

10 Hot Tips for Eating Right & Losing Weight Fast



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10 Hot Tips For Eating Right & Losing Weight Fast

Introduction:

Whether you are at your ideal weight or striving to reach your weight goal is it simply a matter of burning more calories than you take in? The answer, I suggest, is no! Overall body health improvement as well as weight gain or loss must be factored in to the equation or you could be heading for problems. Correct nutrition can help to reduce the risk of a myriad of health-related problems, the most frightening of which are surely heart disease and cancer. Proper nutrition, however, entails eating many different foods, monitoring your consumption of some food and beverage items, and counting calories. Good diets offer balanced nutrition that reduces cholesterol, blood pressure, and helps with weight control.

Hot Tip # 1

Identify Your Ideal Weight: *Some think the weight they want to be is the weight that is healthy for them. This is not always the case. If you're a certain height and build, there's an ideal weight that matches your body type. Find it – and make that your goal. Get a BMI calculator (though results and calculations will vary by a small margin). Now you have a truer goal to shoot for.*

Nutrients:



To function properly, your body must have the correct combination of nutrients

Carbohydrates. They are the primary source of ammunition in your diet. The body uses carbohydrates to build glucose which can be used immediately or stored in your body for later. Too much glucose, however, is stored as fat. There are two types of carbohydrates - simple and complex. Sugars are simple carbohydrates. Starches and fibers are complex carbohydrates.

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Proteins. Proteins help your body build and maintain muscles and other tissues. They also function in the creation of hormones. Like carbohydrates, excess protein is stored as fat. Animal and vegetable are the two major types of proteins. Too much animal protein can cause high cholesterol, as it is high in saturated fat.

Fat. Strange as it may seem; fat is another nutrient your body requires. It and fat puts you at risk of health problems. Unsaturated fat is healthy, but if it goes through any type of refinement process, it can become saturated fat.



Tips for Healthy, Thrifty Meals

How you can serve meals on a limited budget.

- Tips for planning, shopping, and cooking healthy meals on a tight budget
- Sample menus for 2 weeks for breakfast, lunch, dinner, and snacks that are USDA approved!
- Recipes for healthy, thrifty meals
- Lists of the foods needed for each weekly menu.

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Vitamins. These are also required nutrients. Different vitamins perform different tasks within the body. They can work with the metabolism to help with energy levels for any task you can think of that you need your body to perform. It has also been noted that certain vitamins can prevent disease.

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For example, vitamins A, C, and E, also called antioxidants, can assist with the prevention of coronary artery disease by keeping build up from occurring on artery walls. Vitamin B-1 is needed for digestion and proper nervous system function.

Vitamin B-2 is needed for normal cell growth. Vitamin B-3 helps to detoxify your body. Folic acid assists with production of red blood cells. Vitamin D assists with the absorption of calcium. Vitamin K helps your blood clot.

Minerals and Trace Elements. These are another nutrient your body requires. Both are used in many different body processes. Minerals like chlorine help make your digestive juices. Phosphorus helps build strong bones. Both can be found in the foods we consume, but with a trace element, your body just needs a tiny amount. Salt is one final nutrient your body requires. You should not consume more than 2400 milligrams per day, though, as it might raise your blood pressure.

Guideline to a Balanced Diet.

You should follow several guidelines to create a well balanced, nutritional diet. First, try to consume two and one half cups of vegetables and two cups of fruit each day. When making your selections for each day, be sure to choose a good variety. A good rough guide is to eat as many different colors as possible, this will help you to select from all five vegetable subgroups at least four times per week.



You should eat at least three ounces of whole grain products each day. At least half of your grain intake should be whole grain based. Milk should also be part of a healthy diet. Consume at least forty-eight ounces of low fat milk or milk products on a daily basis. Your total fat intake should only be between ten and thirty percent of your calories. Most of the fats you consume should be in the form of unsaturated

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fats, as saturated fats can do much to damage your health. Meat, poultry, dry beans, and milk or milk products should all be lean, low-fat, or fat-free. Less than ten percent of your calories should come from saturated fats, and you should always try to avoid trans-fatty acid.

Hot Tip # 2

Keep a Journal: *By keeping a journal you become more aware of what is going in your belly and naturally tend to eat less. Also, by keeping a food journal you can pin point your eating patterns and make any modifications.*

Fiber-rich fruits, vegetables and whole grains should be a regular part of your diet as should potassium rich foods. Alcoholic beverages should only be consumed in moderation.

