

Silva Stanton's

# **How to Lose Weight in a Week**

# How to Lose Weight in a Week - Reshape Your Metabolism and Burn Fat Uncontrollably

I'm going to show you how to lose weight in a week while you reshape your metabolism and burn fat uncontrollably. Your body will have no choice but to simply discard the extra pounds of fat that it's been holding on to for "an emergency".

A new YOU is about to take shape.

## **How to Lose Weight in a Week**

1. First things first, you probably have 5 or more pounds of water weight you need to get rid of. For that, you'll need to drink a lot of water.

Here's what's up with water weight. Your body clings to it for emergencies. Your body still has the mentality that it's still 1,000 or more years ago when water was scarce. Back then, the added water weight helped people to survive.

Today, it just makes people look fat and bloated.

Well, you need to TRICK your body into thinking there's plenty of water so that it's pointless to carry the extra water weight. The easiest way to do that is to drink A LOT OF WATER.

Once you do, your body will say to itself "Ok, I guess I don't need this added water for an emergency... I'll just release it now". So this water gets eliminated out of your body. And it goes rather fast too.

So if you were to drink a gallon of water each day, you can quite possibly lose 5 pounds of water weight in 3-4 days.

A bonus to this is that drinking a lot of water speeds up your metabolism to burn off even more calories. Listen, I know this "drink a lot of water" information isn't too exciting, but it does work. So do it.

2. Your body has at least 5-10 pounds of putrified wastes and fecal matter clogging it up.

Actually, if you're 25 or more pounds overweight, you probably have even more than that. I read something about the autopsies on John Wayne and Elvis... they both had OVER 20 POUNDS of crusted up wastes and fecal matter in their body.

Think about that!

I don't mean to gross you out or anything, but it should be clear to you that you don't want undigested wastes in your body. So how do you solve this?

Simple... you get a lot of fiber in your diet... at least 40 grams.

For this, I recommend black beans, apples, and bananas.

Eat 1 can of black beans a day... that gets you 25 grams of fiber. Also, eat 3 bananas and or apples a day. That'll get you about 15 grams.

This fiber will help push out those wastes. It may take some time since those wastes are wedged in there pretty good (in most cases) from years of dietary abuse from you. Just be consistent with getting the 40 or more grams of fiber a day and slowly but surely that stuff will get loosened up and swept out

of your body.

That's a simple way on how to lose weight in a week and reshape your metabolism without doing anything crazy.

Chapter 2

## **How To Lose Weight While Pregnant**

While it is never safe to go on any diet to lose weight during pregnancy, there are things that you can do to stay healthy and get in shape. Diets that are focused on losing weight can harm your baby and you. You and your baby need so many nutrients during this time it is not smart to actually try to lose weight like you normally would.

It is smart however to get your body in shape. You want to be prepared for labor, to make it as easy as you possibly can. Exercise also can make you feel better about yourself and ease the aches and pains of pregnancy.

What are the benefits of exercising during pregnancy?

Exercising while you are pregnant will boost your energy level. Instead of wanting to constantly sleep all the time, you will have more energy to move and get going.

Do you have aches and pains from the quick weight gain of pregnancy? Exercising can get your muscles moving around which will ease some of these aches and pains, ultimately making you feel better.

Another benefit of exercising during pregnancy is it will help you get back to your pre pregnancy weight faster. Why not give your future diet, "Losing baby weight after the baby" a kick start?

Can I continue my same workout I did pre pregnancy?

If you exercised regularly before getting pregnant, then you can continue the same workout and modify it as you need. It is not safe for you or baby to continue workouts such as skiing, horseback riding or any kind of contact sport. These activities can possibly cause bodily injury if you fall or get hurt and could hurt the baby.

What if I did not exercise at all before pregnancy?

If you did not exercise regularly before baby, it is not too late to start.

Take it slowly though, and let your body adjust to the new movements. Do not do anything that could jar the baby or hurt you or baby in anyway.

What workouts are safe for me and my baby?

You can try swimming, dancing, water aerobics, walking, biking, Pilates or yoga. Remember to take any workout slow, even if it does seem easy you do not want to harm you or baby.

How often should I workout?

Try working out 3 days a week. Remember to talk to your doctor and make sure it is safe for you and

your baby before starting any workout.

Things to look for during a workout: Stop working out if you become dizzy or have shortness of breathe. If your heart begins beating too hard, stop your workout. Any type of vaginal bleeding, call your doctor immediately and stop working out.

Other ways to stay in shape: Eat 5 -6 small meals a day. Eating small meals throughout the day has been proven to speed your metabolism up and assist in losing weight.

