

# **101 REAL WAYS TO LOSE WEIGHT**

## **Legal Disclaimer**

While every attempt has been made to ensure that the information presented here is correct, the contents herein are a reflection of the views of the author and are meant for educational and informational purposes only. All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

No tips in this document should be considered medical advice. Seek the help of a professional healthcare provider before making any decisions concerning your health.

## **Report Sections**

1. General Weight Loss Tips
2. Eating Right
3. Exercising

## General Weight Loss Tips

1. **Set realistic goals.** Anyone who has ever set an unrealistic weight loss goal will tell you that not meeting your own expectations is the fastest way to fail at weight loss. You should plan to lose no more than 1-2 pounds per week. In general, people who set realistic goals will exceed it during at least the first few weeks. Exceeding your weight loss goals will give you something to get excited about, and keep the weight loss process positive.
2. **Get support.** When you make the decision to lose weight, enlist the help and support of your friends and family members. Having people around you who will encourage you through the process is a great way to start. Be careful about telling those people who might be discouraging, either by not supporting your goals or by hounding you every time they see you eat something that they deem inappropriate for someone who is dieting. Neither of these scenarios is helpful!
3. **Learn to keep things in moderation.** When your goal is to lose weight, remember the old saying...*all things in moderation*. By following this mantra with eating and working out, you will lose weight at a reasonable pace and feel good while doing it!
4. **Join a program.** Weight loss groups like Weight Watchers are popular for more than just their diet plans. They help people to form a community with other people who have the same goals. This extended support network is great for making weight loss more exciting – having someone with whom you can share your excitement. It is also a great way to talk through some of the issues that you might be experiencing with your weight loss program. Support is crucial when you are attempting to make major lifestyle changes.
5. **Buy yourself a portable music player.** Music is one of your biggest allies when trying to lose weight. Listening to music will make exercise time fly by and it can definitely improve your mood. Consider buying yourself a new portable music player (mp3 or CD) when starting out on a weight loss program. You don't need to make a huge financial investment, and you could easily buy a portable CD player for well under \$100.
6. **Get a buddy.** Having a close friend or family member agree to lose weight with you is an excellent way to get the support you need. And it gives you someone that you can learn tips, swap recipes and try new exercises with. Losing weight with a friend is also good for people who need an understanding friend to talk things through with. Remember, weight loss is more than a temporary process, it is a major lifestyle change and you will definitely benefit from all of the support that you can get.
7. **Choose your information sources wisely.** If a friend or co-worker offers diet advice over a fast food burger and shake – you need to decide whether their advice is the right way to go. Instead find trust sources of information such as your family doctor, a nutritionist, the trainer at your gym or even a reputable website. Finding someone who can answer questions when you have them can take a load off your mind and make you feel good that you're making informed decisions about your weight loss.

8. **Dress for weight loss success:** In order to start thinking thin, pay attention to what you are wearing. Overweight people tend to dress “bigger” than they actually are with baggy or oversized clothing. As you begin losing weight, consider some updates to your wardrobe that will accentuate your best features and help you to remember that losing weight will make you more attractive in your own eyes.
9. **Remember, there are no guarantees with any weight loss plan.** Keep in mind that there are no guarantees with any weight loss plan. While some people may see temporary benefits from fad dieting or other quick fixes, overall the best way to approach weight loss is by modifying your lifestyle and adopting a healthy way of living.
10. **Stay off the scale.** For best results, do not weigh yourself more than once a week at the most. Since a healthy goal consists of a plan to lose no more than 1-2 pounds per week, you may not see significant results until several weeks have passed. Spare yourself the disappointment of seeing little change and plan to weigh yourself as infrequently as possible.
11. **Remember that muscle weighs more than fat.** Many doctors and nutritionists will hand you a chart that specifies your weight goal according to your height alone. What these charts do not take into consideration is that muscle weighs a lot more than fat. While your doctor may think that you should lose 50 pounds to meet his goal – you may actually only need to lose 10 pounds. Never risk losing muscle to attain a specific weight.
12. **Get plenty of sleep.** When you are trying to lose weight, it is extremely important to make sure that you are getting the recommended eight hours of sleep per night. Believe it or not, sleep is one of the body’s mechanisms for burning fat and calories. Failing to get the proper amount of sleep will reduce your body’s ability to burn fat and slow down the weight loss process.
13. **Keep a food diary.** A food diary can be as simple or as detailed as you like. The goal is for you to keep track of everything that you eat – especially in the beginning of your weight loss program. A food diary will help you to realize where your extra calories are coming from and why it is that your weight loss efforts may be stalling. Sometimes seeing it in black and white is all it takes to get the motivation needed to keep going.
14. **Thin is not the goal.** When starting out on a weight loss plan, your goal should not be to become model thin. Instead, you should focus on developing a plan for healthy living and losing a reasonable amount of weight. And be sure that it is you alone who decides how much weight you should lose. Never let anyone else tell you how much you should weigh. Only you can set goals for yourself and develop a realistic plan for achieving them.
15. **Never starve yourself to lose weight.** If you stop eating with the intention of losing weight, the opposite is what will happen. When you do not eat, your body thinks that it is starving and begins to store everything you do eat and convert it to fat. Therefore, you

