

3 Powerful Fitness and Weight Loss Tips

Want to get fit and lose some weight? Are you tired of struggling to stay on your diet and exercise plan? No matter what your current fitness level, there's a good chance that a few small changes can bring you MUCH better results.

Here are 3 of the most powerful fitness "secrets" to help you get (or stay) on track to a healthier, better-looking body:

1. Workout early in the day.

If you workout early on in the day, you'll probably have a much more effective workout -- mainly because you have more energy and are "fresher" than you are in the afternoon or evening. Also, studies have shown that people who workout in the morning tend to stick with their exercise programs longer and achieve better long-term results

2. Eat some healthy fat every day.

One of the worst mistakes you can make is to cut out all or most of the fat from your diet. Simply put, the human body needs some healthy fat to function properly. Also, it becomes extremely difficult to lose weight when you begin to cut your fat intake too much. The key is to choose healthy, fitness-friendly fats. A few of the best fat sources include: extra-virgin olive oil, flax oil, fish oil, virgin coconut oil, avocado, and raw nuts/seeds.

3. Don't let yourself get hungry.

Hunger is the enemy of anyone trying to lose weight. If you try to fight hunger, eventually you will lose. The key to real weight loss success is to never let yourself get hungry. If this means snacking all day long then do it! But, of course, you have to choose the right snacks in order to be successful. The next time you start to feel hungry, quickly grab one or more of the following "super snacks" and eat:

- apples
- oranges
- berries
- dried prunes
- raw veggies with low-fat dip
- unsalted or lightly-salted nuts
- low-fat/low-sugar yogurt
- a few whole-grain crackers w/ low-fat cheese
- a whole-wheat tortilla with hummus
- beef/turkey/ostrich jerky
- a bowl of whole-grain/non-sugared cereal
- a high-protein/low-carb smoothie

...just to name a few! For more healthy snack ideas pick up one of the many healthy cookbooks at your local bookstore.

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About the Author

Jamie Clark is a writer and co-editor for RealFitnessExperts.com. For tons of useful tips and tricks from some of the world's top fitness experts be sure to visit: <http://www.realfitnessexperts.com> today!