecessary medication and drugs should be done away with immediately. Your toxin levels should reduce by 50% rightaway.
2. Figure out sources of tension and stress in your life and get rid of them!
3. Commercial toxins that you may take in have to be avoided also.
4. Use the liver cleansing, colon cleansing or Candidia cleansing processes to flush out your system completely.
5. Exercise in a planned, regular manner.
6. Have lots and lots of water! This cannot be emphasized enough.
7. Have many meals: but make sure they are all wholesome.
8. More organic, natural food and less processed, packaged food.



- And what happens when my metabolism is getting repaired?

While your metabolic system is healing, your body might experience changes since it such an important part of your system. Rebuilding it might lead to weigh gain, as already mentioned. Don't fret however because this can be burned off later.

Raising your muscle mass, exercising regularly, eating well, and having high hydration are all factors that will lead to an efficient and properly working metabolism again.

Give it time and patience. Healing must be slow to be effective.

# **Fast Weight loss Diet plans: Choose the Right One**

Remember that a weight loss diet plan is not necessarily universal. There is something specific to everybody. It is crucial that you put a lot of thought and discretion into choosing the particular diet plan that you are opting and not merely go by peer advice. In case you do not put in enough thought into it there is always the chance that you'll land yourself a bad deal and end up giving up on your diet plan sooner than you expected simply because it was not working out too well for you.

The idea is to that diet plans and exercise regimes come with a certain degree of flexibility. So it is really important on your part to be open to those small and marginal adjustments you have to go on making with both the diet plan and exercise schedule that will keep you going and actually work out. Your personal trainer can suggest some combinations that might be suitable for you. But what you need to know beyond that is that these combinations are always subject to some alterations that help you keep going with the same plan without ruining it fundamentally.

Weight loss involves a calculated and well thought out procedure. Once you have got a grip of that you could adjust suitably to keep your plan on the tracks. Any manual or website could give you a plethora of these plans but they might not necessarily work out as well as you thought they would. So take your time and make suitable judgments that should make your dieting a lot easier and importantly keep you firmly in the process rather than destabilizing your very attempt to do things your way.

# Keep a Measure of your Calorie Intake:

Try and keep a track of what you eat in the day. This is an easy way of maintaining some sort of a calorie profile that is suitable. Nowadays everything comes with a printed chart that helps you know what you are eating and its composition. Keep noting these down. You also take help from a Calorie Guide that will give you approximate measures of calorie intake, in case you don't know from the food product itself. Ideally it would help if you know all of this as you will soon figure out an appropriate diet plan this way that'll help you determine a decent eating pattern.

This is a simple procedure. Every time you eat something note down the amount of calories that you have eaten as a result of it in a small notebook. You will soon figure exactly what food is giving you what kind of fat or where those extra calories are coming from. Once this is done, you could easily cut down on those particular food items. It will really be a revelation for you to know the amount of excess fat that you consume everyday. We also have other options for you in case this seems like a lot of work.

Strip That Fat is one of those programs that help you cut down drastically on calories and shed some weight. This is an easier alternative to the noting down calories option that we suggested earlier. STF does all the measurements of calories for you. You can use it to generate an entire diet plan and get a list of stuff that you need to buy at the grocer's. Well the list also mentions the stuff you can do without. After STF does all the hard work for you, you are basically left with following the respective schedule.

There might also be a few additional things you have to remember other than following the above mentioned suggestions.

A healthy and sufficient breakfast always gets you started adequately in the day. It pumps up the metabolic system and aids you burn more and more calories. You don't have to go unfed in the morning and try and sneak in a few diet cokes till noon and then have a huge lunch that completely jeopardizes all your plans of weight loss.

Another tick is that once you have kick started your diet schedule with an adequate breakfast, it is crucial that you go on having food whenever you hungry. This is not a contradiction to our diet plan for you. It simply means that whenever

you feel hungry you can have small meals that do away with your hunger for the moment. The idea is that instead of 3 big meals you have broken your intake into 6-8 smaller ones. More often than not the latter means lesser calorie intake than the former. Of course if you go on having 6-8 huge meals per day, it'll never help. So it doesn't necessarily help to eat more times a day.

