

18

Weight loss tips

that you can use TODAY

1. Consume 2.2g of protein for each kg you weigh (or 1g for each pound).

2. Slow down and chew your food to stay fuller for longer and reduce your chances of overeating.

3. Replace sugary drinks like soda with tea, coffee, water, or even diet soda.

4. Do short, intense circuits of resistance exercises instead of traditional, steady-state cardio.

5. Fill your kitchen with healthy food and keep treats hidden to beat cravings.

6. Find a friend, coach, or community to keep you accountable.

7. Drink enough water for 5 clear urinations each day.

8. Track how many calories you are eating and how your weight changes week-to-week.

9. When you drink alcohol, avoid fatty food. Fill up on lean protein and vegetables.

10. Eat more carbohydrates on the days you train, and skip them on the days you don't.

11. Eat as many vegetables as you possibly can.

12. Get 7-9 hours of sleep each night.

13. Cook in bulk and portion it into Tupperware so you always have something healthy on hand.

14. Replace refined carbohydrates with unrefined alternatives like wholegrains and brown rice.

15. Find a proactive method of relaxation that works for you (like meditation).

16. Drink tea and coffee for a fat-burning boost.

17. Make healthy choices 80% of the time. Cut yourself some slack the other 20% of the time.

18. Instead of relying on the scale, set a goal like: 'I will do my first pull-up in 3 weeks time'.

BONUS TIP #1: Fish Oil and Vitamin D are both incredibly beneficial to your health, and can help you lose weight. Take 1000-2000IU of Vitamin D and 1g of Fish Oil daily.

BONUS TIP #2: Don't get distracted by fads. These tips aren't sexy or trendy, but they work and they always will. The only way to stop yo-yoing is to be consistent.