Also eat healthy snacks like fruit, crackers and cheese.

Eat healthier.

Forget about all the junk food. You wouldn't stay in shape before your pregnancy eating them, you definitely won't during pregnancy.

Try eating more fruits and vegetables. Substitute fried for grilled foods.

Try to steer clear of fast food restaurants. Most fast food restaurants now have a healthy menu. So if you have to eat at one, try eating a grilled chicken sandwich rather than a hamburger or anything fried. They also now sell a variety of salads.

Remember before starting any workout regimen you should discuss it with your doctor. Not all pregnant women can workout and all pregnancies are different. Talk to your doctor before starting anything.

For normal pregnancies after you talk to your doctor, you should be able to stay in shape and be prepared for the big day!

### Chapter 3

## **How to Lose Weight Naturally**

Weight loss is a big issue for many people these days. With our rushed schedules, the drive-thrus and the take out restaurants, it's easy to see why obesity is on the rise. There are so many products on the market that claim that theirs is the best way to lose weight. But the truth is, you don't need any of these products. The secret to losing weight naturally is simple: you have to want to.

If that's the case, there are a few simple things you can do yourself without the aid of high-priced weight loss products. These few simple steps involve a healthy diet and exercise.

The first thing you need to do is become calorie-obsessed. Simply put, you need to start counting the number of calories you eat in one day. The key factor in losing weight is losing calories. You can lose calories by lowering the amount of calories you eat and by staying active and exercising. If you don't burn as many calories as you eat, these extra calories are stored as fat.

The second thing you need to do is lower the amount of carbohydrates you eat. Carbohydrates are digested by the body very slowly and therefore the amount that is not digested will eventually turn into fat. Foods like bread, rice, potatoes, and pasta are high in carbohydrates. Don't cut these out of your diet altogether though as you do need a small amount of these to maintain a healthy balance.

The third thing to do is to stay motivated. Losing weight is generally a slow process. The healthy way

to lose weight is to lose one or two pounds a weeks so don't be discouraged that the pounds aren't just flying off. By staying motivated, keeping up with exercise and continuing to eat a healthy diet are the key ways to lose weight in a healthy manner.

Chapter 4

## How To Lose Belly Fat With A 10 Minute Workout

Are you looking to change the shape of your body or trying to **lose belly fat** without joining a high priced gym? If so, try this high energized cardiovascular fitness routine that that was developed by Keli Roberts.

With this 10 minute exercise routine you can burn up to 150 calories every single day.

The first two minutes of this fat burning routine is: Jump Rope - Begin by performing two jumps for each turn of the rope. Safety: Use the correct size jump rope and always land softly on the balls of your feet (that is the upper part of the bottom of your foot). Keep thinking I am losing weight.

Minutes two to three: Squat Thrust into a Push Up. The proper technique for this exercise is to stand with your feet shoulder width apart and your arms strait down next to your sides. Slowly squat down with your head forward and bring your hands to the floor just outside of your feet. Your hands should be pointing forward as well. Then in one movement, push your legs back and out behind you (into a pushup position). Perform one strict pushup and then jump back into your squat position and then stand back up. Keep thinking, the fat is vanishing.

Minutes three to four: Jump Rope with only one jump per turn. Keep thinking, The fat is melting away.

Minutes four to five: Back to the Squat Thrust and Push Up only this time you are going to add the Side Plank. After completing your squat thrust and push up, you are going to lift and rotate your left arm off of the ground and over your head. Your left foot will rotate and rest on top of you right foot. And you will rotate your neck so you are looking up at your ceiling. Rotate back to the center and repeat on the other side. When finished, hop back into your squat position, stand up and start again. Keep thinking, no more belly.

Minutes five and six: Jump Rope. Same as minutes three and four. keep thinking, I am losing body fat.

Minutes six and seven: Back to the Squat Thrust and Push Up only this time you are going to add the Leg Lift. This is the same as minutes two and three only this time you will lift the toes of one foot about twelve inches off of the ground only after you have performed your push up. Lower your foot and repeat on the other side. Hop back up to your squat position, stand up, and start again. Keep thinking, goodbye belly.

Minutes seven and eight: Jump Rope. Same as minutes three and four. Keep thinking, my belly is getting smaller.

Minutes eight and nine: Back to the Squat Thrust and Push Up only this time you are going to add Mountain Climbers. Repeat everything as in minutes two and three only this time after your push up, you will quickly jog in place from your push up position. Make sure you bring your knees up to your chest on each rotation. Perform 5 jogs and repeat this entire process. Keep thinking, I am going to lose

weight.