## ***Following a Low Fat Diet Plan***

We suggest ten things that you can try out:



- **Go in with a plan:** Once you have a plan you'll actually have a reason by way of which you'll lose weight. You could do this on a daily basis- sit down every evening and think about the diet plan for the next day. Your doctor could help and tell you what part of the daily intake of calories you need to forego to shed the extra flab. You could also have a comprehensive plan with which if you start you need not put in daily thought. It could work either way.
- **Build a low fat refrigerator and kitchen:** Do away with every kind of high fat thing you have left in your fridge or your pantry. Ice-cream, candies from Valentine's Day, Easter or Halloween, high fat dairy products, cheese, butter, oil- everything. It is not very difficult to imagine why this might be the one of the first steps to embarking on a low fat diet plan. Simply put, if you do not have something in your supplies or as leftover, you will not consume it for sure. You won't cook it; unfortunately you can't even offer it to a guest. But then, trust us there is no other way of doing this.
- **Rebuild your supplies but only with low fat and healthy stuff:** The idea is not necessarily to starve yourself. So once you have gotten rid of all the fatty stuff that you had it is time now to restock your fridge and

pantry with the healthier stuff. These could be low fat substitutes for high fat products. These could also be breads and grains and whole grain pastas, or even vegetables and fruits all fresh. Have at least nine servings or 4.5 cups of these every day.

- **Substitute one non-vegetarian meal with a vegetarian one:** This of course does not mean that you reintroduce cheese spreads in your kitchen. Try pasta with roasted vegetables or something similar. This will be tasty enough and you'll keep the calories away.
- **Switch to fish for some of your meals:** Salmon especially is extremely healthy with omega-3 fatty acids that are splendid for your heart. Even otherwise fish is always low fat yet high protein nutritious stuff to eat.
- **Choose healthy fill-ins:** It is not only about getting the best healthy food only for you smaller meals. It is also crucial to make your snacks healthier. So when you clean up your kitchen and your fridge also do remember to cut supplies of munchies and soft drinks. Healthier snacks could be low-fat yogurt, fruit, or raw vegetable portions, air-popped popcorn or whole-grain crackers. Yes we know that you want to steal in the occasional cookie or piece of chocolate, but the idea is to keep these as „occasional“ as possible and thus regulate intake.
- **Don't let go of breakfast:** Whole-grain cereal and fat-free or low-fat milk or fruit and yogurt- these are the types of breakfast combinations that will keep your hunger tamed for some time and yet won't add to your fat. The idea is not to skip breakfast and miss those precious metabolism pushes that your body makes with breakfasts.
- **Try and keep track of portions and serving sizes:** These are often not that uniform everywhere as you would imagine them to be. So be careful when you are picking something up from the supermarket, it might just

have a little more than you thought it did or more often, a little less. Food labels and nutrition facts are often laid down for a single serving or portion and the package might have more than that. This way you do not over consume calories if you know what you are eating.

- **Stay active:** No matter how much you diet it will never work out unless you have an active life. A vegetable never loses weight. You will have to walk around or chart out 30 minutes walks or runs that'll set the path for you to burn some calories too. Exercise no matter how mild regimes you follow can always be useful, so can some sports be of immense help in burning fats. But do not try something humongous and do keep consulting a doctor or a fitness expert.
- **Have a sense of realism:** Do not overdo things do lose your own patience. Try small things and gradually make progress. Set yourself achievable goals, nothing spectacular. Look for sustainable plans rather than miracles. Patience is thus earned in this business of losing fat and only if you are patient will you sustain the efforts and substantiate the benefits that you garner.

In conclusion, we are not suggesting that you make it hell for your palate by going for a diet or a low carb or low fat diet plan. A proper low fat diet plan tries to limit everyday fat consumption to around 30% of total calorie intake. Try and not exceed the calorie limit set by your doctor. Take our tips seriously and it should make a difference.



# What is the Need for including Water in the Diets of Modern Days?

The importance of including water in your daily diet is the unhealthy food habits that we all have seem to grow in the modern generation. We eat processed food that come in the T.V. dinner packets, so that we can take them out of the freezer, dunk in the microwave, and while we watch our favorite show, we here the oven go “Ting!”, and our dinner is ready! Moreover, the foods that contain a lot of water in them like yoghurt, eggs and milk, rot quicker than the others. So it is always a trouble to store them for a long time in the fridge. No doubt that under such circumstances you will prefer the frozen packet foods more. Therefore, it is necessary that you drink glasses of water every day, so as to nourish your body completely, and make it glow in good health.

