Article published on June 6th 2012 | Health

You want to lose weight fast with a not so complicated routine, yet effective? Check out these weight loss tips, use as many as you can of them and you will see results:

1. Make a reasonable objective or goals in putting all the practice to lose weight and have an assurance to monitor your progress.

2. Avoid eating when you are less hungry.

3. Learn how to recognize physical hunger from emotional hunger,for you to eat only when you are really hungry.

4. Avoid drinking sodas and other sugared drinks.

5. Learn to say no to Learn to say no to desserts, birthday cakes, and other sweets which people offer you at work, events, and so on.

6. Prefer yourself to walk rather than riding a vehicle if it is not so distant. This is a great cardio workout thatâ€™s right for beginners and can help you quickly get into a workout routine.

7. After your workout, avoid eating too much. Your workout routines will be useless if you full yourself of calories after youâ€™ve just burned some.

8. Refrain from weighing yourself more than once a week for it can only gives you disturbance.

9. Avoid comparing yourself to other people. Some people lose weight faster than others. Your only competition is with yourself.

10. Donâ€™t forget to eat breakfast. Eating breakfast helps to get your metabolism up and sets the tone for the entire day.

Article Source:
http://www.articleside.com/health-articles/tips-to-lose-weight-quicker.htm - Article Side

Micron Associates - About Author:

Article Keywords:
Tips to Lose weight quicker, Micron Associates ITS ALL ABOUT YOUR HEALTH

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!