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Winter season is one of the weight gaining periods. Firstly our body automatically gains weight and secondly festival season makes it worst. We get trapped in the saying â€œeat drink and be merry for tomorrow we may dietâ€• but we forget that â€œtomorrow never comesâ€•. Itâ€™s very common that we so much eased during this time that we even forget all the hard work and liters of sweat that we flew in gyms to reduce those extra pounds throughout the year.

Below are mentioned some tips by with you can easily Lose 10 Lbs in winter season

Tip 1 # Try consuming homemade food before going to any party. This will help in avoiding over eating and consumption of extra calories. This is an important tip to lose 10 lbs in winter season.

Tip 2 # One should consume lots of water during the party to make your tummy full. This will help in less consumption of calories as you feel fuller and wonâ€™t eat much food.

Tip 3 # Try taking salads and fruits in the party to the max. These foods are less calorie food and also make you feel fuller helping in avoiding over eating.

Tip 4 # Keep away from sweets and cakes. Sweets and similar food stuff are rich in fats and proteins. These are main reason that you gain weight hence keep away from them so that you do not gain weight much,

Tip 5 # - If you want to eat cake then try to eat lesser calorie cakes or sugar free cakes and pastries available in market or baked at home.

Tip 6 # Stay away from alcohol especially when you party. Alcohol lowers your metabolism and makes fats to get accumulated in the body very easily. This will help to Lose 10 Lbs in winter season

Tip 7 # Always avoid eating in night parties. Eating and consuming high calorie food at night actually has more effect on your body as compared to food consumed during day time and you gain more.

Tip 8 # Exercise is the most important part. You should try to work out more as you are in your best and relaxed mood. Hence you are just gaining and gaining weight thereby workout will help you in maintain your weight.

Tip 9 # It is always recommended that you should drink warm water with some honey and lemon in it. This is to be taken empty stomach early morning. This helps in making you lose weight easily. Hence is the best solution to lose 10 lbs in winter season.

Tip 10 # Last but the most important one. Start with Ady-OBT capsules immediately. We all know that you wonâ€™t be following the above 9 tips as you want to party hard during this festive season and its 100 % sure that you will gain weight. Hence start with Ady-OBT, the most potent and effective herbal supplement that will help you to lose 10 lbs in winter season very easily.

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