Minutes nine and ten: Jump Rope. Same as you first two minutes. Keep thinking. If I do this everyday, I will lose belly fat. Good luck to everyone.

Chapter 5

## **What To Eat To Lose Belly Fat**

When it comes to finding what to eat to lose belly fat it's going to require you to deeply analyze your diet instead of just reading a list of foods that some fitness guru recommends. This is mostly because the majority of us haven't been properly taught what and how much of certain foods we should be eating in order to lose belly fat. Most of the time the current state of our diets are the result of our own upbringings and whatever the heck our parents decided to feed us. And when this happens it's only natural we should quickly be on the path to overindulgence.

It's a little disheartening to see a young child eating a Whopper and a sugar-loaded soda from the local fast food restaurant. We've quickly become a society that urgently needs to have food that tastes good and we want it right now. This has led to an explosion to the junk and fast food business and it's also what's largely responsible for the major obesity epidemic across America. The first thing you need to know about what to eat to lose belly fat is simply going to be to eliminate the foods that are causing the weight gain in the first place and then replace them with the good foods.

Most people make the unfortunate mistake of completely cutting out all foods in a desperate attempt to lose weight but doing so will only drive the body to store more calories because it's preparing the body for a famine. Get started by ridding your diet of everything that contains sugar or artificial sweeteners. These have been proven to cause an insulin response in the body, which sets off a chain reaction of hormonal releases in the body promoting fat storage. Also look to eat way less refined carbohydrates such as flour based foods including pasta, pizza, bread and fried chicken. This is because these foods will quickly be processed and stored in our bodies as fat for future energy use, but the bad part is when we never expend that energy and it'll stay in our bellies as fat.

The next step is going to be replacing all of those junk foods you've just eliminated with healthier alternatives. Look for fresh whole foods that are in their most original form and haven't been heavily processed. This means lots of organic fruits and vegetables along with lean sources of protein. Some of my favorite lean sources of protein include chicken, turkey, salmon, beef and eggs. Also the only real liquid you should be drinking is water and green tea. Even though many believe fruit juices to be a healthier drink, it's actually loaded with sugars that will do no good for your body. Now that you know what foods to eat to lose belly fat it's time to go out there and actually do something about it.

Chapter 6

## **3 Leg Exercises to Lose Leg Fat and Tone Your Calves and Thighs**

A lot of people seem to find it hard to lose leg fat. Whether it's your thighs or your calves, the fat just seems to stick to some area of your lower body and doesn't let go. In this article I want to share 3 killer

leg exercises to lose leg fat and tone your thighs, hips, and calves in the process.

The good thing about these exercises is that they kill two birds in one stone: they're very intensive so they burn lots of body fat in general and leg fat in particular, and they work the leg muscles so you also tone your muscles for a more firm and sleek look.

These exercises work whether you're a man or a woman. It just doesn't matter.

**Leg Exercise #1** - Squat and dumbbell swing - The squat is a powerful enough exercise for most people but I want to vamp up the intensity by adding an additional movement to it. It will help you lose leg fat faster than otherwise by burning more calories.

To do this exercise, you grab a single dumbbell in both hands and hold it down the front of your body. You go into a squat, keeping the dumbbell between your legs. When you rise from the squat back to standing position, swing the dumbbell slowly until it's over your head. You're working your legs and upper body and burning tons of leg and body fat.

**Leg Exercise #2** - Lunge and bicep curl - For this powerful leg and upper body combo, you grab a dumbbell in each hand. Hold the dumbbells straight by your side. Go into a lunge. As you rise, curl both dumbbells by clenching your biceps. Repeat the lunge with the other leg.

This exercise also burns a lot of fat because it combines a variety of muscle groups in the same motion.

**Leg Exercise #3** - Squat and high jump - This leg exercise also provides a cardio workout. You do it by going into a squat, and when you get back to standing position, you jump high. You can try to bring your knees toward your chest when you jump if you like, but it's not a must.

If you use these 3 leg exercises you will tone your calves, thighs, and legs, and also burn a lot of fat. Try these out and see for yourself. Just make sure to follow a solid eating plan to make sure you're not sabotaging your efforts.

## Chapter 8

# How To Lose Leg Fat With Exercise And Diet

Losing weight from any part of the body requires a combination of exercise and a proper diet. This principle is no different if you want to lose leg fat. The good news is that the fat in your legs is easier to remove than from other parts of your body because these are the limbs that are most often in action and therefore they are undergoing some form of exercise.

Most people with heavy legs want to know how to lose fat in thighs. Indeed, the thighs seem adept at collecting fat better than most parts of the body. One of the best exercises for this is calve raises. This involves using the balls of your feet as a fulcrum and raising your legs so you are taller and then easing the body down again. Perform this exercise perched on the edge of a step for greater effectiveness.