may actually end up gaining weight instead of losing it! Eat less and eat wisely – but never starve yourself.

16. **Energy balance is key.** It is important to develop a healthy balance between the number of calories that you consume and the number that you expend on a daily basis. The closer to equal that these two factors become, the healthier you will be. Increasing exercise and decreasing calories will also help your body to burn calories more effectively and to lose weight at a faster rate.
17. **Know whether you're considered obese.** Being obese simply means that you are at least twenty pounds overweight, according to the medical definition. Since obesity is linked to the development of medical problems like diabetes, heart disease, strokes and cancer it is dangerous to remain obese for an extended period of time. If you are twenty or more pounds overweight, consider your options now and talk to your doctor about a healthy eating and exercise plan that can improve your overall health through weight loss.
18. **Drinking green tea may help you lose weight.** Green tea has many health benefits. Perhaps the most important benefit for people who want to lose weight is that green tea stimulates the body's metabolism and increases the rate at which fat is burned. Consider switching from coffee to green tea in the morning and the benefits will be almost immediately visible.
19. **Adapt your plan.** Even if you've decided to follow a weight loss program, or join a weight loss center, know that it is ok to adapt this plan to meet your lifestyle and tastes. For example, if you work long hours it may be necessary for you to forego dinner until 9 p.m. instead of the prescribed 5 p.m. Or, you may need to have shorter, more frequent exercise sessions. Whatever works best for you is fine. As long as you stick with it!
20. **If you do nothing else, be aware.** Being aware of what and how much you are eating and how much you are moving is the first step in the weight loss process. Even if you make no changes and just focus on awareness, chances are that you will begin to modify your lifestyle subconsciously. What a great way to embark on the weight loss process!
21. **Get online.** The Internet is a great place to find resources and communities where you can get much needed advice and support as you lose weight. You will find inspiration, motivation and tips for keeping the weight off at the click of a mouse.
22. **Don't waste your money on spa treatments.** When weight loss is your goal, avoid gimmicky offers by spas and retailers offering miracle machines, treatments, pills and lotions that will supposedly make you lose weight (without having to actually DO anything). There is no magic way to lose weight – so keep your money and start thinking healthier to give your weight loss a boost. That's not to say that you can't treat yourself to a spa treatment. When you feel happier you'll be more likely to stick to your weight loss plan. Maybe make a trip to the spa your reward for sticking to your plan all week long!
23. **Accept yourself.** One of the most effective ways to lose weight is to develop a positive self-image. Accept yourself the way you are, and recognize that everyone can be

improved in some way. By accepting yourself, you are actually setting the stage for a more rewarding weight loss experience. One way to do this is to make a list of all the attributes you value in yourself. When you become obsessed with your weight you can look at this list and get some much needed optimism.

