

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 Things You Can Do To Lose Fat Without Even Trying

By Nick Nilsson

10 Things You Can Do To Lose Fat Without Even Trying

by: Nick Nilsson

1. Eat smaller more frequent meals – not only is your metabolism boosted every time you eat something, your body can more efficiently process smaller meals. Instead of having 3 large meals in a day, try to break them up into 5 or 6 smaller meals.
2. Drink more water – regular water intake helps to flush away waste products in the body. Get at least six to eight 8 oz. glasses per day. An easy way to do this is to keep a water bottle handy and drink from it frequently.
3. Be inefficient – do you need to go to the kitchen to get a couple of things? Break it up into two trips even if you can do it in one. Being inefficient like this can easily double your activity level, burning calories without even trying.
4. Eat more protein – sources of protein include foods such as chicken, fish, eggs, dairy, beans, lean red meats, etc. Your body burns more calories processing protein than either carbohydrates or fats. Protein also helps to support your muscle tissue, which burns calories all day long!
5. Take the stairs instead of the elevator – any time you can add in a little more physical activity, do it. This doesn't mean you need to slog up 20 flights of stairs. Even a flight or two done regularly will add up.
6. Don't let yourself get hungry – when you get hungry you will have a much greater tendency to overeat when you do finally get something to eat. As well, because your body is starting to go into starvation mode, it will be much more likely to hold onto whatever you give it.
7. Order small portions at restaurants – it's tough to order small french fries when "supersizing" your order is such a great "value." Take note, however, your real savings will occur in the calories that don't end up on your backside.

10 Things You Can Do To Lose Fat Without Even Trying

8. Eat more fiber – fiber is very filling. By eating more fiber you will find yourself full sooner. This feeling of fullness will last a long time as well.

9. Wait 20 minutes between servings – your brain takes at least 20 minutes to register that you're full. By waiting that long, you'll give your brain a chance to realize that you don't really need any more food.

10. Cheat on your diet – one thing I always make my clients promise is that they will cheat on their diet. The only thing I ask that they do is to cheat ONLY when they have planned to cheat. By planning when you are going to eat the foods you crave, you take back control of your eating habits.

This way you no longer "give in" to your cravings. You "reward yourself" for sticking to proper nutritional habits. Do this once or twice a week and you will feel far more in control of your eating.

In conclusion, if you follow even a few of these 10 easy tips in the long term, you will certainly notice a difference in your overall weight and health.

Nick Nilsson is Vice President of BetterU, Inc., an online exercise, fitness, and personal training company. Check out his latest eBook "The Best Exercises You've Never Heard Of" at

or visit

. You can contact him at

or subscribe to BetterU News, his fitness newsletter at

.

Scales Are For Fish, Not Weight Loss

By Dr Jeff Banas

Contrary to common belief, your weight is not really the indicator of a weight problem - the actual percentage of body fat is the true indicator. You need to know what percent of you is actually FAT. How are you going to monitor your weight loss if you do not know what percent of your body is fat, before you begin your program?

Let me give you an example on measuring body fat, this is important in understanding weight loss, or should I say FAT LOSS. This is actually what we are trying to lose, right? FAT!

Lets say someone weighs 200 pounds and when we measure their body fat we find out there body fat is 40%

This means that 40% of the members body is made of fat (80 lbs). The other 120 lbs is muscle, bones, organs, water, etc. (everything but fat).

10 Things You Can Do To Lose Fat Without Even Trying

Now any true weight loss program should include some form of strength training customized to their personal abilities (Another reason you need someone who truly understands the whole body and how it works). Because if you can gain some of that muscle mass that we lose with age, our bodies will burn more calories and therefore burn more FAT!

Now it's a few weeks into the program and this person steps on the scale and they now weigh 198 lbs. They are a little disappointed because they thought they were doing better. Their clothes fit better, they have more energy, and they are feeling better.

But they are still depressed because they only lost a lousy 2 pounds! Right? Are we sure???

We now check their body fat and it is now 36% not 40%. Let's do a little math.

200 lbs at 40% body fat means that 40% of them is fat, which equals 80 lbs of FAT, and 120 lbs are muscles and everything else (called the lean body mass).

198 lbs at 36% body fat means that 36% of them is fat which equals 71 lbs of FAT, and 125 lbs of lean body mass.

This person actually lost 9 pounds of FAT (the stuff we are trying to lose) and gained 5 pounds of lean body mass (mostly muscle mass, which is a good thing because this will allow their body to burn more calories!)

You need to measure and focus on PERCENT OF BODY FAT, AND NOT WEIGHT!

But don't worry, when your body fat goes down, as your body fat decreases so will the numbers on the scale!

Dr. Jeffrey Banas is a Chiropractic Sports Physician, practicing in Mesa; AZ. Dr. Banas personally lost 60 pounds in 2003 and now uses his experience to help others struggling with their weight problems. Dr. Banas can be reached at his office at 480-633-6837, or by visiting his web site at

Related Content:

[Scales Are For Fish, Not Weight Loss](#)

[The Truth About Losing Fat On Your Stomach](#)

[Getting Up Early Can Help You Lose 10 Pounds](#)

[Weight Loss vs. Fat Loss](#)

[Why Losing Weight Should Not Be Your Ultimate Goal](#)

Read more Content at

10 Things You Can Do To Lose Fat Without Even Trying

Related Products:

Beat that Fat

Obesity and Weight Loss

30-Day Low Carb Diet 'Ketosis Plan'

Competition Commando

The Amazing Bonus Pack

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!