If you have ever cycled up a hill, you would have felt the strain on your thigh muscles. Cycling is an excellent fat-remover, especially if you want to lose thigh fat fast, because the relevant muscles are being targeted. However, pedaling on a flat track at leisure speed will not work. You need to feel the pain of your thigh muscles battling a hill or an exercise bike set at a difficult gear.

Another method of how to reduce weight on your thighs involves the simplest exercise of all: walking. Not only is walking a great way to lose leg fat but it is an effective exercise for losing weight from all parts of your body. You could even combine walking with running, which is an even better weight-loss exercise.

In fact, all types of cardio-vascular activity, whether it is running, cycling or even fast-paced skipping, will skim fat from your legs, belly and arms. As long as you are working against some sort of resistance, any intensive exercise designed to lessen fat from your legs will be effective.

While exercise is the best way to lose leg fat, some people either do not have the time or are reluctant to expend too much energy in their quest for slimmer legs.

They prefer to diet to lose leg fat. Dieting is how to lose weight on legs without burdening your body with pain, though healthy eating would be much more effective if it was combined with some sort of regular physical activity.

A simple way to cut down on fat build-up on the legs is to reduce carbohydrate intake, especially if you decide not to exercise with your diet. Unused carbs turn to fat and go straight to the legs. Many people, when they want to know how to lose leg fat, shun eating fatty foods and meat laden with fat.

Although this is not a bad thing in itself, it is meaningless if they continue to gorge themselves on carbohydrates. In fact, diet specialists who abide by the less-carbs law believe that to get rid of leg fat, or any other fat for that matter, eating carbohydrates is more damaging than consuming an equal amount of fat. However, it is a debate that rages on in the corridors of dietary science.

If you love bread, toast it first or switch to wheat bread. Eliminate sugar, cheese (except white cheese), fruits such as mango, bananas and grapes and cut down heavily on butter, rice, potatoes and high carbohydrate foods.

Also drink plenty of water: at least eight glasses a day and, if you love vegetables, eat as much as you can, at any time, except for carrots.

## Chapter 9

# How to Lose Neck Fat

Neck fat can be unsightly, and of course most people would rather be rid of it. Neck fat seems to be more common the older you get. This probably has to do with gravity, and the accumulation of fat over the years. So you're probably wondering how you can lose your neck fat? In this article, we will reveal the secret regarding how to lose neck fat safely and easily.

It's important to understand that no matter how many neck exercises you do, be it shrugs or neck stretches, you'll never be able to lose weight exclusively on your neck. This simple fact can be frustrating and make the process of losing your neck fat a longer process, but it's the truth. Targeting your neck with neck exercises will tighten up the skin, and help tone the area, but unless you get liposuction or a body wrap, to lose neck fat you must lose weight all over your body.

Genetically everyone is different. One person may lose weight starting with their neck, while another loses weight everywhere first, before they notice a difference in their neck. It's really a genetic crapshoot. However, no matter how you are genetically predisposed, you can lose neck fat by eating healthier and exercising on a regular basis. Gradually, with effort, determination and will power, you can drop the weight and lose neck fat in the process.

Neck stretches and exercise will also help you speed the process of losing your neck fat. Just like the rest of your body, if you work your neck muscles, they will grow and become stronger. The larger your neck muscles, the more they will push on the skin of your neck making the skin firmer and thus

minimizing the appearance of a double or triple chin.

Besides exercise, a solid, healthy diet is important when attempting to lose neck fat. By feeding your body the proper foods, such as fish, chicken, beans, nuts, fruit and whole grains, you will speed up your metabolism and make burning body fat that much easier. You should also look at the portion sizes of your meals. It's far better to eat five or six small portions of the proper foods, than it is to gorge yourself once or twice a day.

Now that you're armed with the knowledge of how to lose neck fat safely and easily, it's just a matter of using that knowledge on a daily basis. By making healthy living a life style choice, rather than a short-term goal, you can ensure that you never have to worry about losing neck fat in the future.

Chapter 10

## **How to Lose Neck Fat - Three Essential Exercises**

Neck fat is a common problem which affects those who are overweight and those who are elderly. It is also not that uncommon amongst average persons due to bone density and elasticity of the skin. Also known as turkey neck and double chin, neck fat can be a somewhat embarrassing problem to have. However, there are steps one can take to help lose fat around the neck.

This article will go into depth about a number of different exercises you can begin doing to reduce the visibility of neck fat. Please keep in mind though that a lifestyle of healthy eating and regular exercise is by far the best way to guarantee the loss of weight in any and all regions of the body.