24. **Talk to your insurance provider.** You might be surprised to learn that your medical insurance carrier may be willing to reimburse you for participating in a weight loss program, or even joining a fitness club! What a great way to offset the cost of making a healthy lifestyle change! And, your insurance provider probably has nutritionists and fitness experts on staff to help you through the process of losing weight.
25. **Talk to your doctor before taking any weight loss pills.** All over the television and the Internet there are countless stories about the negative side effects of weight loss pills. Many of the hot selling diet supplements over the past decade have ended up being harmful. Before taking anything – even if it claims to be all natural - talk to your doctor or nutritionist. The short term gains these pills provide are overshadowed by the potential long term risks to your health.
26. **Understand Body Mass Index (BMI).** Body mass index is a number that helps you to translate the amount of health risk that you face as a result of your current weight. The measurement tells you the amount of fat that your body is currently storing based upon a ratio between your height and weight. The higher your BMI, the more at risk you are. Losing just a few pounds will allow you to reduce your BMI and at the same time reduce your risk of developing serious health problems now and in the future. Find out your BMI with the online calculator at <http://nhlbisupport.com/bmi/>
27. **Don't forget that rapid weight loss is harmful.** According to researchers, people who lose weight at a rate of 3 or more pounds per week stand a much higher risk of developing gallstones and other gall bladder related problems. Studies show that the risk is about 20% higher in people who experience rapid weight loss. When you lose weight quickly you are also significantly more likely to put it back on again (and then some!) Aim to keep your weight loss to one or two pounds per week.
28. **Set small, achievable goals.** Dieters are often left disappointed with the end result of their weight loss attempts. Usually this is because they set unrealistic goals for themselves. It is better to set small goals that are achievable than one large goal that becomes such an abstract concept that it's easy to convince yourself you'll never achieve it. By having smaller goals you can celebrate small milestones along the way. Giving yourself a feeling of accomplishment instead of disappointment!
29. **Be patient.** Weight loss is always more effective and long lasting when you do it gradually. Patience is a hard virtue to learn, but by allowing your body to change slowly, you are increasing your chances of staying thinner for a longer period of time. Studies show that people who lose weight quickly almost always gain it back – as well as an additional 10-15 lbs.!

30. **Cure boredom and cut your eating.** If you tend to eat more when you are bored, find something to occupy your time. Consider a new hobby or find a good book. Even things like jigsaw puzzles can help to eliminate boredom. Try to avoid television when you are bored, otherwise the combination of mindless entertainment and enticing commercials may lead you right back to the snack food you were trying to avoid in the first place.
31. **List all the reasons you want to be thinner.** Make yourself a list of all of the reasons you want to be thinner. Include anything and everything that motivates you to want to lose weight. Don't worry about editing your thoughts - this is for your eyes one! Then, keep the list with you so that when you feel discouraged you have lots of good reasons to stick with it. This one simple little motivation trick can help you order the salad instead of the fries or go to the gym when you don't want to. That's a powerful little list!
32. **Put a good photo of yourself on the fridge.** Put your favorite photo of yourself on the fridge – ideally one from when you were your target weight. This will help to deter you when you head to the fridge for that late night snack.
33. **Learn new ways to manage stress.** When losing weight, many people admit that stress is their largest obstacle. When most of us are stressed we reach for high fat comfort of foods and curl up on the couch. Or we're so strapped for time that we eat anything in sight and give up time at the gym for time sleeping. Help yourself stick to your weight loss plan during stressful times by finding healthy ways to relieve stress. Although finding the time can sometimes be challenging, a vigorous workout is a great stress reliever. And don't forget that a massage is both stress reducing and a wonderful reward!
34. **Never grocery shop when you're hungry.** If you need to stop at the grocery store to pick up a few things on the way home from work, make sure that you have eaten before you make that stop. Even a protein bar, glass of water or some other small healthy snack can help you to combat the urge to buy things you don't necessarily want to be eating.
35. **Brush your teeth frequently.** When you brush your teeth just after eating, the freshness will help you to keep from eating for a longer period of time. Not only will this help you to lose weight and curb your eating habits, it definitely won't hurt your dental health either!
36. **Keep your blood sugar level even.** To avoid feeling hungry, you need to maintain an even blood sugar level throughout the day. The easiest way to do this is to eat small meals frequently. Break your larger meals into smaller portions and vary the types of food that you are eating throughout the day.
37. **Don't think that liposuction is the answer.** While many obese people believe that liposuction will reduce their risk of developing heart problems and other illnesses, studies have shown that this is not the case. In fact, not only do people who get liposuction (without also making lifestyle modifications) stand a much higher chance of quickly regaining lost pounds but the removal of fat tissue in itself will not change the metabolism of the patient. Instead focus on eating right and exercising and you'll see a noticeable decrease in your weight.

