Article Side

Six Specific Steps to Lose Weight in the New Year by Lisa Beverley

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New Year's resolution that always seems that the top ten is the weight loss. When we make our New Year's resolutions, we often sabotage have broad objectives. This year, narrow your focus. Break your goals into manageable steps. Make one or two steps or New Year's resolution.

Have five small meals instead of three larger ones. Eating smaller meals more frequently keeps insulin levels regularly. This is not only healthy but also helps to control our appetites and desires. If it is not practical to have five small meals, have three meals and two snacks healthy portions.

Drink eight glasses of water. Be sufficiently hydrated, it helps to control portion sizes. We often feel hungry when hydrated. When tempted to snack, a glass of water first. If you are still hungry have a snack.

Do not skip meals. Studies have shown that people who skip breakfast consume more calories in a day than those who eat breakfast. When you skip a meal, your metabolism slows down and accelerate again until you eat a meal. If you skip meals or eat too few calories enough the system will go into starvation mode. So when you start eating normally, you put the weight back and more.

Get enough sleep. New studies show a correlation between sleep deprivation and weight gain. Hormones in our brain that regulate appetite and satiety are out of balance when we are deprived of sleep they need. In addition, the hours we are awake at night, more tempted to bite. Try to get to bed earlier at night.

Having more milk. Recent studies have shown that people who consume low-fat dairy products, three times a day, lose more weight than people who consume the same amount of calories. There seems to be a correlation between dairy calcium and the breakdown of fat cells.

Reduce or eliminate soda. Studies have linked soda consumption to osteoporosis, tooth decay, obesity and heart disease. Fructose corn syrup does not decompose in the body, for use as energy so stored as fat. Artificial sweeteners in diet soda can lead to sugar cravings. Studies have also shown that people who consume soft drinks daily are heavier than those who consume only a few times a month.

This year, instead of weight loss as a resolution, try one or two of these steps. By breaking its resolution into manageable steps, which are more likely to stick to your plan long. The results of your success will be all the encouragement you need.

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Lisa Beverley writes highly informative and researched articles for end consumers about a variety of a weight loss tips including remedies,
a health tips and a diet nutrition tips, slimming, weight loss products,bodybuilding supplements and diet tips.

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