## ***How does Consumption of Water Increase the Metabolic Rate?***

Weight loss and water are directly related. This stands to mean that the more amount of water you consume the more of weight you lose. And this is for sure! When you drink a lot of water, it increases the metabolic rate in your body by a sheer 3%, so that you burn off more calories at a much faster rate. This reduces the chances of weight gain as well!

Moreover, when you drink a lot of water, you almost kill off most of your appetite, so that you do not feel like eating a lot. This will reduce the amount of food intake, and you will not have to worry about adding the extra pounds at all. So matter if you are having dinner or lunch, always make sure to sit with a glass and a water jug on the table next to your plate.

If you exercise too, it is very important to drink more of water. This is because any form of physical work out makes you sweat so as to keep your body cool, and this results in the loss of body fluids. To reenergize yourself and keep your feet up and running throughout the day, you need to replenish your bodily fluids, for which you need to toss down bottle of water sufficiently.



## ***How much Water should you Drink Every Day?***

A good figure that specifically states the amount of water you should intake on a daily basis is an ounce for every 2 pounds of body weight. A person with an average body size should devour about 64 ounces daily- that means about eight glasses capable of holding 8 ounces of water each.

If you are on a physical work out mode, you should drink water before during and after the hours of exercise. And if you are on a special diet to lose weight, then it is absolutely necessary that you drink a lot of water throughout the day, without any exception. You must not break this rule, since the water will keep you on your balanced toes, or else you will weaken so as to not be able to stand under all the pressure of daily hassles any more.

If you cannot drink pure water, you can opt for fruits. Fruits are high in water content, and they also contain a lot of useful vitamins, minerals and phytonutrients that can help you to gain a lot of vital energy in life. You can also drink the fruit juice which will satisfy your thirst and also offer the water that your body needs desperately at all times.

# How Herbal Supplements Aid in Weight Loss?

Modern Science is quite unable you fully explain the magic that herbal ingredients contain so they are able to heal all diseases in a jiffy in the greatest detail, but what all researchers agree upon is that herbal products are always hundred percent effective most of the times. So if you are looking for another option to reduce weight, consumption herbal items will be a shot that will find its mark with no error.

Herbal supplements are almost the perfect way to go on a weight loss regime, since they are very effective in shooting up the rate of metabolism in the body. This burns off more calories within an hour, so that the extra pounds that you have gained after last night's dessert chocolate mousse, you will lose it in a time's tick with herbal supplements!

However, you must be aware that there are many herbal plants that are not really safe to intake without any cautions, since they come hand in hand with some painful and risky side-effects. But there is no need for you to worry. The FDA has done a full check on the various herbs that are consumed, so as to find out the faulty ones and mark them out. The list offered here contains the names of all those herbal items that you can safely use, with the promised result only a step away!

- Cayenne:

This is an herb that contains an ingredient called capsicum. No, it is not that big, fluffed up chilly that you use in your Chinese and pasta dishes. It is an element that excites the salivary glands so as to make you drool a lot more. When you salivate a lot, the food digestion starts taking place rapidly, and therefore, the metabolic rate in your body also shoots up! This way, you burn calories at a rate higher than you eat, and this maintains the weight balance in your body. Plus, the Cayenne also has a spicy flavor that you can replace the other conventional herbs like rosemary and thyme with. This makes healthy, delicious food, and is the perfect item for your diet.

- Green Tea:

The green tea is quite similar to the coffee in the sense that both energize the body and excite the mind. With a cup of tea in hand, you will soon be

ready to handle any boring job or picking on a tough challenge. But unlike coffee, green tea has some added advantages. It contains a lot of vitamin C and flavonoids, which is an anti-oxidant. This helps in the anti-ageing process, and also keeps the body trim and thin.

- Seaweed:

The seaweed ingredient is taken in form of tablets or capsules. It is a thyroid stimulant. Plus, it contains chromium and iodine which affects weight loss.