## Eating Right

38. **Beat emotional eating habits.** Many people who struggle with emotional eating do not realize why it is that they simply cannot lose weight. Emotional eating can be recognized in people who tend to eat more than small, occasional amounts of “junk” or “comfort” foods such as ice cream, potato chips and chocolate. The best way to stop eating emotionally is to ask yourself whether you are eating because you are hungry or because you feel stressed, angry, sad or tired. If an emotion is behind your urge to reach for food then you need to look for another way to deal with your feelings at that time. The key to resolving emotional eating is to be persistent. After a few incidents, you will be less likely to look for comfort from food and find losing weight to be less of a struggle.
39. **Avoid strict diets.** Nutritionists recommend that instead of putting almost every food on the off-limits list, that you instead concentrate on making food choices that are highly nutritious and healthy. In other words, think about choosing what you’ll eat a positive thing instead of a negative one. There are a few different reasons for this recommendation. First, if you force yourself onto a strict eating plan you will feel like you have ruined your diet nearly every time you eat. Second, in a society that is very food-centric people develop favorite indulgences and use them as a reward. There is no reason that you should not allow yourself indulgences on special occasions. Overall, a healthy eating plan will help you to develop long lasting eating habits that will allow you to lose weight and keep it off.
40. **Remember that DIET is a four letter word.** Just the thought of the word diet sends many people into a panic. There is so much information available on different “diets” that it is hard to keep them all straight. The word “diet” tends to signify restrictions and depriving oneself of the thing that most people enjoy the most, food. Instead of “dieting”, consider slight modifications to your eating habits and lifestyle that will help to develop a plan to keep you healthy for life.
41. **Try different types of water.** Many people are discouraged by the thought of drinking 8-10 glasses of plain water each day. Add a little pizzazz by choosing sparkling waters, club soda or even different flavored waters to add some variety. Just be careful to choose zero calorie options.
42. **Avoid white foods.** In general, white foods are best avoided when trying to lose weight. This includes white bread, white rice, white pasta, white sugar and even white fruits. With the variety of foods that are now available you can easily find healthier substitutions that contain whole grains and lots of extra vitamins and minerals.
43. **Be sure to get enough protein.** North American diets tend to be relatively high in carbohydrates and lower in protein than they should be. Adding low-fat proteins to your diet such as chicken, fish, egg whites, turkey, and soy is a great way to decrease your carbohydrate intake and increase your overall energy level. When you eat protein your

body secretes the hormone glucagons. This actually helps breakdown fat, giving your weight loss regime a boost.

44. **Drink lots of water.** There is a very good reason that everyone should drink 8-10 glasses of water every day. It's not just to make life difficult. The reason is that water is necessary for all systems in your body to function correctly and efficiently. When you do not drink enough water, your body will try to store water much in the way that a camel does. Water retention is something that happens when you don't have enough water, not when you drink too much water. So, go ahead and drink that water. Flushing toxins from your body is a great way to jump start your weight loss program.
45. **If you crave sugar – use sugar.** Stay away from sugar substitutes. While sugar is not good for you – the chemicals used to make artificial sweeteners are worse. So, if you enjoy some sugar in your morning coffee – use sugar and get the taste that you enjoy. Just be careful not to overdo it.
46. **Eat negative calorie foods.** There are actually several foods that burn more calories than they leave behind! Apricots, cucumbers, blueberries, fennel, grapefruit and tangerines are a few of the negative calorie foods that you can include in your daily diet. Eating these foods will make your body burn more calories through digestion than you'll absorb from them.
47. **Learn about the benefits of juicing.** Juicers are becoming increasingly popular for many reasons. For one thing, juicing allows you to get the added benefit of whole fruits and vegetables. Increasing your intake of water and healthy foods will definitely help you to lose weight and you'll be amazed how much better you feel. For a healthier life, consider adding more whole juices (both fruit and vegetables) to your diet.
48. **Don't skip breakfast.** In a recent study, 8 out of 10 people who lost weight and kept it off reported that they eat breakfast every morning. Give your body a great start to the day with a whole grain bagel, bowl of cereal or some yogurt and fruit. You'll keep your blood sugar level even and avoid being so hungry by lunch that you overeat.
49. **Eliminate sugar from your diet slowly.** Regardless of whether you are considering the sugar in a candy bar or the sugar in an apple, you need to understand that sugar can be harmful to your diet. By taking care to never eat too much sugar, you will have better success with your weight loss efforts. Sugar is an addicting substance, as many people know. When you decide to reduce your sugar intake, you should do it slowly and never immediately remove sugar from your diet completely.
50. **Read and understand food labels.** When you are trying to lose weight, you already realize that calories are important. But, so are cutting fat and increasing the overall nutritional quality of your diet. Become familiar with nutritional labels and pay attention to how much of each nutrient you are getting every day. If you're falling short of the recommended daily intake, consider a multi-vitamin.

