

How to lose weight & keep it off

A question I regularly receive is how do I lose weight? The fact is that losing weight is very simple. Firstly you need to know how much energy you need to consume, how many calories to expend and then you need to choose a diet plan and fitness plan that will facilitate your goals. There are some steps below that will have you losing weight and achieving your weight loss goals in no time.

1. Take a diet profile

Weight loss and losing weight is as simple as calorie in vs calorie out. To lose weight you need to expend more energy you consume. How much more energy you will need to expend than you consume will depend on how much weight you want to lose and the time frame in which you are trying to lose that weight. Take a free diet profile at <http://www.alfitness.com.au> to find out.

2. Log your food for a week

Diarise your food consumption for one week. When you do this it is very quickly obvious where you can make some instant changes to lose weight.

3. Portion control is critical

Portion control and serving sizes is critical if you want to lose weight. Many people make some great changes, however their portions are usually too large and their calorie intake is too high. Having the correct portions can be a very quick change to reduce your calorie intake and help you lose weight fast.

4. Get a balanced diet

Don't cut out major food groups from your diet. For instance, low carb diets and no carb diets have gained popularity in recent times, however no carbs can be dangerous and leaving you feeling very lethargic. Make sure you get a variety of lean meats, fruit, vegetables, grains and dairy in your diet.

5. Track your progress

Tracking your progress will give you clues on areas where you can improve. Areas I would suggest you track are your calorie intake vs. expenditure, weekly weight ins (graphing your progress) and water intake to name a few. <http://www.alfitness.com.au> will take the hard work out of counting calories and tracking these with their weight loss calculators and tools.

6. Drink plenty of water

Drinking water cleanses your body of toxins. When you are dehydrated your body stores fluid in unwanted places. Drinking at least eight glasses a day will prevent this.

7. Plan your meals

Planning your meals will help you avoid having a binge that will move you away from achieving your weight loss goals. If you do get off track at one particular meal don't beat up on yourself. Get back on track with the next meal and don't give up.

8. Don't skip meals

Skipping meals is a big mistake. Eating regular meals throughout the day keeps your metabolism going. When you skip a meal your metabolism slows, and so does your weight loss.

Following these simple rules will help you lose weight fast. Good luck with your weight management journey!

About the Author

Australian Lifestyle & Fitness, <http://www.alfitness.com.au> provides a complete range of weight loss articles focussing on weight loss tips, nutrition, exercise and recipes to help you lose weight. Our Weight Loss Program helps take the guess work out of weight loss and losing weight. Visit <http://www.alfitness.com.au> for more information on how to lose weight.

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