- Acai Berry:

A fruit of the Acai palm that grows in Brazil, the Acai Berries are quite famously believed to be able to cure a lot of diseases, from weight loss to diabetes. The berries also contain a lot of anti-oxidants for which they are known as “super food”. But it is debatable whether they can really aid in weight loss. Scientific evidence suggests that a lot of important properties of the berries are lost when they are processed so as to be included in the diet supplements. It is probably better to have them in juice or smoothies.

- Apple Cider Vinegar:

The apple cider vinegar, or any vinegar, when it comes to that matter, helps a person feel fuller when he consumes it. Though it is not well assured whether this ingredient can aid in weight loss, it has been found that apple cider vinegar actually can reduce glucose levels in blood by 3%-4%. Plus, lab tests on rats have proved that the vinegar can reduce cholesterol and blood pressure. This has not been applied in human trials yet.

- Caffeine:

Caffeine is a good stimulant that works the best to revitalize yourself, but it also needs to be taken in a high amount so as to reduce calories. But caffeine has a diuretic effect. This means that it leads to a huge amount of water loss and dehydration, for which you will have to start guzzling water all over again.

- Chromium Picolinate:

Since it is a synthetic compound, it is not entirely herbal. It has been associated with the hype that it aggravates the possibility for cancer, but the FDA has been able to prove that it is not true. It actually helps in reducing blood sugar levels, and also burns off carbohydrates and fats easily. But, for better results, it is necessary that you do not over-consume

this compound, and that is why the Medical Board has decided that the maximum amount of intake should be 10 mg per day.

- **Garcinia Cambogia:**

Grown in Indonesia, and being a lookie-loo of a yellow pumpkin, it is helpful for cases like edema, bowel movements, rheumatism and delayed menstruation. The extracts of this fruit is known to be appetite suppressant, but it also contains hydroxycitric acid which is damaging to the liver.

- **Gymnostema Pentaphyllum:**

Also known as jiogulan or Southern Ginseng, it is usually consumed as a herbal tea that fights against stress and fatigue. When you are stressed, you tend to over-eat, so this herbal tea actually gets you de-stressed so you stay away from food. It also prevents tumor from sprouting up in your body, and reduces cholesterol levels.



- **Green Tea Extract:**

The green tea, also called Wulong tea in other countries, contains anti-oxidants and flavonoids like epigallocatechin gallate which supposedly help in weight loss. However, this has not been proven well by the labs, but the green tea is revitalizing, and also helps in the anti-ageing process. Since the Japanese consume green tea a lot, they live longer than the people of other countries.

- **Gymnema Sylvestre:**

It grows in the tropical forests of India, especially in the central and Southern region. For about two millennia, it has been used to cure diabetes. It also kills off sugar cravings but the effect lasts for only fifteen minutes.

- Hoodia Gordonii:

It is grown in South Africa and Namibia, and is used for curing infections and indigestions. It also positively suppresses appetites, but can unfortunately damage the liver too.

- Senna:

This is an herbal laxative and is used in many herbal weight loss products like teas. It mainly stimulates the colon to do the work; however, it has certain side-effects like colon problems and dehydration. However, there is no solid evidence that it aids in weight loss.

- St. John's Wort:

This is a genus of the plant species of *Hypericum perforatum*, which helps in swerving away mild or moderate depressions. This is therefore taken as anti-depressant; however, its effects are not commendable. This ingredient causes certain enzymes in the liver that reduces the effects of other drugs that you take like your medications, and therefore, it is required that you speak to your doctor before consuming this. Then again, this herbal product should be avoided in case of pregnancies and breast feeding. However, studies on its effects on weight loss are inconclusive.

- Rhodiola Rosea:

Also called Golden Root, Aaron's rod and roseroot, it is a plant that grows in the cold regions of the world. It helps in fighting mild depression. However, it is not yet clear whether it helps in weight loss.

- Withania Somnifera:

It is a plant that has yellow flowers, but the fruits are red in shade. It is anti-carcinogenic in nature, and but no one knows whether it really helps in weight loss.

No matter what you do with these herbal supplements, remember that they are never rigorously tested and are never addressed or licensed as proper pharmaceuticals. According to a BBC report, some of these supplements have been found to contain amphetamines which have detrimental effects on health.