51. **Follow the food pyramid.** Although it has gone through some significant changes over the past decade, the food pyramid still represents a healthy eating plan. In fact recent studies have shown that following the food pyramid together with reducing your caloric intake is still the most effective way to shed unwanted pounds. It only makes sense since the food guide encourages you to eat more fruits and vegetables, reduce your carbohydrate intake and try to eliminate as much fat from your diet as possible.
52. **Make some simple food substitutions.** Sometimes little changes can make a big difference. For example, if you switch to whole wheat pasta you'll increase your fiber intake and decrease the amount of refined sugars you're eating. And chances are you'll never notice the difference! Another great substitution is whole grain bread in place of white bread. And opt for brown rice instead of white rice. These simple changes will put you on the path to healthier eating and help you lose weight.
53. **Avoid fad diets.** Fad diets are getting more publicity than ever before, thanks mostly to the Internet. However, just because the testimonials say that fad diets work does not mean that they are healthy. Over the years, many people have lost weight with the help of fad diets only to find that when they were no longer dieting, the weight came back quickly. Often times, fad diets result in the dieter being heavier in a year than they were when they started out.
54. **Remember that you lose water first.** When you begin a weight loss program, you may notice that you almost immediately drop a significant amount of weight but that your weight loss soon slows dramatically. This is because one of the first things that you lose is excess water. This will be particularly obvious if you choose to adopt a low carbohydrate and high protein eating plan. Don't be discouraged by what the scale says, instead focus on how you feel and how your clothes fit. Often times losing only a few pounds can make a big difference. Especially if you're exercising and adding muscle, which weighs more than fat.
55. **Eat from a smaller plate.** Studies show that how much we eat may have a lot to do with the size of our plate. When asked to put their food on a large size dinner plate, diners filled it and ate it all. However, when asked to use a smaller size plate instead they reported being full even though they ate 15% - 20% less food. So if you don't already have small size plates, invest in a few and use them at mealtime to reduce the amount you eat.
56. **Make healthier choices when you eat out.** Just because you're trying to lose weight doesn't mean you can't eat out. The key is to make healthier choices. Opt for a sit down restaurant instead of a buffet so you're not tempted to overeat. Instead of fries have a salad or a baked potato (with sour cream OR butter – not both!). And instead of fatty ribs opt for grilled chicken. And always get half of your meal put in a doggie bag so you can finish it later. Most restaurants serve portions that are enough for two if not three meals!
57. **Drink water to lose water.** If you are overweight, you have probably experienced swelling in your feet and ankles. Do you know why this happens? The answer could be dehydration. If you do not drink enough water, your body will store the water that you do

ingest which results in water retention. To stop this from happening, and to lose some of the water weight that you are carrying around, increase your water intake to 8-10 glasses a day. By adding more water to your body, it will begin to flush out the excess water that has been building up over time. This will almost definitely result in at least a few pounds of weight loss.

58. **Eat slowly and you'll eat less.** When you are hungry and start eating, your mind tells your body that food is on the way. However if you eat quickly, your stomach does not alert your brain that it is full until after you are already finished. So if you slow down your eating your mind and body will have a chance to communicate with one another. As a result you will find that you actually need to eat less than normal to feel full. You'll also eliminate bloating caused by excess gases that can be a problem when you eat too fast.
59. **Put left over food in small containers.** Do you remember the Thanksgiving leftovers of your childhood? Large containers full of mashed potatoes, turkey, dressing and other goodies that only came once a year? Plan for portions when packing up those leftovers, by placing them into small portion sized containers that will help you to limit how much you are eating during the holidays. This is also a great plan for leftovers throughout the year. And, it makes clean up a snap!
60. **Eat dairy.** Believe it or not, eating dairy foods such as milk, cheese and yogurt every day can actually help you lose weight. Provided they are low fat or non-fat of course. It seems that the secret is in the calcium. But not just any calcium will do. As part of the same study it was proven that the benefits of dairy-based calcium couldn't be replaced with supplements.
61. **Don't eat before bedtime.** As your mother probably told you growing up, it's not a good idea to eat before bed. As a matter of fact, you should try not to eat within three hours of bedtime because your metabolism slows down when you sleep and since you're not burning calories your late night snack turns directly into fat. If you must have a nibble, consider foods that are high in protein and low in carbs such as a glass of milk or a piece of cheese.
62. **Eat dandelion to speed up weight loss.** In it's natural form, dandelion is a mild diuretic and digestive aid that helps to speed up the digestion process – removing fat and cholesterol before the body can store them as fat. Dandelion is also great for replacing lost minerals in the body.
63. **Stay away from ephedrine.** There has been a lot of controversy over ephedrine in the past several years. This appetite suppressant, which is found in small quantities in many over the counter diet pills, has been proven to cause a whole host of nasty health problems. Do yourself a favor and instead of trying to find the solution to weight loss in a pill, work on developing healthier habits. The weight loss will come and you won't ruin your health in the process.

