10 TIPS FOR SUCCESSFUL WEIGHT LOSS

1 DON'T SKIP BREAKFAST

Nearly 10 % of people skip breakfast

Breakfast is the most important meal of the day, you need an energy boosting food or drink like black coffee for adults or a warm cup of green tea, milk for kids, whole wheat bread, low-fat yogurt and fruit, or a bowl of multigrain cereal with almonds and honey.

2 ALWAYS REHYDRATE

Drink at least eight 8-ounce glasses of fluid a day

Drink plenty of water or other calorie-free beverage. If you're not a fan of plain water, try citrus juice with low amounts of sugar, brew-infused teas, and/or black coffee.

3 CLEAN YOUR KITCHEN AND BE A SLIM SHOPPER

A 150 pound person would burn around 200 calories per hour shopping

200 CAL

Don't deprive yourself of your favorite snacks; instead, cut down by food shopping more often. You can still enjoy your favourite food by using moderation and self-control. Stock your kitchen with healthy and convenient foods.

4 BE PHYSICALLY AND MENTALLY ACTIVE

A 150 pound person would burn at least 189 calories per hour doing yoga

Do yoga and meditation, adding a cardio workout afterwards. Sooner or later you'll get into a stressful situation; instead of overeating comfort foods that are high in calories, learn to stay calm and be more active to improve self-control and endurance.

5 BE PERSISTENT, BELIEVE AND DO NOT PUSH IT TO THE LIMIT

You can't fail unless you quit. If you are getting frustrated, make sure you are not under-eating, over-exercising, or expecting too much from the scale each week. Find the right balance of nutrition and exercise to feel strong and satisfied. Keep a positive mind-set that you can be successful with weight loss; forget all the "reasons" why you can't lose weight fast. Overcome negativity and focus on the things that are in your control.

6 GET MORE SLEEP

Improve the quality of your rest by setting a regular bedtime.

Go to bed at the same time every night and wake up at the same time every day (selecting seven or eight hours). Have a power nap as needed to make up for lost sleep.

7 BENEFITS OF SUNLIGHT

Only takes less than 30 minutes in the sun to give your body enough time to generate the vitamin D

Remove your sunglasses in the morning and let sunlight shine upon your face. Studies show that you can ease mild depressions and cope better with stress when you are not lacking in Vitamin D. Sunlight increases the levels of a natural antidepressant in the brain. On sunny days, the brain produces more of the mood-lifting chemical serotonin than on darker days.

8 PRAY THE FAT AWAY

Individuals who report feeling greater intimacy with God through prayer are more likely to be physically active, according to research from Cornell University. "Studies show that those who have more social support move more, and being closer to God may give people that support."

9 GIVE YOURSELF A LITTLE CHEAT DAY

It is important that you permit yourself certain treats in moderation along with your personal weight loss program.

10 THROW OUT A BIG SMILE AND FEEL BEAUTIFUL FROM THE INSIDE OUT

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Table of Contents Tips Weight Loss

1. Understanding the eBook Tips Weight Loss
   - The Rise of Digital Reading Tips Weight Loss
   - Advantages of eBooks Over Traditional Books
2. Identifying Tips Weight Loss
   - Exploring Different Genres
   - Considering Fiction vs. Non-Fiction
   - Determining Your Reading Goals
3. Choosing the Right eBook Platform
   - Popular eBook Platforms
   - Features to Look for in an Tips Weight Loss
   - User-Friendly Interface
4. Exploring eBook Recommendations from Tips Weight Loss
   - Personalized Recommendations
   - Tips Weight Loss User Reviews and Ratings
   - Tips Weight Loss and Bestseller Lists

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