

Weight Loss Can Be A Very Simple Thing

Shedding extra pounds and maintaining a healthy weight is not that difficult. It all comes down to healthy eating habits. More importantly, it's a commitment to make a change in your life. Here are some helpful tips that can help you in your weight loss and new health efforts.

Make a commitment to change.

Saying it and doing it are two different things. That's why the majority of people don't follow their new diets, because the solid commitment to make a difference is not there. Say it to yourself daily, write it down, live it and believe it. Only this way can your commitment to lose weight and becoming healthier be as solid and as serious as you want it to be.

Make sure your goals are realistic.

Set goals you must work for but ones that are reachable. Understand you are looking for long term results. Break down your main goal into smaller ones. Go after each small one, one at a time. It's much more effective to go about losing a few pounds a month, then to go about thinking of losing all the weight you want at once.

Adjust your meal size.

Most of the time, people eat way more than they actually should. Most restaurants serve plates for one person that could literally feed two people. If you want to lose weight, eat less. You need to eat to calm your hunger, nothing more. This over time, you will get used to the smaller portions and your stomach will as well.

Make fruits and vegetables a larger part of your diet.

Drop the roll and butter, fried cheese or chips. Add raw vegetables and low fat ranch dressing as a snack. Forget french fries and have a fresh salad with lunch. Add a serving at dinner. Use fresh fruit cut up for desserts. Not only are these healthier for you but used as simple substitutions, they will help you drop more weight in one year than you can imagine.

Savor your food.

When you eat do it slowly. Relax, take your time, savor the flavors and enjoy each bite. It takes a certain amount of time for your brain to become aware that your stomach is full. Therefore, if you take your time, you will end up eating less, another important point to losing weight.

Despite the ideas from the media that losing weight is hard and a life-long challenge, the reality is, it does not have to be that way. Follow these simple ideas and see how much you lose a year from now.

Source: <http://www.articlecircle.com>

About the Author

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