

# Weight Loss Tips That Work

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1. **Drink water and then drink some more.** Aim to drink one glass (250ml) of water every hour. And an extra 2 glasses for every 30 minutes you exercise. Once your pee is a very light yellow you will know that you are getting enough water. All non-carbonated non-caffeinated drinks count as well (e.g. milk, juice, herbal tea).
2. **Eat every 2-3 hours.** Yes, this means you are probably going to be eating more often. The key is to always be feeding your body with healthy choices...read the next couple tips...
3. **Try these healthy snack ideas:** your favourite fruit/berries (blueberries kick ass), handful of almonds/walnuts/peanuts, celery/carrots with cayenne sprinkled on top, fruit protein smoothie, low-fat cottage cheese with teaspoon honey, vanilla yogurt with fresh fruit, apples with organic peanut butter.
4. **Stick to fresh fruits, vegetables and meats as much as possible.** The only exception is that frozen fruit has been known to have great nutritional value because they are picked close to being ripe before they are frozen (which means they have a higher value in terms of minerals and vitamins they supply).
5. **Keep track of your eating habits.** Anytime you feel like you are falling off track keep track of everything you are eating in a journal. I bet you after 3 days you will be eating healthier!
6. **Stay away from junk food.** This probably doesn't need to be said again, but processed foods that are found in a box, plastic packaging or can are generally not the healthiest choices, this includes chips, rice cakes, most crackers, cookies, granola bars, canned soups/chilis.
7. Chocolate or sweet-tooth craving? **Have a banana first!**
8. **Jump rope for 10minutes a day** or start with a 20 minute brisk walk every day. Aim for 3 days of cardio workouts a week and 2-3 days of strength training. For weight loss, aim for higher reps about 12-14 repetitions and 4 sets of each exercise, with a total of 7 weight training exercises a day.
9. **Sleep 7-8 hours every night.** No exceptions. Adequate sleep helps you control your cravings.
10. **Stay positive and don't weigh yourself.** Focus on how good you feel after eating healthy and especially after you work out.

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