Natural Habits That Could Help You Lose Weight by Cem Guven

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Weight loss isnâ€™t all about a diet regimen and regular exercise. It is a discipline that has to be inculcated in your daily routine. Here are a few habits that the naturally healthy people adapt as a part of their lifestyle:

Walk every time that you have to speak on the phone:

Research has proved that heavy people are more likely to sit on a average of two and half hours more than the thin people. Everything to grab the phone, make sure to stand or walk. This helps you to remain active and also burn close to 50 or more calories.

Work out in the morning:

Although it is good to work out in the morning, it isnâ€™t always possible to do that. But a simple exercise where you keep your legs straight out, and lean forward and then lower yourself flat helps you to burn more than 10 calories.

Toning up as often as possible:

Navigating city traffic can be a real headache. You can use the time waiting on signals to tone up your muscles by squeezing your rear for some time and then hold it for about 10 seconds. When you squeeze for some 10 to 15 times, you can burn around 10 calories.

Snack smartly:

Rather than going for the pack of cookies, it makes sense to eat grapes. Picking the fruit one by one gives you the same mental satisfaction, and also fills you up. Besides 100 grams of grapes has only about 70 calories. This is much less than the calories in a pack of biscuits.

Dress comfortably:

This can sound silly, but makes a lot of sense. When you were comfortable clothes, you are more at ease and hence walk more, as compared to days when you wear short constricting clothes or high heels.

Switch to water instead of soda:

The body does not register calories when drinking liquid, as it does with regular food. Thus, the feeling of fullness doesnâ€™t usually sink in easily and you arenâ€™t really aware of the calories that you are downing when you drink soda. A better idea is to switch to water or fruit juices. You can save anywhere from 300-500 calories for every two glasses of soda that you skip.

Carry weight around:

When you go grocery shopping, carry a backpack with some weight inside it. And when you are done shopping you can carry some of the groceries on the backpack.

Most of these rules arenâ€™t difficult to follow and can be incorporated in your daily life, thereby leading you to a healthy life.

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Cem Guven - About Author:
The author of this article writes reviews about natural supplements like a Tengda. To the uninitiated, a Tengda is a supplement made from natural products like fenugreek seeds, gaurana, kiwi fruit, grape fruit etc.

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