Even though you might be tempted to use them thinking that they are a much easier process than having to laboriously exercise very hard always, you must realize that most of these herbal items have not yielded up the promised results. Moreover, the lab tests they go through are inadequate. Even when they are used on humans for testing, these procedures are badly designed and are

erroneous too. This way, it is better to stay off the herbal supplements, and take the longer but safer route rather than the shorter but dangerous one.

# How to Lose Weight Fast with Aerobics

There are a lot of techniques to improve the shape on your body. In order to lose weight in a healthy manner and still maintain stamina and muscle mass, one needs to figure out an exercise routine that has the right balance of cardiovascular workout along with weight training. Unless you practice both these genres of workout regimes, you will never achieve the desired result. One without the other is an incomplete method of trying to lose weight.

Aerobics is a form of cardio workout that has been hugely popular among those who want to lose excess fat from their body. Not only does it burn calories at a faster rate, it also helps the body to remain flexible and strong. Aerobics can be done in the gym, as a dance, or with props. One interesting way of doing aerobic workouts is to use hula hoops. Circling your waist with the help of the hula hoops will work on three areas of your body at the same time. The waist, the hips and the buttocks will tone up simultaneously if you practice hula hoops regularly.

The basic idea of an aerobic exercise is to burn calories in the presence of oxygen. This can be an intense form of workout, and if overdone, can lead to muscle cramps, dehydration and other organ damages. The ideal frequency and intensity of an aerobic workout depends on the body type, age weight and height. Half an hour of aerobic exercise twice a week is a minimum frequency that one can start with. You have to understand that this form of exercise works on all parts of your body at the same time. Therefore, you need to have a considerable level of stamina in order to be able sustain it regularly. However, working out on one day and skipping for the next two is not the way to go. This disturbs the system of the body and prevents you from burning fat effectively.

Swimming, jogging, walking, playing a sport, dancing and practicing martial arts are few of the many aerobic exercises that you can start with to burn fat from your body. However, the only way you can lose enough fat from your body is if you combine cardiovascular workout with weight training. Weight training exerts the muscles in the absence of 60% of the normal oxygen level in the body. This allows the calories to burn faster, toning the muscles and making one lose weight more rapidly. Too much of weight training can lead to muscle injuries. However, not indulging in it at all and solely depending on cardio workouts to lose weight have the chances of loss of muscle mass.

Aerobic exercise keeps all parts of the body active, leading to healthier heart and lungs. Those who practice cardio workouts are not only physically fitter than those who don't, they also have lower chances of contracting various diseases



that come with age; such as, diabetes, arthritis, blood pressure and cholesterol problems.

It doesn't matter if your sustenance level of these workouts is low in the beginning. As long as you make progress from one level of intensity to a higher one, you know that you are going in the right direction. Also remember, that having a low stamina while working out is better than not working out at all!

# How to Lose Weight Fast with Yoga

Although yoga might not be the first thing that comes to a lot of people's mind when they are thinking of losing weight effectively and getting their body back in shape, it is actually one of the most successful methods of doing so. It doesn't matter if yoga doesn't get your blood pumping, your heart racing, your adrenaline rushing and your breathing erratic. It works on your body as much as any other cardio workout or weight training.

Here are some of the ways in which your body benefits from practicing yoga everyday:

## **Strength and tenacity**

Since yoga is mostly about stretching and twisting the various limbs of the body and toning the muscles, with time, your body will not only feel strong, it will really be stronger than it was before practicing yoga. You will rarely suffer from muscle pulls, and you will be able to perform other workouts better due to increased flexibility provided by your yoga sessions.

## **Increased range of physical movements**

All the twists and turns involved in doing the asanas in yoga help the body in moving better. You will be able to bend down with ease, stretch out without cramping your hips, and lift things without suffering from shoulder pains. Daily chores such as cleaning the house or managing the kids will no longer take a physical toll on your life.

## **Stress buster**

We all suffer from stress and depression in our lives. Yoga helps to cleanse the mind and transport it to a parallel universe where only you and your physical self exist. You will be able to concentrate on your body better, which will bring about improvement in your body by burning fat and toning up the muscles. Although yoga involves slow physical movements, all of them require stamina and strength of the body. Yoga builds both of them gradually.

