

ARTICLE TITLE

LOSING 10 POUNDS EASILY IN A MONTH WITHOUT EXERCISING

Is it practical to lose about 10 Lbs in a single month?

First of all, you need to know and focus on the reason which makes you enthusiastic to lose 10 lbs weight. Ask yourself some questions regarding your purpose. Are you doing it for any health issue or reason? Or, Do you not like your body structure looking wise? You let yourself go recently, if yes, then why is that so? The reason behind letting go could be anything important for you like your work, studies, or could be any other job that was disturbing your schedule. Giving a side to these problems, you must have to find your intense desire and enthusiasm for losing 10 lbs of weight in a month. This positive and powerful consideration can lead you to lose 10 lbs in a month efficiently. So, what do you think? Is it easier or efficient to lose 10 lbs in a single month? This will require seriousness, much motivation, and inspiration, as well as a strict routine that would help you to reach up to your goal of losing 10 lbs in a month in an effective way. For example, as If you're looking much fatty, you will have to be more strict for your routine and dedication towards losing 10 lbs in a month.

For your Awareness and knowledge:

1 lb weight loss burns up to 3,500 calories. So, for the purpose of losing 10 lbs in a month, you must have to do as much effort and put dedication, which results in your 10 lbs weight loss burning 35,000 calories in a single month. In a day, you must have to burn approximately 1,167 calories! The calorie calculator will help you to find your exact number of calories in the body. This implies that some sort of exercise is a must and important for the practical accomplishment of your goal to lose 10 lbs in a month. So it's time to calculate your calories!

How Many Calories do You Need to take in for Losing 10 Lbs?

A woman generally needs to intake an average of approximately 2000 calories in a day to stay healthy and attain a satisfying weight status. In order to lose up to a single pound in a week, you must have to consume at least 1500 calories in a day!

For men, the average and reliable consumption of calories reach up to 2500 calories. For losing 1 lb. in a week, they need to eat an approximate of 2000 calories. This is an average statistic and it may depend upon levels of daily affairs and tasks, your height, and a number of other factors and conditions.

In this content, the core and the most important things are shared. They are briefly defined in the form of small points as under:

- Tips and techniques to lose 10 lbs doing no exercise.
- The low-cost and untold method to lose weight with no exercise.
- Different approaches for the loss of weight without doing exercise and by utilization of some assessed techniques.
- Techniques and suggestions for losing 10 lbs in a month in a natural way.

I hope that you will find our tips and recommendations much meaningful and worthy and they will definitely motivate you to attain your target of losing 10 lbs in a month.

Here is how you can lose up to 10 lbs in a month undoubtedly:

You will have to keep the hawk's eye on this article if you are genuinely in interest to lose 10 lbs in a month without exercising. There are some of the very important and much needed things for promoting weight loss in an undoubtful and natural way. If you want to know more deep and reasonable tips and guidelines regarding weight loss and diet, you should consult a doctor or a dietitian.

Here is an exact procedure describing about my routine and procedure that I adopted to lose 10 lbs in a month without doing exercise:

1) Don't Consume Sugar For this Month:

The first and the most important thing to follow in order to lose weight as much as possible is cutting out all of the sugar in your daily consumption of food. This could be awkward in the starting days but will be fine after you apply in your daily routine. You must have to avoid all of the eateries that have sugar in them. This will definitely create a halfway achievement for you to lose weight up to 10 lbs in a month. As we know, there are so many things that we eat consist of sugar in a high amount. For example, Chocolates, soda bottles, cold drinks, etc. They all should be completely avoided for gaining maximum benefit. If you're consuming tea or coffee daily, then you should be careful in a way that not to add sugar in it and in addition to this, try to drop the consumption of tea and coffee.

2) Sleep Enough in the Night:

Eating during the nights doesn't worth it when you are up to make a balanced diet plan and on a goal to lose weight. So, there is a big No for eating anything in the middle of the night. Furthermore, it is necessary to sleep at least for 8 hours daily. This will surely reduce a chance of

eating overnight and will make you avoid overeating too in a case when you're aiming to lose 10 lbs of weight in a month. The reason behind the improper sleep of a person may be an increase in hunger. So in a conclusion, if you want effective progress in your goal of losing 10 lbs in a month, you must have to sleep and take rest very well friends.

3) Take a High Protein Healthy Breakfast:

You will have to take under proper consideration all of the things that you eat or even that you don't eat if you really aim for losing 10 lbs in a month. A hygienic and healthy breakfast containing a good amount of protein is one of the most demanding necessities for weight loss purpose. Some of these foods are a healthy smoothie along with a bowl of whey, a veggie omelet, Greek yogurt, etc. Protein aids in losing weight by reducing your calorie consumption as per our demand and aim to do so. We can say that the quickest and reliable way for losing 10 lbs requires food full of proteins in it.