I would also like to make it clear that before you go ahead and attempt any particular exercise or diet regimes that you consult with a doctor before moving forward.

Below are three known exercises that aid in the reduction of neck fat.

### **The Rotation**

This is a simple exercise which targets the muscles on your neck and is particular effective for those that spend long times sitting at computers or within an office environment.

Whilst seated or standing, turn your neck as far left as you can, hold this position for 5 seconds and then slowly turn your head to the right and hold again for another 5 seconds. Repeat this up to 12 times. It is also worth mentioning that if you struggle with neck or back problems then this may not be an ideal exercise to lose neck fat if it brings about any form of pain.

### **The Side Tilt**

Another simple exercise to lose neck fat is the side tilt.

Again, sit or stand straight. Tilt your head to the right making sure not to rest your ear on your shoulder. You will want about one inch between your shoulder and your ear. Now, hold this position for 10 to 15 seconds and slowly release, titling your head to your left hand side and repeating. Do this about 5 times on each side.

### **The Back Tilt**

Very similar to the side tilt, this exercise requires you to tilt your head back so that you're staring at the roof (or sky). Hold this position for about 10 to 15 seconds and slowly return to your normal posture.

Repeat this exercise about 10 times.

If you do these exercises daily you should begin to feel the muscles in and around your neck gradually growing and getting stronger. These exercises are most effective when coupled with healthy eating habits and a regular fitness regime.

As always it's recommended that you consult your doctor as you do not want to over strain or exert your neck as it could result in injury.

Chapter 11

## **How to Lose Cheek Fat - 5 Tips For Losing Cheek Fat**

Sometimes, you can't fully achieve the slim and toned look you're going for because of your chubby cheeks. Although, this can be a cute feature, it can also be a hassle, especially since it can still give off the idea that you're a little overweight even if you're not. This is why learning how to lose cheek fat should be on your to do list, especially since these techniques are perfectly simple and easily done through exercising.

To get you started in trimming down those facial fats, here are some exercises you can do on your own to tone your chubby cheeks.

### **1. Smile**

Smiling each and every time you have the opportunity to do so can be a great work out for your face. This can stretch your cheek muscles, allowing it to deal with the fats and get rid of it in the long run.

### **2. Do the fish face**

Sure, it may look silly, but sucking your cheeks in is also a great technique how to lose cheek fat. The trick here is to stay in the position for at least ten seconds and do 5 repetitions daily.

### **3. Close your eyes tightly using your cheek muscles**

This technique is extremely simple. All you have to do is to shut your eyes very tightly using your cheek muscles. Make sure that you're already feeling the muscles on your face contract. Hold for ten seconds and then relax. Repeat the whole method for at least five times daily.

### **4. Manual stretch**

Another excellent method of exercising your cheeks would be with the help of your hands. Do these by lowering your chin until it touches your chest, then pull the skin just below your cheekbones upwards, just until it can seemingly cover those bumps. Once in this position, say "ah" for as wide as you possibly can. Hold for a few seconds and repeat the routine for a couple of times.

### **5. Pucker up**

Want a good exercise for your lips and cheeks? Puckering up could be the right way to lose cheek fat for you. All you have to do is pucker your lips, but instead of just with your lips, make sure to involve your cheek muscles as well. To do this, try puckering really hard until you feel your face get stretched a little. That will be enough to tell you're doing it correctly.

Chapter 14

## **Effective and Proven Ways to Lose Cheek Fat Fast**

When one puts on weight, the fat shows on the face also. Obesity can cause fat accumulation on the face and thus showing on the cheeks too. Fat cheeks may make babies look adorable, but it certainly does not suit adults! For some, it may be a genetic tendency to put weight on the cheeks, and for some it may be due to excess weight. To lose cheek fat, one will have to lose the body fat too. Certain facial exercises may be done to tone the muscles and firm up the cheeks.

To lose cheek fat fast some people may resort to the quick method of cosmetic surgery. But since that method can be expensive and painful, it is best to do it the natural way. The natural way to lose cheek fat fast is to follow an exercise routine and follow a healthy diet. Aerobics and cardio is good way of getting rid of the excess fat. Do jogging, running or go for brisk walks. Cardio exercises are good, because you can bring in lot of variations for effective results. Be sure to choose a work out regime that you will perform regularly for at least four to five times a week. Usually it is advisable to work out for minimum of 20 to 30 minutes. This is the minimum advised time per session because it takes this much time to increase the heart rate and pumping in order to burn the calories.

Some facial stretches may be performed to tone the face muscles and give a firm and toned look. The facial exercises and massages can improve the blood circulation in that area. There are some exercises and poses in yoga too, which help in losing the body weight.