## **Improvement in posture and balance**

Yoga makes one aware of the physical self. You will take extra care regarding the way you sit on the couch, you walk across the road and the way you read a book at home. Not only will this improve your posture, it will also give you better

control of your limbs. You will lose balance less on a moving train and you will not slouch while making a presentation in the office.

### **Teaches techniques of breathing**

Although most of us don't pay much attention to the way we breathe, how well any physical exercise works depends on a lot on it. If you don't know the correct way to breathe you will get tired in a shorter span of time. Breathing correctly also expands the walls of the lungs, enabling it with better permeability for oxygen. It also helps to get rid of nasal blocks and snoring problems.

### **Helps the body protect itself from injuries**

Since yoga is all about moving your body around and pushing it to the extreme, practicing it regularly will only make your movements swift and strong. You will slip, strip and fall less. Yoga can also be used as an excellent form of warm up for an intense cardio workout to follow it up.

However, make sure you are practicing the correct techniques that will not injure you. Also make sure that the genre of yoga that you are into is suitable for your age and body type.

# Interval Training for Fast weight loss



It is all good for you to be able to sustain long sessions of cardio workouts in the gym or weight training with various weights. But if your body adapts to the exercise that you practice every time you work out, then you might stop losing weight after some time. This is

mainly because once the body gets used to a certain type of movement, no matter how fast or slow, or how easy or difficult it might be, it starts burning less fat or calorie to perform it after that. Therefore, you lose out on the basic point of your workout: lose weight.

It can also become very boring and monotonous for someone to repeat the same set of exercises, for the same number of reps, in the same gym, with the same people at the same time of the day. This not only makes one lose motivation in working out, it also makes it that much harder to do the exercise.

All these issues have only one solution to them: interval training. Interval training is the best way to pep things up in your workout schedule. Not only should you practice different sorts of cardio workouts and do a greater number of reps of your weight training, but you should also change the order or the time span of each of these exercises. This will do both jobs: keep you interested in the regime, and also prevent your body from getting used to the movements.

If you are used to jogging every morning for 5 miles, change it a little and run fast for two miles, walk for the next two miles, and then jog for the last one mile. Or you can divide the distance into two days. Run for two miles, following it up with a walk for the next one mile on the first day. On the second day, walk for two miles and finish it up with one mile of jogging. In effect you will be covering a greater distance (6 instead of 5 miles) and you will not be bored of just jogging the entire distance.

Doing 5 reps of the same weight training may take up double the time than what it would have taken for you to complete the session in two reps, but your muscles will burn a lot more fat if you practice the former method instead of the latter.

If you like sports, then you should do a combination of swimming, jogging or playing tennis, instead of sticking to only one of these things. Also don't compartmentalize cardio workouts and weight training. You should combine both

in proportion every time you work out. Whatever you do should keep you interested enough so not make it feel like a burden to work out.

Don't start with extreme time spans with your workout. Begin with 20 minutes of cardio followed by 15 minutes of weight training with adequate number of reps for each type. Increase the minutes and the intensity very gradually every fortnight so that your body has enough time to adapt to the movements, and at the same time does not get used to them.

# 5 Gym Mistakes that keep you from Losing Weight

A lot of people wonder why they suddenly “stop” losing weight after a few months of working out, even if they are doing the same exercise with the same intensity. The answer lies in the question itself. The reason why you stop losing weight after a point is because the same workout that you do everyday becomes a routine movement for your body. As soon as your body gets used to the exercise it needs lesser energy to perform the actions and can do them without exerting itself too much. This results in stagnation in weight loss.

The trick is to change things up a little. Not only should you try out different forms of cardio workout but you should also increase the reps of your weight training schedule. And you should alter the intensity of one rep from the next so that your body has to work more to reach a higher intensity, and still has the time to regain its stamina during a low intensity rep.

Five things to avoid while working out:

## **Do not use any support-**

While using the treadmill try not to hold on the handle bars of the machine. This takes off from the intensity of the action from the legs.

## **Do not watch TV-**

Not only is this distracting, but you will not be able to keep track of the time while working out and concentrating on the latest stock market details. You need to put your entire energy and focus on the way your body is moving during a workout.