Excellent nutrition is the basis of a healthy diet. For more information on healthy diets click [here](#).

Exercise Management



Exercise is vital to shedding excess weight and keeping it off. The body was meant to be active, and that is often a challenge in today's often-sedentary lifestyles. White-collar workers, security workers and drivers make up a large part of the workforce, and many get very little daily exercise.

Especially if you fit into this category, a concerted effort must be made in order to ensure that an exercise regimen is followed that will afford you a level of activity that will provide that amount of activity you need to stay healthy and avoid obesity.

People often dread exercise, projecting a gruelling task that will leave them without energy and with sore muscles. This does not have to be and should not be the case. It is not necessary to employ a vigorous

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workout in order to have an effective exercise plan. Any regular exercise plan that is cardiovascular, raising the heart rate for at least a half-hour straight, will do wonders for your body. Simply taking a walk, starting slow, then working your way up to power walking is an excellent method of exercise.

Hot Tip #3

Slow Down: *Stop eating so fast and start to enjoy your food. Proper chewing aids digestion and allows your body to absorb more nutrients.*

If your time is limited, or if you live in a location where weather may impede your workout schedule, you may want to invest in a treadmill so that you can work out daily without interruption. Riding a bike, whether a regular bike or a stationary one, can be equally as effective.

Again, you may want to employ both options to add variety, but make sure that weather does not impede you from your daily routine. Skipping days becomes habit-forming, and before you know it weeks begin to compile where you have not worked out, so avoid the trap.

Hot Tip #4

Sleep off the Fat: *Yes, sleep does help you to be an efficient fat burning machine. Sleeping will give you more energy and helps you focus during the day.*

If you have children who are not active, whether they are obese or not, you should definitely engage them in some sort of physical activity on a daily basis. Cultivating the habit of activity is key in avoiding obesity later in life and controlling it during youth. Sedentary lifestyles brought on by modern phenomena of excessive television watching, consuming fast and packaged foods, and playing video games are causing marked increases in obesity among children. Be aware of your children's lifestyle and promote activity among them. Encourage them to engage in activities away from the television for a couple of hours a day, preferably engaged in an organized physical activity. It is a habit that

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they will often take with them into adulthood and benefit from for a lifetime.

If you are looking to lose weight through diet and exercise I have found a great program [here](#).

Weight Training

For those who would like a more vigorous workout plan, weight training is a viable option that can combine building muscle tone and working the cardiovascular system. Weight training tones your muscles and raises your metabolism, which helps your body burn more calories not only when exercising, but also while you sleep. Weight training reverses the natural decline in your metabolism, which begins around age 30.



Working with weights can produce a great deal of energy, and a full workout works almost all of the 650 muscles in your body. Looking toward long-term benefits, weight training strengthens bones, which can reduce your risk of developing osteoporosis. This, of course, is of very big concern among women, since osteoporosis afflicts women much more than men.

Hot Tip #6

Pull in that Tummy: Pulling in your stomach is one of the best abdominal exercises that can be done at anytime and anywhere. Do this simple exercise and your tummy will start taking on the shape it should be. So stand tall, pull that belly in and hold!

Many women worry that weight training will make them muscular and bulky, but men and women have different muscular structures; therefore, weight training will not develop big muscles on women, just toned muscles.

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Not only is weight training a routine that makes you strong, it is a routine that trains the body to build muscle instead of fat, takes stress off key areas of the body such as the lower back, making you less prone to injury in that area. Since high blood pressure or hypertension is a big concern with those who are obese, it is welcome news that weight training decreases your resting blood pressure. Weight training has also been proven to increase your blood level of HDL cholesterol, which is commonly referred to as "good" cholesterol. Overall health is definitely improved through weight training.

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It is best to start with a plan, which may include joining a gym where you can regularly go to get a full workout or purchasing a home workout system that uses resistance instead of weights but produces similar results. You must assess what type of person you are, and make the appropriate decision from there. If you like the idea of going out somewhere daily for your workout, welcoming the change of scenery and benefiting from the camaraderie of others who are also training, then you may want to opt for a gym membership. However, if you know you are the type that enjoys working alone and will not work out unless it's in the convenience of your home, where you do not have to get dressed and go out, then the home gym option is for you. Only you can make this assessment of yourself. Many quality home workout systems exist, but of course none work when not used, so be sure that you remain focused and dedicated to your plan.

