

# 5 EASY Weight Loss TIPS



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## 5 Easy Weight Loss Tips

Everyone you talk to seems to have dozens of tips on losing weight. Some are good common sense tips, but some seem to come out of left field. Even people who can't seem to successfully lose weight and keep it off seem happy to offer up tips and advice to other people. That's a pretty good indication that many of us know the best advice and tips on losing weight, but we just don't follow them very well. Here are some that, if you use them in your daily journey toward losing weight, can help you.

### 1. Use smaller plates.

This is one of those tips on losing weight that often makes people roll their eyes. It has nothing to do with eating or exercise, but it really does trick your mind into thinking you're eating more food. A smaller plate will look fuller than a large plate if they have the same amount of food on them. You might even naturally put less food on the smaller plate, to keep it from looking so loaded down. It's a mental trick, but you should try it because it works for many people.

### 2. Eat slowly.

This is one of the oldest and most popular tips on losing weight. Have you ever watched a speed-eating contest? Imagine someone eating the same amount of food as the winner, but imagine them eating it slowly. The champion may have scarfed down 20 pies in very little time. Could you actually sit down with a fork and slowly eat 20 pies? It's not likely.

The speed eater ate so fast, his body didn't even have time to scream, "STOP, I'M FULL!" And if it had, he was only focused on putting more

and more food in, just as we are when we're "starving" and we gulp down our food. Eat slowly and you'll reach a pleasant feeling of fullness rather than the one that means you've eaten too much too fast.

### **3. Watch your portion sizes.**

If fried chicken is your favourite, you might start out with 2 or 3 pieces on your plate. Try grabbing one small piece instead, and filling up on salad or green veggies to replace those missing pieces of chicken. Try to keep a portion of food about the size of your fist. Those mashed potatoes that you don't want to give up? Still eat them, but stop after one small portion, instead of piling a mountain on your plate. Remember, deprivation is a major reason your diets fail!

### **4. Don't clear your plate.**

Of all the tips on losing weight, this one is often the hardest. As children we were taught not to turn down food because other people were starving. We might have even gotten punished for "wasting food" and forced to eat it. You're not starving, and you can't send that food to those who are, so do yourself a favour and don't eat it. To avoid the guilt of wasting food, use another one of the good tips on losing weight and simply start out with less food on your plate next time.

### **5. Take the stairs.**

When you first start your journey, it's difficult to imagine working out for an hour or more at a time. A good way to start the exercise journey is to get off the lift one floor earlier and walk up the stairs to your office, or get off the bus one stop earlier and walk to your workplace. This will slowly increase your fitness levels to a place where you feel you can start regularly walking for 30 minutes every day.

## **BONUS TIPS: LOSE STOMACH FAT EASILY**

Despite the claims of many diets that say they can burn away fat off your belly, you have to exercise to lose stomach fat. And even that's an inaccurate statement. Because, exercise won't target stomach fat! It will only tighten stomach muscles to make your belly look smaller.

### **1. Exercise will help you lose stomach fat.**

But not just your stomach fat, exercise will help you burn fat over your ***entire body***. Unfortunately there's no switch you can flip that makes fat burning around your belly go faster or slower than anywhere else.

Just rest assured that if you're burning fat, the fat around your belly will burn off too. But you have to exercise to really make it look like you lost fat around your stomach. By doing fat burning exercises to slim yourself down overall, and focusing on your stomach with muscle tightening exercise, you can look much better.

### **2. Some of the best exercises to lose stomach fat aren't stomach exercises.**

Your thigh muscles are some of the biggest muscle groups in your body. And when you're tightening and firming those big muscles, they burn fat and calories much more efficiently.

So by really working your thigh muscles and making them more efficient at burning fat, you burn fat over your entire body at a better pace. Which means you'll burn stomach fat at a better pace by working your thigh

muscles. That might sound a little bit crazy, but it's true. So hit those stairs!

### **3. Lose fat and really increase your metabolism**

Increasing your metabolism helps you burn calories faster. Do exercises to target your huge thigh muscle groups. You can also do exercises that target your stomach area to make the size a lot smaller. When the muscles underneath the fat are toned and tight, you look like you've lost stomach fat.

And when you burn the fat away with your aerobic exercises (begin with walking, then move up to harder work), what's left will be a nicely toned area. Doing these things together can make a dramatic difference in the look of your stomach. You'll look like you lost tons of belly fat.

### **4. Recommended exercises**

Crunches, side to side twists, and yoga and Pilates are all moves that focus on your core, exercises for your belly fat area. These exercises will really slim those muscles by tightening them up and making them more efficient. So the best exercise for losing belly fat is actually a combination of two types.



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Do aerobic exercises to melt the fat off your entire body. And strength training exercises that focus on both your core and your thigh muscles targeting those stomach muscles and help you burn fat more efficiently. Don't neglect the rest of your body because every tightened muscle you have will become a more efficient fat burner.



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Strength training exercises that focus on your calves, your arms and your back, will help you to get an overall better shape. Any exercise you do will raise your metabolism and become an exercise to lose stomach fat as long as you do it consistently while eating healthy.

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