



10 Great Tips to Lose Kgs Fast

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Succeed in your quest to Lose Kgs and get rid of that Body Fat by putting into practice these **10 Great Weight-Loss Tips.**

Tip #1 - Only make small changes

Making small changes is very important for creating healthy habits. If you start out with very drastic changes with a goal of losing lots of weight very quick, you will be destined to fail. By making small changes every week, you will be much more likely to stick with the minor modifications to your weight loss plan or exercise program and continue to build on this solid foundation over the course of time. Small nutritional changes like removing the mayonnaise and cheese from your sandwiches or choosing a "fat free-low calorie" dressing on your salads. These small changes can reduce hundreds of calories from your daily intake and it only takes a 500 calorie deficit per day (below your BMR) to lose 1 pound of body fat per week. A small exercise change may be to go outside for a 1/2 mile walk every day.

Tip #2 - Drink More Water

Our bodies are made of over 70% water. Not 60% or 50% ..."**70%**"..And it needs to have all that amount to run and maintain its daily functions. Drinking water is one of the most important aspects to losing weight. Also water cleans and flushes our systems of harmful toxins..Incredible as it may seem water is quite possibly the single most important catalyst in both losing and retaining weight. Although most of us take it for granted, water may be the only true "**magic potion**" for permanent weight loss. Water suppresses the appetite naturally and helps the body to process fat. Studies have shown that a decrease in water intake will cause an increase in fat deposits, while an increase in water intake can actually reduce fat deposits. So drink more water to clean, flush and lose fat cells..Try drinking ice cold water to

actually burn more calories. Your body needs to heat up the ice cold water and it uses energy (calories) to do so. This is what's called the "thermogenic effect". You can burn an additional 100 calories a day by drinking one gallon of ice cold water. 100 calories a day= 3000 a month= lose almost 1 pound of weight per month and 12 pounds of weight loss per year!.

Tip #3 - You have to eat breakfast

Eating a healthy breakfast is crucial for providing the correct fuel to get you going. Your body has been fasting for 6-10 hours from sleeping and is primed for re-fueling. Researchers have found that people who ate breakfast every day were a third less likely to be obese compared to those who skipped the meal. In addition, they were half as likely to have blood-sugar problems, which increase the risk of developing diabetes or having high cholesterol, which is a known risk factor for heart disease. The researchers believe that eating first thing in the morning may help to stabilize blood sugar levels, which regulate appetite and energy. They suggest people who eat breakfast are less likely to be hungry during the rest of the day and are, therefore, less likely to overeat.

Tip #4 - Fill up on fiber

Eating more fiber is a great tip for weight loss. Fiber will give you a feeling of fullness with a limited amount of calories. Fiber also helps to reduce constipation, indigestion, gallstones and cholesterol, and assists in combating heart disease and some cancers. Eat a variety of fibers (soluble and insoluble). A varied, high fiber, healthy diet will provide both. Soluble fiber comes from fruits and insoluble fiber comes from whole grains. Fiber rich foods include oat bran, beans, lentils, fruit, vegetables, whole wheat bread, brown rice and oatmeal.

Tip #5 - Choose "better-bad" foods

If you have to cheat on your diet and you're really craving for one of your favorite foods, try to make "better-bad" choices and select healthier alternatives. If you can simply make a healthier choice and pick a food with less fat or sugar, you can easily save hundreds of calories to help your weight loss plan. Remember, if you set a daily goal to create a 500 calorie deficit per day, you can lose 1 pound of body fat per week! By including these healthier choices, it will assist you in saving calories in your nutritional plan. Some great better-bad choices include:

- *Freeze a container of lite whipped topping VS. Ice cream
- *Fat free frozen yogurt (low sugar) VS. Ice cream
- *Air popped popcorn VS. Microwave popcorn
- *Frozen grapes VS. Hard candy
- *Non-fat mayonnaise VS. Regular mayonnaise
- *Black beans VS. Refried beans
- *Steamed rice VS. Fried rice
- *Non-fat cheese VS. Regular cheese
- *Chicken breast sandwich VS. Hamburger
- *Non-fat milk VS. Whole milk

- *Protein bar (low sugar) VS. Candy bar
- *Mustard VS. Mayonnaise
- *Turkey dogs VS. Hot dogs
- *Non-fat sour cream VS. Regular sour cream
- *etc...

