

Weight Loss Tips – Simple tips to lose weight

If you are making a conscience effort to lose weight, there are some weight loss tips to help you lose weight fast. Weight loss doesn't have to be hard. This article will give you some weight loss tips to lose weight and keep it off without losing your lifestyle.

Weight loss tip 1. Keep a food and exercise diary

It has been proven that people who are trying to lose weight, lose more weight when keep the food they eat and the exercise they perform in an exercise diary. You can know use online exercise diaries that will automatically track the calories for you,

[Weight loss with Australian Lifestyle & Fitness](#)

Weight loss tip 2 Don't weight in too often

Many people who are trying to lose weight they weigh in far too often. Weighing in everyday will kill your motivation. Make a habit of weighing in once per week and keeping a graph of your results. If you are performing resistance training bear in mind that you will be putting on muscle which weighs significantly more than fat. Body fat percentage tests will be more relevant if this is the case.

Weight loss tip 3 Make the best choices you can.

When losing weight you need to make the best choices you can. If you are off track and haven't stuck to your eating plan today chose wisely what you eat. Try and keep as close to your plan as you can. If you do go off the rails then keep it to a minimum.

Weight loss tip 4 Eat the correct portion sizes

This is probably the biggest area with weight loss where people fall down. Portion sizes are critical for successful weight loss. Most people have a skewed opinion of what a portion size is.

Weight loss tip 5. Don't skip meals

Skipping meals is a big trap to fall into. It lowers the speed of your metabolism and causes your body to go into starvation mode. Eat regularly throughout the day. Also have mid meals such as fruit, low fat yogurt.

Weight loss tip 6. Get plenty of sleep

Don't under estimate the importance of sleep. You are far more likely to bring when you are tired an low on energy.

Weight loss Tip 7 Don't skip breakfast

Many people skip breakfast as they feel that it will cut down on there calorie intake. This is a weight loss myth. Breakfast is essential and an important part of a successful weight loss plan. Breakfast kick starts your metabolism for the day.

Hopefully these proven weight loss tips will put you on the road to success on your weight loss journey. I have seen these weight loss tips work on thousands of clients and i have no doubt that they will work for you too. Good luck with your weight management journey!

About the Author

Michael Jenkins is the owner of Australian Lifestyle & Fitness,

[Weight loss with Australian Lifestyle & Fitness](#), which is an online weight loss program, calorie counter, BMI calculator to help people lose weight.

The Australian Lifestyle & Fitness weight Loss Program helps take the guess work out of weight loss.

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