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Problems of obesity coexist with poverty and malnutrition in todayâ€™s world. In the major cities, obesity has become a major issue haunting the urban population. There have been reams of pages written on how to lose weight. People are always coming up with new ways to burn up fat fast and lose weight quickly. When your body is unable to burn up all the calories it consumes, the excess calories are converted into fat. Obesity makes you susceptible to diseases like high blood pressure, diabetes, heart attack, cancer, and so on. Obese people are also in the high risk category when they undergo surgeries.

Reasons For Obesity

Metabolism is the process by which your body burns up the calories it consumes. As one grows older, the rate of metabolism decreases. Therefore there should be a corresponding decrease in the quantity of food you consume. However as it is difficult to break away from the habit of excessive eating and lack of exercise, you tend to build up excess fat. Studies on how to burn fat fast show that maintaining a balanced diet is the start to a healthy life. You can start off by calculating your caloric intake to ensure that it is not excessive. You should also drink sufficient water to keep your metabolism moving at a steady pace. When your body is sufficiently hydrated, you do not feel the pangs of hunger and you also feel good. Studies on how to burn fat fast also show that by drinking green tea, which is also known for its cancer fighting properties, you can increase the rate of metabolism in your body by almost four percent. Green tea contains catechins which help in increasing the rate of production of a chemical called norepinephrine, which speeds up the rate of metabolism.

A Healthy Diet For A Healthy Body

Studies focusing on how to lose weight emphasize that by controlling your alcohol intake or by eliminating alcohol from your diet you can lose some weight since alcohol actually slows down the rate of metabolism. Dairy based products like low fat yogurt, cheese, etc., is another way to ensure quick weight loss as calcium is one of the best ways to boost up your bodyâ€™s rate of metabolism. Green vegetables like broccoli and spinach also should be taken adequately because of its low caloric value and high fiber content. Green vegetables not only increase your sodium intake but also provide nutrients.

The Miracles Of Exercise

Besides following a healthy diet, it is also important to introduce a good exercise routine into your life for quick weight loss. A simple forty five minute walk around your neighborhood is a good way to start. Once your daily walk is established, you can add a cardio routine too. Cardio exercises like jogging, elliptical training, and racquet ball accelerates your heart rate for 20 to 30 minutes at a time. You should choose a cardio exercise that you like and will do consistently. You can start it off slowly but you must build up the intensity so that your heart rate is elevated to about 85% of your maximum heart rate.

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