Combine regular exercises with a proper diet for boosting the metabolism of the body. Decrease the food portions and increase the frequency of intake. Controlling the calorie intake by eating healthy, low calorie food will help you lose cheek fat fast. Eat fiber rich food, fruits and vegetables. Consumption of low fat and high nutrition will help you not only lose cheek fat but also obtain a lean and fit body.

Consume plenty of water to keep the body hydrated. If the body does not get enough water, it starts retaining water and can make your face and cheeks bloated up. Also reduce excess salt from the diet since salt helps in retaining water in the body and causing further bloating. Switch to low fat diet, lean meat, grilled food and cut of the high sugar and refined food from your diet. This will give your system the required nutrition and lesser empty calories.

Cutting off the intake of a couple of hundred calories and burning a couple of hundred calories through exercises and other physical activities will make one lose cheek fat fast. By this process your expenditure of calories will be more than the intake, resulting in weight loss from all over the body. Not only will you get tight cheeks but also a lean body.

Chapter 15

# 7 Tips on How to Lose Fat From Your Butt, Bum

A common problem people encounter when they start to gain weight is the fat that stored up around their bum or butt. Most people find it very difficult to eliminate the fat accumulation in certain areas of their body like the fats that build up on their face, thighs, butt, belly, and hips. The thing is, if you want lose fat at this certain areas of your body, you will have to look at ways of reducing your overall body weight.

The slang for the fats that have been accumulated around the butt, hips and thighs are known as saddlebags. It is very common for women; however some men have them too. If you want get rid of fat which stored up at certain areas of your body, it can be difficult but not impossible. To kick it off you need to look at a healthy diet and exercise.

To avoid getting fat accumulation in certain areas of your body consider the following:

1) Eat only what your body needs

So practice moderation and try and only eat as much as you need rather than to the point where you feel you will explode.

2) Eat fruits and vegetables

Fruits and vegetables contain fiber, vitamins, and minerals which regulate body processes as well as strengthen your body resistance. Eating them will not only make you healthy but can be quite filling too, especially bananas.

3) Avoid eating too much sugared food

Sugared products can make you fat and can also cause some health problems in large quantities. So again, moderation is the key.

4) Get enough rest

Getting enough rest and doing some daily exercises can make you stay fit and in shape. To a degree, the more time spent sleeping, the less time you will spend eating.

5) Do not forget to exercise

It is proven that doing some daily exercises will shape your body as well as burn calories. So get that shape that everybody desires to have! Make it a habit to exercise daily. A 30-minute exercise is going to work!

6) Some exercises that can help you lose fat from your butt / bum are as follows:

- o Cardio exercises like running, jogging, walking.

- o Squatting

- o Doing low impact exercises such as running on the tread mill, going up stairs, running up hills, swimming, and surfing.

- o High impact aerobics

- o Strength training

7) Eating a balanced diet is one of the best ways to avoid gaining weight and getting fat. A balanced diet comprises of:

- o Carbohydrates

- o Protein

- o Fats

- o Vitamins and minerals

- o Fiber

Remember not to consume too much of them though. Moderation is still very important. What you have to do is to just intake the correct proportion of the items I mentioned above.

Chapter 16

## **Lose Weight in 5 Days - Lose Fat From Your Thighs, Butt, Belly, and Hips!**

Here's how to lose weight in 5 days. You'll lose fat from your thighs, butt, belly, and hips. I'll spare you the common-sense advice such as eating lots of fruits and vegetables... drinking a lot of water, and exercising more. I'm going to give you specifics.

### **Lose Weight in 5 Days**

1. Eat a big breakfast

I prefer you'd eat eggs, but if not, just eat a big breakfast anyway. Researchers have proven that those who eat a big breakfast and follow it up with smaller meals for the rest of the day lose a lot more weight than people who either skip breakfast or eat a light breakfast.

2. Eat an apples before your meals and a banana after your meals

This allows you to eat your comfort foods so you don't feel deprived. However, the apples and bananas crowd out how much of the foods you eat. You'll eat less.

This is an easy way to diet since you can still eat the foods you're use to. You don't even have to try eating less of them. The apples and bananas will do that for you.

3. Do deep breathing for 5 minutes a day It's been shown that deep breathing helps with weight loss due to the added oxygen intake from taking bigger breaths. Why? Well, because oxygen is the enemy to body fat. The more oxygen you get into your body, the more fat gets burned off through oxidation. If you combine these 3 tips, you'll lose weight in 5 days without much effort or willpower needed.

