

Weight Loss Tips

There is a simple formula to lose weight: Burn more calories than you eat. This is easy to say but can be difficult to achieve because we may have to change our eating habits. With so many diet books offering completely different advice where do you start? It is much easier to make small changes to our diet than large ones.

1. Cut down on simple (refined) sugar. Sugar has a lot of "empty" calories and does not make us feel full. The great thing with this tip is that you don't have to go hungry, just replace sugary foods and drinks with low sugar alternatives.
 - Replace sugary snacks with savoury snacks
 - If you eat breakfast cereal read how much sugar and fibre it has. Replace it with a cereal that is low in sugar and high in fibre.
 - If you enjoy drinking beer then consider drinking wine (but not port) instead.
2. Eat fewer carbs and more protein. If you eat meat as your source of protein then eat lean meat such as fish and chicken.
3. Eat less saturated fat. Saturated fat has twice as many calories as carbohydrates or protein.

How to be successful:

- - Take photographs from your front and side to show how you look at the start of the program. (In your underwear or swim wear).
 - Take measurements of your waist, mid biceps and mid thighs.
 - Measuring your weight alone does not give a clear picture of what is happening to your body. You may lose fat but gain muscle at the same time, this leads to your body weight staying the same. Measure your body fat percentage and your weight. A fat loss body analyzer such as the Omron HBF306 will give you a clearer picture as to how successful you are.

Get support

It is a lot easier to quit an exercise programme or diet if you are alone. Team up with a friend or family member who has similar goals. You may want to be competitive and see how is improving faster.

Keep your heart rate elevated:

A high heart rate burns more calories than a resting heart rate. Whilst training, carry out an aerobic exercise between each set such as skipping.

Make small diet changes.

Changing our diet is easier if done in small steps. The goal is to switch to eating healthier food all the time, this is easier to achieve if the nutrition changes are done one meal at a time.

Take it easy and keep it fun!

Many people who start an exercise are too enthusiastic, get injured and lose interest. Take it easy; go for a fast walk before a run. Train twice a week and use light weights. Go with a friend and have fun. Once the exercises start feeling easy, then increase the weight or increase the frequency.

Medical advice.

If you have not exercised in a while or have suffered an injury then get medical advice before starting an exercise program.