64. **Eat licorice to curb cravings.** Drinking licorice tea or using a licorice containing supplement will help to cut your snack food cravings. You can also find natural licorice at health food stores and some gourmet grocers.
65. **Consider taking St. John's Wort.** Although more commonly known for its antidepressant properties, St. John's Wort can also help to reduce feelings of hunger and the tendency to overeat for emotional reasons. As with all herbal supplements, be sure to discuss it with your doctor first.
66. **Eat more psyllium fiber and feel fuller.** Like other forms of fiber, Psyllium fiber will make you feel fuller. Take a capsule or two with a large glass of water shortly before you eat.
67. **Opt for healthy cooking methods.** Put away your deep fryer and frying pans. Consider broiling, baking and grilling meats and vegetables instead. Steaming vegetables and potatoes is a great way to cook them, while leaving the essential nutrients and vitamins intact. Simply changing the way that you cook the foods you normally eat will have a positive impact on your weight loss efforts.
68. **Don't eat from the package.** Regardless of what you are eating, get into the habit of putting your food into a bowl or onto a plate. This way, you are aware of how much you are eating and have to consciously choose to put more of the food on the plate. Many people find that this practice alone helps them to restrict the amount of food that they eat.
69. **Keep track of how and when you eat.** Before starting a diet take a few days to examine your eating habits. Write down everything you eat for 3 days, paying close attention to how and when you eat. Do you snack more than you realized? Are you eating the entire time you're cooking and yet still sitting down to a full meal? Does it seem like you have to have your evening snack or else you go to bed hungry? Understanding how you eat can be as important as knowing what you eat.
70. **Avoid the middle aisles at the grocery store.** You may not even realize that grocery stores are set up so that meat, dairy, and produce wrap around the store's perimeter. Convenience foods and other packaged items are located in the middle aisles. A good rule of thumb is to get the majority of your groceries from the outer perimeter. Of course you'll still have to venture into the middle for staples such as rice and pasta, but be sure to pass by the junk food that seems to be calling your name!
71. **Use collagen and aloe vera to burn fat while you sleep.** Several popular diet supplements that are taken at bedtime contain a mixture of these two naturally occurring substances, which are thought to burn extra fat with the help of the body's natural growth hormones.
72. **Pay attention to the hidden calories in what you drink.** Is what you're drinking adding unnecessary calories to your diet? A can of soda typically contains close to 200 calories. A specialty coffee from Starbucks can have upwards of 400 calories. Even fruit juices are loaded with sugars and unnecessary calories that can put you over your daily caloric limit.