Chapter 17

## **Weight Loss Diet - 6 Powerful Weight Loss Diet Tips**

Everyone knows that most people would like to lose weight, but most don't seem to know the best way to lose weight. To start seeing differences, you have to make some changes in your habit and lifestyle.

Let me share a few very vital weight loss statistics Before I start: - 64 percent of people in the United States are overweight - Obesity is responsible for 325,000 deaths every year. Alright as you can see Weight Management is a huge Problem in the United States, So we are constantly searching for that miracle drug to help us with weight loss diet.

You may not want to hear, it but it's true - there is no magic spell when it comes to losing weight. However, there are some things that you can do in order to lose fat as quickly as possible.

Here are Six great weight loss tips:

If you favour the traditional route of diet and exercise, then the following tips given below should work greatly to help with weight loss diet:-

1. Eliminate Eating Junk Food.

Most of your efforts to reduce your weight will be unsuccessful if you are unable to resist eating junk and processed foods. These primarily consist of fast foods and snack foods such as burgers, pizza, fries, potato chips etc. All of these foods offer very poor nutritional value and it consequently makes no sense at all to carry on eating them. Keep in mind - you will not be able to physically improve on an insufficient diet. You must look carefully at the contents of your cupboard, fridge and freezer and make certain that you switch all sugary and greasy foods with nourishing, healthy alternatives.

2. Drink a Lot of Water- Although you may have heard it over and over again, it is really true. Drinking water not only replenishes your system but also promotes weight loss. How is that possible? Well, as we all know, water is a fluid that directly passes your colon, so drinking water can flush away those toxins and unwanted fats. Drink at least 8 glasses a day for best results.

Water is essential to life and a healthy body. Dehydration will wreak havoc on you and your fitness goals. If you are dehydrated your body cannot function at its optimal level. For example, your muscles will lose strength, you won't burn fat as quickly, and you'll feel tired and fatigued.

3. Reduce the Size of Your Portions-

You should eat five or six small portions each day at regular intervals of about 4 - 5 hours. This will aid appetite suppression and boost your rate of metabolism, causing you to burn additional fat without the need for too much physical effort.

4. Lower Your Calorie Consumption Without Deprivation. Do this by steadily reducing the amount of calories that you get through by a small quantity each day. This will tot up very quickly, but be aware that you will not start to lose weight until you reach the point at which you are expending a more calories than you eat each day. This incremental approach will help to cut down snacking and bingeing, which would clearly put you straight back where you began.

5. You Want to Start Exercising Regularly-This doesn't need to be anything excessive, but simply put: working out is almost certainly the most effective way to lose weight and enhance your general health. Diets by themselves may assist you with losing some weight, but they are not able to improve your stamina, physical fitness, flexibility, mental state and help you achieve numerous other benefits in the way that regular exercise can.

Additionally, exercise is another technique to increase your metabolism, which, once more, helps you to burn off additional fat in less time.

6. Sleep Well- Practice a Good Night Sleep

Sleeping is a favorite quick weight loss tip since it is one of the most effortless. Do not underestimate the power of having enough sleep. It is vital to your overall weight loss plan. Medical research has proven that sleep deprivation would induce hunger, and improve appetite. This often results in excessive eating. Likewise, having sufficient sleep of at least 8 hours helps to bring a balance to the leptin level and aids weight loss.

There you have the Building block to A Permanent Weight Loss.

There are many ways in which an individual can choose to lose weight. The problem is that diet, and exercise alone for some people still isn't enough, and may leave them struggling to reach their weight loss goals. For many people changing their diet, exercising, and taking nutritional supplements or weight loss products in combination can be the perfect answer to lose weight.

One such supplement is acai for weight loss. Acai is a form of berry that is found in the Amazon, and holds tremendous antioxidant properties. It is also used to increase energy levels, and to improve digestive health. Acai can also help to prevent free radical damage, and diseases like cancer, heart disease, and premature aging. It's the combination of all of these benefits that make acai for weight loss a great option for individuals who need extra assistance.

Acai for weight loss in conjunction with good eating habits, and an exercise routine can be a fast, and healthy way to lose weight. For many, speeding up the process in which they lose weight can help them to feel motivated, and offer them the confidence that they need in order to make the entire weight loss process an easy mental endeavor to embark upon. One such weight loss product that uses acai is called Acai Berry Select. This is actually offered as a free trial, and is a great way to improve health, and also help to promote healthy weight loss.

Acai berry select can help you lose weight when used as part of a diet and exercise routine-Acai berry contains huge amounts of antioxidants that help to flush the body of toxins, and is most likely the healthiest supplement on the market today.-Acai berry select helps you "lose weight and flush the pounds"

Thanks to a great mixture of healthy weight loss ingredients Acai Berry Select is our top choice for an Acai berry weight loss supplement

My name is Maria Avalos and since 1992 I have been helping people just like you lose weight and create a wonderful revolution in their lives.