Tip #6 - Eat negative calorie foods

Although no food is actually "negative calorie", there are certain foods that have such few calories that the act of digestion in the body will burn more calories than the food itself, creating a negative calorie balance. Typically, a 25 calorie piece of broccoli (100 grams) requires 80 calories to digest it in the body which results in a net loss of 55 calories! Some great foods which are extremely low in calories and require lots of energy for the body to break them down include asparagus, broccoli, cauliflower, celery, lettuce and zucchini. These are great foods to include in your weight loss plan

Tip #7 - Have a fruit for dessert

Fruit is such a great choice for dessert since it's very sweet and contains far less calories and fat compared with a traditional dessert like pie, cake or ice cream. You can save hundreds of calories when dining out by simply ordering a bowl of fruit or even a fruit sorbet. Fruit contains the natural sugar called fructose, which should take care of your sweet tooth. When eating at home, you can make several delicious fruit desserts like mixing sugar-free Jell-O with diced apples and bananas. You can also mix a cup of non-fat cottage cheese with blueberries or strawberries.

Tip #8 - Read the labels to make the right choice

One of the most important tools to help you make healthy choices when grocery shopping is reading the labels. Make the right choices to fuel your body. The most important content to look at when reading food labels are the calories, servings per container, sugar, fiber, carbs, fat and sodium. Choose foods which are high in protein and fiber and low in sugar, fat and sodium. The servings per container can be extremely important because many products will try to mislead you by providing the nutrient information for a very small serving size. This is very typical for snack foods. A bag of potato chips may only show 120 calories on the nutrient label but the actual serving size is only 7 chips! The overall calories for the entire bag may contain over 1,000 calories. Make sure to read the serving per container to know the truth about the overall nutrient levels. Also, make sure to review the list of ingredients. The ones listed first are generally used in larger amounts so if you see things like high fructose corn syrup or sugar, then it's probably best to choose a healthier alternative.

Tip #9 - Eat slower

Try to eat your meals slower, savor every bite and really enjoy your food. It takes your body around 20 minutes to realize that it's full. If you eat too fast, you will eat excess calories while your body is determining whether it is still hungry. By the time your body realizes that it's full, it is too late! You've already eaten more than you needed and consumed too many calories. If you

eat slowly, your brain will start sending signals to stop eating just in time and you will be able to correctly monitor your hunger.

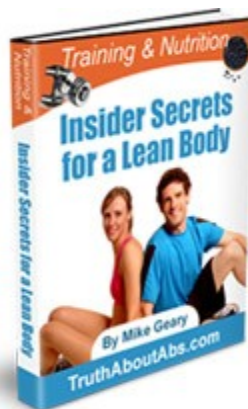
Tip #10- Don't get discouraged

Remember that it didn't take 2 weeks to pack on those extra 20 pounds or 10 kilos, so it definitely will not take only 2 weeks to lose them! Focus on a solid fitness/nutrition plan and stick to it for at least 8 to 12 weeks. It is always hard to make those changes at the beginning. Trust your plan and don't be discouraged if you're not losing weight fast enough..Also, when starting a new nutritional plan(diet), it is important to measure your waist, hips, thighs, etc..Most likely you will lose inches before it shows on the scale.. Your body will eventually switch into a fat burning mode and then it will reflect on your actual body weight. **Be patient** and the results will show!.

We have done a lot of research and testing on many weightloss plans and products over the years for our international wellness business and for our members here based in New Zealand, and if you are looking for a low cost but effective way to lose weight fast, we recommend that you learn about this new dieting method that will **still let you eat all the foods you love**, and that will **NOT** require you to go to the gym or buy expensive workout machines. Take a minute and [go here](http://www.diet1.live-well-now.com) (www.diet1.live-well-now.com) to learn all about this **new dieting breakthrough** that will teach you that **Food is Not the Enemy!**

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