Cheatography

Weight Loss Tips Cheat Sheet

by [deleted] via cheatography.com/2754/cs/4653/

Introduction

Weight loss tips from professional nutritionists and trainers to change your body and life for the better.

Drink Water and Know When to Drink

Hydration of the body affects metabolism, the way you digests food and how well food fuels your body. You are actually more likely to retain “water weight” by not drinking enough because your body gets signals to retain water, since you’re not hydrating it well, and this is it's natural “defense” response (retain water).

2. Cut The C.R.A.P.

Read the ingredients & avoid food containing:
Chemicals - Words like: azodicarbonamide, carrageena and partia-lly-hydrogenated vegetable oil.
Refined Sugar & Flour - words like: refined flour, enriched wheat, high-fructose corn syrup, sugar, and anything ending in – "ose".
Artificial Sweeteners, Flavors, Colors - words like: saccharin, aspartame, acesulfamepotassium, dyes, diacetyl, or just plain Artificial Flavoring.
Preservatives - words like: sodium nitrate/nitrite, BHA, TBHQ, BHT, heptyl paraben, and propyl gallate.

3. Don’t Ever Starve! What Wrong with Starving?

Your metabolism goes to the critical mode, where every calorie is important. Metabolism radically slows to preserve itself from starvation. This means when you finally eat something, your metabolism will digest it at much slower rate, because it was exposed to starvation, and in the best hope of surviving, the food will be digested really slowly. Any food left unspent as energy, will go straight to the fat cells for storage. This is how the organism works, and that’s what you are making it do with starvation..

What starvation does to your body: Your energy goes low, your fat stays where it was, and your MUSCLE gets eaten by itself! When starving and needs energy, human body is designed to reach out to carbohydrates in the body, then it goes for the muscle tissue, and later on to the stubborn fat. Staying on this diet will get you looking like a walking skeleton with bags of fat attached. Who would want that?

4. Caffeine Boosts Metabolism

Consuming caffeine is good for weight loss, and destroying fat cells in your body. Studies shows that caffeine consumption impacts thermogenesis, fat oxidation, or both. Consuming coffee or green tea benefits the body by increasing caffeine levels, keeping us awake, active, and productive.

Caffeine boosts metabolism, both active and passive.

5. A Partial Workout is Better than None

6. Strength before endurance.

Building muscle is the most effective way to lose fat; the more muscle you have, the more fat will be spent for everyday activities, including workout.
Many people start dieting and running in their life to lose the weight. This plan is overall good, but on the efficiency side, building muscle is way better. Think of it like this: with weights/strength training, you are going from point A to point B by car. And with only cardio/aerobic training, you’re traveling by bike. You’ll get to the goal, but much slower and with more pain.

7. Avoid liquid calories

Today’s modern diet of average person includes drinking artificially sweetened beverages, like fruit juices and sodas. This drinks contain insane amounts of added sugar, to make them taste the way people like it, and to preserve quality.
You might think we point out to popular carbonated drinks like Coke, Sprite and similar, but fruit juices are also sweetened. If you’re watching your weight, or trying to lose it, do your best to avoid liquid sugars and calories in them.

8. Eat fats.

But, be careful which ones. You should watch your bad (LDL) cholesterol and try to increase your good (HDL) cholesterol. Healthy fatty acids actually help you loose fat, and improve your overall health. Mehmet Oz, M.D. America’s “Doctor” recommends increasing healthy fats consumption no matter your physical condition.
There are loads of healthy, full of HDL cholesterol foods. Try to add these in your food consumption strategy:
Beans, Salmon, Avocado, Garlic, Spinach, Walnuts & Almonds

9. Try Fasted Feasting.

Fasted Feasting can be split into two versions: The six-seven meals per day, on every two and a half hours, or almost nothing throughout the day, only water, tea, and amino acids in form of supplements. And after a hard working day, for dinner Sara eats ALL the calories she needs for that day.

10. Don’t Fully Trust the Wieght Scale

When people try to lose weight, and start putting effort in doing so, the scale is often the judge; if you’re few pounds lighter, you’re happy. And there are some days, when you’re getting heavier, even though you didn’t cheated.
Don’t go nuts about it; lean muscle is twice the weight than fat. Tape measuring is your friend. When you gain muscle, you will weight more than before, but don’t panic, look at your body composition, and see how many fat did you lost in time. Body mass index (BMI) calculator will help at this a lot. .

11. Be stubborn.

To lose some weight, you need to be persistent (always trying) through the process; Workout, watch your diet, and take care of your body.

Any part of a workout is better than none at all. If you have a scheduled workout, try to complete at least one third of the workout. The importance is, if you do at least a part of the scheduled training, the chances are that you'll finish it. If not, you have still exercised - at least you tried and did not break the training cycle.

This is an universal tip. Everybody knows that big and great results don't come over night, yet people tend to abandon their goals and create new ones when that pants become too narrow, or the belly fat comes under the shirt.You have to be stubborn.

By **[deleted]**
cheatography.com/deleted-2754/

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Page 1 of 2.

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