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Do you want to lose weight fast?

First of all change general nutrition and lifestyle habits. Eat 5 meals a day rather than 3 big ones, eat slowly, drink plenty of water especially if you feel hungry, plan your meals in advance and prepare your meals at home instead of buying fast food. Don't forget to keep a food diary or determine your daily calorie needs. Throw away junk food, sweets, full fat foods and drinks from your kitchen and fridge! Replace fizzy drinks with water.

Remember that losing weight is about burning more calories than you eat. By exercising daily you increase your metabolism. So if you want to lose weight fast, exercise more! It doesn't necessarily mean join the gym. You can also try a sport such as football, tennis, cycling or even dancing classes. The one of the easiest ways to lose weight is simply walking. Always use the stairs instead of the lift.

And of course you will not be able to lose weight if you do not keep a positive attitude.

If you want to know all 65 fast ways to lose weight check this ultimate list at allwomenstalk.com !

You'll find there weight loss tips you need to follow to make sure you get the most out of your weight loss efforts.