## **Don't snack on energy bars or drink protein shakes-**

These food items contain enough calories that take a half an hour workout to burn them out of your body. The whole point of working out is to lose the already existing excess calories in the body. If you need to rejuvenate yourself during a workout, stick to mild cold water mixed with a little salt or sugar to supplement the lost micronutrients while sweating during the workout. Or you can eat digestive biscuits that are high on fiber.

## **Use the incline option-**

Every treadmill has the incline option attached to its bottom that can be relaxed. But if you want maximum intensity in a workout, you should keep it inclined so that it exerts additional pressure on the thighs, calves and hips.

### **Change the workout-**

If your cardio always consists of treadmill or swimming, change it up sometimes and switch to jogging or aerobics. You can even try power yoga. The key is to keep yourself interested enough in the workout so that you continue with it for quite sometime.

If you do five reps of weights with dumbbells and five reps of ab crunches of 20 each, change the reps into 10 to 12 for each of them, each rep consisting of 10 reps. Not only will this work harder on your muscles to burn more calories, but you will also be working out more essentially because of the higher increase in the proportions of reps compared to their reduction in the individual intensities.

# Sure shot Ways to Lose Weight Real Fast:

Well, it feels somehow self-nourishing to cram up your mouth and chew hard till the juices run down your throat, and then in one gulp- it is all down. If you are such a foodie, rarely will you ever find such hedonistic pleasures elsewhere but near food. Be it in the petite patisseries, or the dream shops, you will always be munching your way to comforting glory. But the pitfall comes to pass in the dressing rooms of all those mall shops, where while trying on those new pair of jeans you suddenly find out that the material will not slide up beyond your knees!

No matter how much you puff and try, the jeans will painfully stretch round your legs, and pulling it up will dangerously widen it too far, until you seriously start to suspect that some of the stitches are perhaps already torn. At times like these, it always helps to remember, "I have been warned!" Come on! - no matter where you are, the billboards sporting thin women in gorgeous clothes always cry out to you to reduce weight. After all, that is the fad in our current times! What you eat is what you put on your waist. And nothing can ever beat the fat that would embarrassingly wobble in your belly, thighs and arms that easily.

It is time that you showed some consideration to the other passengers who share the seat next to you in the subway. It is time to show a little want for respect, and be a walking beauty rather than roaming around embarrassingly as a fat misshaped potato. If you are determined to fix a goal in your life, it is time that you started to weigh the different options that you have at hand to start being the head-turning beauty at least for once.

When it comes down to scouring the magazines and net for some options so as to reduce weight, you have to realize that there are only three. Do not look upset, since you can do all three of them together in order to get your bloated up figure back to shape. Or you can choose from among them, as it catches your fancy. But whatever you do, you have to remember that you have to be dedicated to this regime for a long time until it starts to really have an effect. It is not simply a cup of tea that you throw away when it has gone cold. You have to keep at it, and soon you everything about you would spell confidence, assurance, health, beauty and smart.

The first option is exercising. This includes jogging, or hitting the gym, or aerobic dance etc. but you cannot let yourself be woken up in the mornings by your alarm clock only to roll over and doze off again. So as long as you are not a morning person (or an evening ones so as to be unable to work out then), it is suggested that you veer from this area.





Second option would take you right to the operation table where you can undergo liposuction so as to suck off the extra fat from the specific area. But if you are afraid of knife, it is better that you stay away from this too.

The third way out is fasting. You can eat food so meager in amount that you may need to have a magnifying

glass near your plate to see it. But then again, you might be able to stay away from the ladder as long as you can, however, you will soon start to feel peaky and faint. You will need to nourish your body very well, especially for your brain to work right. So you have to be careful to maintain a balance here. You can eat anything, even chocolates which house an unimaginable amount of calories, but you have to include other things too in your diet that will keep your health off the stake.

When you are told that the human body is sloshed up with about 70% of fluids, you are not being kid with. This is a true fact. Water is an important ingredient that keeps our body alive, functional and healthy, and there is no other way to beat the extra weight than guzzling down bottles of water every day.

Our thirst and hunger stimuli are triggered off together. Therefore, often when you are thirsty, your body might mistake it as a hunger that calls for food as its solution, so you open the fridge, rake the trays and the containers to find out what you can eat. But this does not really help, especially if the food you gorge do not contain excess amount of water in them. This will lead you to eat more and more, until your belly starts to stretch against the elastic band of your shorts.