

How To Lose Weight Fast

Have you tried several diet plans and weight loss programs just to lose some weight? Did any of these help you? If your answer is no, do not give up. There are still ways to lose weight and get the body you've always wanted.

There is really no need for anyone to enroll in to any weight loss program or even consider a special diet plan. The key to losing weight fast is discipline and the will to achieve the desired body weight. This involves no unnatural way of losing weight and in fact, very natural. It will not require you to do very heavy work out and you would not have to starve yourself.

Many would resort to skipping meals and starve themselves. This is a very wrong way of doing it. Starving yourself will only cause your metabolism to work slower. When you starve yourself, you will lose muscle mass. So your body will start storing up fat, in stead.

The best counteract for this is eating regularly. This is not to say that you should act on your cravings. Remember to eat only whenever you are hungry. You may eat as many times as you want in a day but see to it that you eat in moderation.

Include lots of fiber in your diet. Both soluble and insoluble fibers help control blood sugar level, lower blood lipids and manage weight. Make sure that you get more fiber in your diet. The suggested average fiber intake is 25 to 35 grams a day. Some of the healthy fibers you should include in your diet are broccoli, potatoes (include the skin), apples, beans, brown rice and strawberries.

Protein should also be a part of your diet as this helps to keep you full for a longer span of time. It also prevents sugar cravings and it maintains muscle mass, which is a very vital part in burning fat.

Intake of carbohydrate should be carefully moderated, as well. Keep in mind that consuming too much carbohydrate causes weight gain. Regulate calorie, fat and protein intake too if you intend to maintain weight loss. But, there is no need to completely eliminate them from your diet. Just eat them in moderation.

Lastly, make sure to drink plenty of water. Water suppresses appetite. Drinking one or two glasses of water before each meal prevents you from eating more than you should. The recommended water intake per day is 8 to 12 glasses. However, depends on your weight and daily activities, you might need more than the said amount.

If you do not like water so much, there are other alternatives such as green tea. You can add green tea in your diet. According to a study, drinking 5 cups of green tea a day helps in burning 80 calories per day.

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