Hot Tip #7

Snack Attack: *It's really OK to snack. Small nutritious meals throughout the day have proven to be better for you than 3 large meals. This lets your body know it's going to get a regular regimen of calories so it doesn't have to store any fat.*

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Whatever exercise plan you choose, it is best to exercise first thing in the morning, every morning. Our bodies were made to be active daily, and when exercise is performed in the morning, people are more successful at exercising consistently. Make your exercise as enjoyable as possible. Consider utilizing music, a book on tape, or watching television during your workout, depending on the type and location of your workout. If you're a walker, for example, you may want to get a good music player to listen to music or audio books. If you're exercising inside, you may want to set up a television set or a stereo so that you can watch or listen while exercising. Whatever you do, make your exercise experience one you look forward to each day.

You will find more on weight training to lose weight [here](#).

Behavioural Changes

Speaking of dedication and focus, changing your behaviour is a key component to conquering obesity. Crash diets that cause people to lose weight drastically almost always backfire because there is no change in behaviour and habits. Obesity is a lifestyle, and conquering obesity is a lifestyle also. Losing focus is a common problem with those who are trying to lose weight and keep it off.



Most of us do not have goals and are generally not in the habit of goal-setting. Many of us think we have goals because we have stated what we want. However, if we haven't written them down in completely positive language and eliminated goals that conflict with each other, then we don't truly have goals.

What is positive language? Positive language is a statement that is phrased in a more constructive positive way and has a more "upbeat" and helpful tone. An example of a positive statement would be, "I weigh 150 pounds. I am fit and trim, and full of energy."

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Hot Tip #8

Walk the Walk: *Walking really burns a lot of calories. For something that's free, easy and gets you into shape, - well really this is a no brainer, just do it. Even if it's an after dinner stroll this can help you with digestion and calm your body down from the day's activities.*

To the contrary, examples of negative statements are, "I will not be fat anymore. I will not overeat. I am sick and tired of feeling sick and tired. I will not eat fattening foods." While these negative statements appear to say what you want at first, they truly only say what you don't want, and the subconscious mind does not know the difference between want and not want; it only focuses on subjects.

Therefore, if you speak of not being fat, it only hears being fat; if it hears you speak of not overeating, it only hears overeating; and if it hears you being sick and tired of being sick and tired, it only actually registers being sick and tired.



The subconscious is very literal, so use positive language at all times. Notice I also made the statement in the present tense, even though I may currently be 210 pounds and not 150. The subconscious mind does not register the words "I will" either, because it has no concept of past and future.

Think of dreams; have you ever dreamed of something and it seemed like it was an episode that took forever, yet when you awoke you realized the entire dream sequence took place in minutes while you dozed off? Or have you experienced a dream where people you know may look as they did many years ago? This is because the subconscious is simply storing images and words as they happen, not in past or future tense. It is important therefore to speak positively into your life what you want, and not what you don't want.

Developing your goals is a process, one which will help you in your

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quest to becoming motivated and staying that way. Ask yourself why you want to lose weight. Carry around a notepad and pen for a few days and write down every benefit you can think of that relates to weight loss. You will use these to develop not only a goal but also a mission statement.

Some common examples are wanting to have more energy to spend quality time with family and friends, being able to fit into all your clothes, improving your health for longevity, wanting to feel comfortable in public, desiring to climb stairs or perform daily tasks without becoming breathless or fatigued, wanting to be more active with your children, or wanting to wear a nice outfit you saw.

Hot Tip #9

***Oops I slipped:** There will be times when you slip and overindulge in something. Don't beat yourself up over it. You are allowed to "mess up" every now and again. As long as it doesn't become a habit you'll be fine, so just put*

In a few days, you should be able to write a statement similar to this: "By August 31st I weigh 150 pounds. I eat foods that are healthy for me, and I enjoy the. I am able to fit into that nice bikini I saw at the beach shop last month, and I look awesome in it. I am able to run and play with my children and have boundless energy. I remain energized throughout the day and am very alert at work. I feel great while following my new meal and exercise plan, and I am happy that I am making changes that will improve my health and longevity, so that I am alive and healthy for myself and my loved ones for a long time." Of course you will customize your statement to fit your life, but you get the point. Make sure all of your statements are positive and in the here and now.