4) Stay Hydrated And Drink Much Water:

There is a benefit of drinking water that it forces you to assume that there is not a need to eat anything, making you less hungry. This could also help to reduce or even eliminate the habit of overeating. Water is extremely good for you. It clears your skin, makes your hair healthier, and burns up all of the unnecessary and toxic materials inside your body.

5) Chew Your Food In a Slow Manner:

Have you ever done it or heard it before?

You need to eat and chew the food slowly and not in a hurry. Drink water. Take a little pause in between each of your morsel. This will help you to be full earlier, halting you from eating more food. It is often said by the experts that a human brain requires at least 30 minutes to make sure that your stomach is full.

Eating in a hurry or very quickly can cause you to be overstuffed and makes your brain to think that you have overeaten the food, consuming extra calories in your body. In simple words, don't panic and slow down while eating.

6) Count Your Calories:

Keeping track of your calories can be a good idea for you. This is totally dependent on you. Neither it is bad to do nor a good habit but just a regular and normal one. As the number of calories that you have to lose in order to attain your goal of losing 10 lbs in a month were clearly mentioned in the article before, so keeping track of your calories can be beneficial for you to be

satisfied. One tip for this is that never get too obsessed with counting your calories, Just stay calm and be as healthy as you can.

7) Consume Green Tea For Losing Weight:

Green Tea has the ability to fix anything! It can be very beneficial for you to lose about 10 lbs in a month without doing exercise. Green Tea consists of many antioxidants and a number of different plants and compounds that carry a vital role in making your body healthier and stronger. However, one thing is to be noted that Green Tea contains caffeine. The extract of green tea is a very effective source to burn human body fat, so drink it up and gain a step up to your goal. It is recommended for you to add ginger in green tea as it makes it more effective for weight loss. Sencha Green Tea and Matcha Green Tea are the two most popularly consumed green tea brands all across the globe.

8) Don't Skip Carbs:

Not to skip carbs, it's an open suggestion. Eating any food with moderation is far better and doesn't have a bad effect to your health. As you need to cut down many of the ingredients and substances from your food, don't do that for the healthy and effective carbs. In moderation, it is better not to cut off carbs but consume it in a less amount which is suitable for losing 10 lbs of weight in a month. The carbs, if consumed at a late time like after 5 pm or at night, it will add up your fat, so avoiding them at that time will be most favorable thing to do. To make sure about your weight loss, it is recommended that you must consume less carbs or even let them go for a certain period of time. This will definitely help in losing the belly fat, making you happier and contented.

9) Try Unsteady Fasting:

The technique of unsteady fasting can be very beneficial for your weight loss up to 10 lbs in a month. The schedule and procedure for unsteady fasting include:

- **The 16/8 method:** This refers to skip breakfast and restrict your daily eating time to 8 hours. For example, 1 pm to 9 pm, then you will have to take fast for 16 hours.
- **Eat-Stop-Eat:** This refers to perform fasting for 24 hours a day. This means if you eat breakfast in the morning, then you will not eat anything throughout the day, but the next day you can take breakfast. This can be effectively done once or twice a week to achieve your goal.
- **The 5:2 diet:** This isn't too bad to follow. This approach states that one can consume only 500 to 600 calories on the two non-consecutive days in a week. The rest of the days may be normal.

10) Move and Shake Yourself More:

Moving and shaking your body can also be very effective for losing 10 lbs of weight in a month without doing exercise. This technique doesn't mean to approach a gym, perform a number of exercises, running or jumping. But it says that do the basic things efficiently, like taking stairs at the office or any building instead of using elevator. Swimming can also be added in this technique and shall help very effectively to lose weight. All you have to do is that don't be lazy sitting at your sofa for the entire day, but charge yourself up and be energetic by a steady and continuous moving habit.

So these were the tips and suggestions that you must have to follow in order to lose 10 lbs weight in a month without doing exercise. The goal here should be a careful flow in losing weight, not focusing on how much quickly we lose weight.

Things to Avoid When Losing 10 Pounds in a Month:

There are various things that have to be avoided in order to speed up your weight loss goal:

- Avoid Fast foods and junk foods. These can be very bad for you especially in these days when you've set a goal for yourself.
- Avoid to take many or less calories. Never get obsessed in this matter but handle it calmly.
- Not to check the calorie scale or weight scale frequently when on the way to accomplish your goal.
- Not consider a strict schedule of 1 month for achieving your target, instead, you can complete it in 6 weeks as well. It's not a big deal.
- Avoid such diets that gives your body more fat.
- Don't be stressed or intense if you're unable to achieve your goals on time. Just go in a flow.

Written by:

Salman Abdul Rahim
(Freelance Content Writer)