73. **Try the cabbage soup diet if you need to quickly lose a few pounds.** Yes the cabbage soup diet really does work, but only for a short period of time. If you need to lose a little of the bulge for your class reunion, or want to look slimmer for a weekend wedding, this diet will probably work for you. As the name suggests, you will eat primarily a soup made of cabbage, with a few extra items thrown in each day to supplement. Keep in mind though that this diet is definitely not healthy for long term use.
74. **Remember that dairy foods speed up fat burning.** Research has shown that eating three or more servings of dairy each day increases the rate at which the body burns fat. In one particular study, people who ate three or more dairy servings per day lost approximately 5% more body fat in the same time period as people who carefully restricted their dairy intake.
75. **Eat dairy to get minerals critical for dieters.** Milk and yogurt contain more than just calcium. When it comes to weight loss, you need to count on minerals such as phosphorus and magnesium to help your body achieve maximum fat burning. These minerals actually make the body remove fat from cells faster than it could do on its own. Therefore, it's definitely a good idea to increase the amount of dairy that you are eating.
76. **Go colorful.** The more brightly colored your food is, the better. Consider adding more bright green, orange and red fruits and vegetables to your diet and stay away from white foods as much as possible.
77. **Choose fats that don't add fat.** Our bodies need fat to function. So the secret to losing weight is not to eliminate this important element completely. The key is to choose healthy fats such as nuts, fish and vegetable based oils. These will give your body what it needs and significantly limit the amount of harmful fats that you are eating.
78. **Lay off the caffeine.** While eliminating caffeine is best, most people do not want to face withdrawal while they are trying to lose weight. Therefore, consider changing from coffee to green tea at least in the afternoon. Caffeine is a diuretic, and is known to increase appetite in many people. So substituting even one cup a day with a caffeine free option can make a difference.
79. **Less fat does not necessarily mean fewer calories.** There has been a push in the retail food industry to make low-fat versions of everything. Taking a quick walk through your local grocery store will leave you wondering why the full fat alternatives are even offered. The answer is simple – reduced fat and low fat alternatives are notorious for lacking taste and do nothing more than replace fat with calories in many cases. Consider peanut butter. Two teaspoons of regular peanut butter contain just as many calories as reduced fat peanut butter, and the difference in the amount of fat is not really significant enough to warrant paying extra for the “healthier” version. Therefore, look at those food labels for clues about which reduced fat products are worth it – and which simply substitute one bad attribute with another.

80. **Don't deprive yourself.** Eating healthier does not mean that you are never allowed to touch chocolate ice cream again. But it does mean that you treat junk food as an occasional treat instead of an every night occurrence. People who diet and do not allow themselves treats of their favorite food occasionally are more likely to binge eat these items once they have stopped dieting. That can lead to weight gain and guilt. So, avoid depriving yourself and remember to include that little treat now and again.
81. **Eat appetizers as meals.** When you are watching what eat, one of the best methods of portion control when dining out is to order from the appetizer menu. Many establishments will allow you to order a small salad to accompany your main selection in order to provide you with a well-rounded meal. This technique is a favorite of many who are trying to lose weight because appetizers are typically served alone, with out dangerous side items like french fries and mashed potatoes.
82. **Stay clear of fried foods.** Avoiding fried foods is generally a good practice for everyone. However, by simply removing fried foods from your daily diet you will be reducing your fat and calorie intake significantly. While just cutting out fried foods may not make a serious impact on your weight loss, it will help you develop an overall healthier lifestyle. Replace fried foods with grilled or broiled alternatives in order to keep the taste while losing the fat and calories.
83. **Avoid creamy sauces.** When trying to lose weight, you are wise to avoid any sauces that are creamy. There are other flavorful alternatives that will add dimension to your food without adding to your waistline. Instead of gravy on mashed potatoes, consider garlic salt or other spices. Try homemade vinaigrette instead of creamy salad dressings and opt for oil and garlic instead of Alfredo sauce on your favorite pasta dish.
84. **You really can eat all you like.** When you convert the majority of your food intake to unprocessed foods (vegetables, fruits, whole grain) you really can eat as much as you want without jeopardizing your waistline. Nutritionists say that people who are used to a meat-centered diet who change their eating habits to include more whole and healthy foods are surprised by how much they can eat and still lose weight.
85. **Look for unsaturated fats.** Saturated fats are unhealthy. They can raise blood pressure and cause a whole host of other health problems. Choosing foods containing unsaturated fats is a good idea when trying to lose weight. You can exchange soy or canola oil for high fat vegetable oil, try to use the leanest possible cuts of meat and always order your salad dressing on the side so that you control how much you are eating.
86. **Forget calories and focus on balance.** For some people it is much easier to stop counting calories when trying to lose weight. Instead, shift the focus to eating a balanced diet full of nutrients and healthy foods. You may find this less restrictive and more fun than a traditional calorie-counting diet plan.
87. **Develop a plan that you can live with.** Perhaps the biggest reason that dieters fail is that their plan is much too restrictive. You need to find a way to comfortably include healthier eating habits into your lifestyle without letting them rule your life. And remember, what

works for someone else may not work for you. The key to success is to try different things until you develop a plan that you can stick with.