The next step is to keep focused on your goals. Once you write your statement down, keep it posted where you can see it daily, such as next to your bathroom mirror, or stuck on the refrigerator door. You must keep your goals literally in front of you in order to maintain focus. The mind begins to steer you in the direction that you are focused on, just as you steer a car down the road. Letting your goals out of your focus is like looking down or away while driving or letting go of the steering wheel: Eventually you will crash. Let's avoid the crash and plan

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for success.

The first week is always the hardest regardless of what you're eating plan is, whether it be low-fat, low-carbohydrate or anything else you will no doubt feel the uncomfortable feeling of hunger pangs at first. The good news is that if you can make it through the first two weeks you will have a significantly better



chance of meeting your goal. Your appetite will become significantly smaller, which will likely escape your notice at first.

Realize that you aim to succeed by all means, but not meeting your goal does not mean total failure. If you end up cheating or missing a scheduled workout, it's not the end of the world. Beware of beating yourself up and deeming yourself a failure, and instead, accept that everyone makes mistakes, and get back up on your horse and right back on your plan, We're all human and we are bound to fail once in awhile.

Another obstacle especially amongst Americans is that we tend to want instant gratification. Perhaps it is the trappings of automated society and high standards of living, but we want things to happen here and now. Keep in mind that this is a process, and things will not happen overnight. There is never something for nothing, so you must give things time to work. Especially with the more natural lifestyle-change plans, it can take weeks before you see improvements; give it time. If after about a month you don't see anything happening, you can then assess what you are doing and make some adjustments.

Hot Tip #10

Celebration Time, Oh Ya! Plan to do something really special to celebrate reaching your ultimate goal. If the goal is exciting enough, it will motivate you to achieve your target weight.

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It is great to build alliances with people who are striving to reach the same type of goals you are, and avoid spending excessive time with those who do not share the same goal you do – at least in the beginning of your new regimen. You might want to make an assessment of whom you spend time with currently and what practices you engage in with them. Do you have regular associates that you binge with? Do you often go out with friends or family and visit restaurants that serve unhealthy foods? Although this is probably the hardest thing to do, you will have to excuse yourself from such activities for a while in order to accomplish your goal as you build up willpower. After a few weeks, your habits will have changed and you will be able to resist temptation a lot better that you used to.

One good practice is to exercise with a friend. Studies show that people who exercise with a friend are more successful at exercising consistently. You can keep each other accountable. Knowing that someone is waiting for you to exercise with them can be great motivation to show up and get it done.

If you are looking to lose weight, but need that little extra help, check out Hypnosis and Affirmation/Motivation. Both techniques are top rate plans that have been proven to aid weight loss.

Resources:

Hello my name is Brenda Robins and I know personally how frustrating it can be to lose weight. With so much information out there promising the world, it's hard to sort through what really works from the rubbish.

With that in mind I created my regularly updated blog, dedicated to helping people make better decisions about how to lose weight and help focus more energy towards the goal of healthy, permanent weight loss.

For more information I encourage you to visit my blog. Thanks for reading.

[CLICK HERE](#)

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I've also enclosed several items that can help you achieve your desired weight loss goals.

Remember to be connected to the internet to access the reference links and **ALLOW** your browser to open links if prompted.

Diet Plan

When I was trying to lose weight I tried nearly everything I could get my hands on and this was the one that worked for me.

[CLICK HERE](#)

Exercise

If you want to beef it up a bit and take your diet to the next level try a plan that incorporates exercise and weight training. Here are two proven programs that will defiantly do the trick.

[CLICK HERE](#)
(Non-Gym)

[CLICK HERE](#)
(Gym)

Detox/Cleansing Diets

Wondering if a cleansing diet can work? Here is a fat Loss by cleansing product that has helped many.

[CLICK HERE](#)

Tools to Aide Your Weight Loss

Who doesn't need a little extra help now and then? I've enclosed two powerful products that I firmly believe can help you in your weight loss journey.

1. Motivation/Affirmation – One of the best software tools out there to help you achieve any goal in life you have.
2. Hypnosis – has been proven to help many. These powerful self Hypnosis recordings for either Nighttime or daytime can be just that thing that boosts your confidence and keeps you motivated.

[CLICK HERE](#)

[CLICK HERE](#)