Chapter 18

## **An Effective Weight Loss Diet Requires Proper Nutrition**

Some people believe that effective weight loss diet plans include fasting. Health experts tell us that fasting diets involving avoiding food are dangerous even if the person does it for a short time. To sustain growth, energy, and health, the body requires a good quantity of nutrients daily. If you do not supply the body with a good supply of nutrients, the muscles will use their own tissue as a source of energy.

Some people go on a liquid protein plan. Health experts tell us that this is not one of the effective weight loss diet plans. This plan includes high amounts of protein with low carbohydrate liquids. These types of eating plans can cause serious side effects. In fact, the FDA posts warning labels on these products.

High protein and low carbohydrate liquid diets can cause major health problems later and even death, especially if you use this weight loss plan as the only source of nutrients. Your medical advisor may

prescribe this, but you must be supervised regularly.

Other people choose pills as a way to lose weight. Weight loss pills may claim to flush, block, or burn fat, and may work to some extent, but most do not work at all. Scientists are still trying to find ways to create this type of pill. Some pills can be utilized to help control the appetite. Some, however, have serious side effects. Some may cause anxiety while others may cause fatigue. Some of these pills are even addictive.

Eating disorders develop from a lack of nutrients or poor dieting. To avoid eating disorders such as Anorexia or Bulimia it is important that you set up a nutritious diet plan that works for you. You should avoid diet plans that involve fasting, eating one food group, or diets that claim that you can eat as much as you want and still lose weight.

Health experts tell us to avoid diets that supply less than 1400 calories. In order to set up a good diet plan you will need to learn how to make lifestyle changes to attain permanent weight loss.

There are several types of healthy diet plans that help you to lose weight while maintaining good health and fitness. These types of diets include sports nutrition and training diets. These diet plans are designed for athletes.

Other types of diets for those who are not athletic include nutrition dense diets and vegetarian diets. Nutrient dense diets provide you with a rich supply of nutrients and energy. Vegetarian diets offer a wide range of benefits, but you need to be careful to add enough proteins to your daily plan to achieve an effective weight loss diet.

Chapter 19

## **6 Tips For Planning A Simple Weight Loss Diet**

A simple weight loss diet plan enables one to follow the plan religiously as there are not many complexities. It is also an ideal way to achieve a healthy and improved lifestyle. The diet plan requires one to remain focused on the ultimate goal. The diet plan can be formulated to require a few modifications in eating habits and seeking expert help depending on age, health and gender. It would, however, be beneficial to set short term goals, as quick results will help a person to be motivated to continue the diet plan for a longer time.

Simple weight loss diet programs can be created by including a nourishing meal plan along with simple and easy to do exercises. The following are some very helpful tips for an effective weight loss diet.

1. Drink lots of water. Water is a vital factor in any diet. It not only replenishes the whole body but also helps in attaining weight loss. It enables the body to directly remove toxins and excess fat present in the body. It is recommended that drinking 8-10 glasses of water a day will help to achieve the desired results.
2. Avoid sugary, fatty, high calorie, or junk foods. It is best to avoid fatty and processed foods like ice creams, chocolates, pizzas, burgers, fries, and chips as they are rich in calories. These foods lack nutritional benefits and are not good for your health. It would be better to replace such fatty and sweetened products with wholesome and nutritious items that are low in calories.
3. Eat in small quantities at regular intervals. It is very effective to consume food in small quantities at

regular intervals rather than just having large meals 2-3 times a day. This not only burns extra fat but also aids in digestion, reduces cravings and enhances the metabolic rate.

4. Get regular exercise. This is very much required to lose weight and also improves overall health. Besides weight loss, regular and simple workouts help to build up strength and stamina, enhance body flexibility, develop a good state of mind and reduce tensions and stress.

5. Get a sufficient amount of sleep. Sleeping, although effortless, is an important aspect of a weight loss plan. It is thought that lack of sleep increases hunger levels to a great extent, which results in overeating. It is necessary to sleep for about 8 hours a day; this helps to maintain a good balance of the leptin level and assists in losing weight.

6. Use specific nutritional supplements. There are many nutritional supplements available in health food stores that assist in losing weight. These supplements also tend to prevent life threatening diseases and premature aging. It is, however, recommended to consult a physician before using any of these supplements.

Putting together a simple weight loss diet plan requires some planning and an active lifestyle to lose excessive fat and maintain a healthy and fit body.