88. **Give yourself an allowance for being busy.** The fact is that in today's busy world, there are simply times when sitting down to a well-balanced meal at home is not an option. Therefore, rather than sabotaging your weight loss you should provide yourself with an allowance for eating out and even eating fast food on occasion when your busy life gets in the way of healthy eating.
89. **Eat fiber to lose weight.** If you want to lose some weight, consider adding extra fiber to your diet. Fiber makes you feel fuller longer and it also aids in slowing down the process of digesting food. Make sure that when you are trying to add more fiber to your diet, that you are eating foods that are truly high in fiber like whole grain breads. Pastas, white bread and most cereals are not high in fiber, and definitely contain more sugar.
90. **Eat several times a day.** Studies have shown that rather than eating just three meals a day, it is better to break up your daily calories into six or seven smaller meals. Doing this allows you to keep your blood sugar constant, so that you will not feel hungry between meals. That hungry feeling and falling blood sugar levels are what prompt people to eat high calorie, sugary snacks.
91. **Know how many calories you should be eating.** In a nutshell, weight loss occurs when you expend more calories than you take in. To figure out approximately how many calories you should be eating check out the "Calories Per Day Calculator" at <http://www.shapefit.com/dailycalorie-calc.html>
92. **Look for hidden sources of fat and calories.** Sometimes even when you're trying to eat healthy, excess fat and calories find their way in! Be on the lookout for the biggest offenders – foods that mask themselves as being healthy and/or low fat when they're really not. Some examples include granola bars, microwave popcorn, frozen dinners, spaghetti sauce and salad dressings. Read the labels to learn just how many calories and grams of fat the foods you're eating contain. Then omit the worst ones from your diet or replace them with something else.

## Exercising

93. **Get moving.** If your goal is to lose weight, one of the first things you need to realize is that exercise is as important as changing your eating habits. You don't need to be running marathons but you do need to get moving. Even a simple walk once or twice a day will greatly assist you in your weight loss efforts. And most importantly, it's your best defense against gaining the weight back.
94. **Incorporate exercise into your daily life.** Movement in any form is beneficial. Try putting on some music and dancing while doing your housecleaning. Park your car on the

outskirts of the lot so you have to walk a little to get into the store. Take the stairs instead of the elevator. These simple changes can add up over the course of a week.

95. **Use weights to burn fat.** Did you realize that the more muscle tissue you have, the faster your body will burn fat? It's true! And, the best way to gain muscle mass is to work out with light weights two to three times per week in order to develop additional muscle tissue. Muscle increases metabolism, and increased metabolism will help you to lose weight and achieve your goals quicker.
96. **Walk whenever possible.** Did you know that it's recommended that everyone take at least 10,000 steps per day? Consider setting a goal to walk anywhere that is less than 10 blocks from home. For many people, this could include a local grocery store, post office or even your favorite restaurant. By making this simple change, you will get much more exercise and start losing weight faster.
97. **Try an elliptical trainer.** Elliptical training machines are probably the best exercise your health club can offer. No other cardiovascular workout is as low-impact and safe for almost everyone. If you don't mind putting on a pair of headphones and watching the same scene – then this might be a great option when you want to kick start your weight loss.
98. **Change the intensity during your workout.** Most of us cannot sustain going full out for an entire workout. But you can get similar results by doing bursts of very high intensity exercise followed by a more moderate intensity. Next time you're out for a walk, try walking as fast as you absolutely can for 1 minute and then slowing to a more comfortable pace for 5 minutes. Repeat this cycle throughout your walk and you'll burn significantly more calories. Why? Because you are elevating your heart rate during the "bursts" so that it stays elevated during the slower periods.
99. **Consider resistance training.** Resistance training, such as using a stair climber, is an excellent way to have a cardiovascular workout while training muscle groups at the same time. When your workout time is limited, this type of workout may work well for you. Just remember that you will be training specific muscles and that you should include other weight training to ensure all over muscle development.
100. **Choose activities that make exercise more fun.** If you are like many people, you do not find the idea of exercising inviting or exciting at all. However, when you incorporate fun activities that you enjoy into the plan things will go a lot smoother. Try aerobic dancing, biking with your kids or joining a team sport. You will be surprised how fast the time passes, and how much more exercise you are getting. Your weight loss will increase and so will your overall health.
101. **Figure out your ideal workout schedule.** Ideally, an adult should exercise for about one hour, 3-5 times per week. In today's busy world, this is not always possible. However, taking the stairs instead of the elevator and parking an extra block from work may give you the ability to incorporate a few extra minutes of exercise each day. Then, if

you need to reduce your workout times for any reason, you will not need to feel like you are not meeting your exercise goals.