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Weight loss tips for all by Norm Avila

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Nowadays Obesity or heavy body weight is the common problem for all. We are seeing this problem occurring without any age limit. For this we have to follow some weight loss tips and diet. So many gyms and fitness centers there from where a person can reduce his weight. If you do some regular works like walking and some exercises we do not need to go to gyms. Do exercises regularly and spend some time for exercise. Walking is also best for weight loss. If possible, walk for 30 minutes morning and evening. We will get better results by doing exercise and walking in the early morning.

Eat healthy food such as vegetables and fruits. Vegetables and fruits are having water contents and also fiber which helps to reduce weight up to a level. If you increase the quantity of vegetables instead of starch you can save 100 to 200 calories. Donâ€™t take heavy food and do not empty stomach as these both are dangerous to your health. And also donâ€™t eat junk foods, itâ€™s having high cholesterol. So avoid junk foods having more oil contents which are one of the best weight loss tips.

Drink plenty of water before 30 minutes to take food which make you feel stomach full without eating a lot and after completion of food from 2 hours you take water for every 30 minutes. It is also helpful to you to control your weight. Also this is one of the best diets for quick weight loss. If you do not like to drink plain water, you add citrus or a splash of juice as these are having lots of flavor but no calories. Studies shows that people who are taking less food so many times (4 to 5) in a day can easily control their appetite and weight. Eat slowly, Chew your food carefully and enjoy the taste. Experts say that brain takes 15 or more minutes to recognize that you have already eaten. So this will help your brain to feel satisfied by eating slowly.

Use smaller plates to eat, it controls the quantity of food you intake. Donâ€™t take food in front of television. It will automatically increase the quantity of food you eat. If you want to reduce your weight then you must avoid sweets. Instead of sugar you have to take honey or Jiggery. To regulate and maintain a weight loss program choose complex carbohydrates as it reduce the risk of contracting coronary heart disease. Reading books or novels, listening music, practicing meditation or deep breathing, looking photo album of your loved ones, these all will helpful to you when you are facing the stressful situation instead of eating more food. In general we can say that reducing quantity of food is the one of the best weight loss tips. Less sleeping is one of the causes for obese and people who have sleeping problems becomes more fatty. So you have to sleep minimum 7 to 8 hours per a day to maintain good health condition.

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