

6:: Lose weight fast

Every one of us dream of losing weight, but does not often know how to do it. Below are a few tips on not only shedding off those extra pounds but also on how to lose weight fast.

One of the most experimented ways of losing weight fast is to drink lots and lots of water. Water not only hydrates your body, but also acts as filler that keeps the unnecessary hunger away.

It also helps to cleanse your body by flushing out the waste from the kidneys, which in turn helps metabolize stored fat and in doing so, helps reduce weight. People who skip breakfast – the most important meal of the day – tend to rely on breakfast from outside their homes, like shops and cafes. The quick, easy to eat meals, are not only loaded with calories but are also high in carbohydrates and sugar that forms the main reason for excessive weight.

Eating a proper breakfast at home will help maintain a proper body weight and will also help shed some excess, stored baggage in the body. One sure way of losing weight fast is to eat lots of fibre-rich food. Food items like bran, nuts, brown rice, strawberries, apples, chickpeas and beans are high in fibre, which not only help in digestion but also keep you filled up for much of the morning, or for at least till lunch time.

When trying to lose weight, it is a good advice to stay away from fat-laden eatables. But then again, there are certain foods that contain fat that are equally essential for a healthy body. For example, fish like Sardines, Herrings and Salmon are loaded with fatty acids that help your body burn stored fat and regulate blood hence protecting against possible diseases.

All of the above tips are good methods for losing weight and staying in shape in the long run.

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