

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**6 Simple Steps To LifeLong Weight Loss**

**By Dianne Villano**

**6 Simple Steps To LifeLong Weight Loss**

by: **Dianne Villano**

If You are sick of losing the same weight over and over, and feeling like a failure because your last "diet" didn't work, try these tips to not only lose weight, but lose it for good. I have watched hundreds of clients over the years and almost without exception, those that lose their weight once and for all have these six basic habits as a part of their lives.

1. Keep a food diary

For at least five days and up to a week, keep a pen and paper handy and write down everything you eat, how much, where and when you ate it and who you ate with. try to write it down as you eat it. Most people find that when they try to remember everything at the end of the day, they leave something out. I have also had clients tell me that they didn't eat something because they knew they were going to have to write it down. Be completely honest with yourself. You don't need to show anyone the results, but most will be very surprised by them. Particular environments and people can often trigger certain eating behaviors that are readily apparent when you use a food log. free fitness journal/food log.

2. Don't eat too little

Very low calorie diets will, in the short term, help you lose weight but they're extremely difficult to maintain. You'll gradually become tired and irritable, lack the energy to exercise, and people won't want to eat with you because the long list of 'taboo' foods renders restaurant menus, and even family meals at home, unsuitable for your overly strict diet. For a more detailed description of the effects of low calorie diets click here.

3. Neither feast nor fast – They weren't kidding when they said "breakfast is the most important meal of the day." Studies show that those who skip the first meal, end up eating more total calories throughout the day and tend to make less healthy choices. Try to eat at least 3 meals a day. Optimally you should

## 6 Simple Steps To LifeLong Weight Loss

spread your calories throughout 6 small meals per day. This will keep your metabolism bustling and your blood sugar level even to help avoid binging.

4. Freshness Counts – The packaging and processing generally found in "convenience" foods generally reduce the nutrient values of foods and substantially raise the caloric content. The American Dietetic Association recommends at least 3 – 5 servings from the fruit and vegetable group per day. no time to prepare "home made meals? Try preparing in bulk on the week ends to make healthy choices readily available. Cut up a large bowl of fresh fruit, (1c = 1 serving) or pre make a large bowl of salad or cut up veggies. I usually prepare a weeks worth of chicken or pork so i can quickly re heat it and add it to any recipe.

5. Hydrate your way to quicker weight loss

Drink water ahead of coffee, tea, or soft drinks. Including the `hidden' water we consume in food, we

need 64 oz. per day. More is recommended to counteract the dehydration caused by caffeinated beverages and intense exercise or excessive heat.

How much do we need to drink? In general you should be drinking enough water per day so that your urine is nearly clear.

6. Eat less, exercise more

The great thing about food diaries is they show you much where you can cut the number of "extra" (calories). Many people eat out of habit when they are not even hungry. you may also need to make dietary changes if you begin or increase the intensity of a fitness program.

I know, you are going to say, "I don't have time because ...(insert your favorite excuse here) Ask yourself this..."how much more energy will I have when I am not carrying around this extra \_\_\_\_\_ pounds? How many more things will I enjoy and feel good while doing when I am in a fit healthy body? Is it worth a few minutes a day to incorporate these simple habits into your day?

Article by Dianne Villano. Dianne is a personal fitness instructor certified through the National Academy of Sports Medicine with over 17 years experience. Dianne specializes in weight loss programs and programs for beginners. For more articles or free fitness tools visit

### **Weight Loss Supplement**

**By Rolf Rasmusson**

### **Weight Loss Supplement by Rolf Rasmusson**

Weight Loss Supplement - what is it?

## 6 Simple Steps To LifeLong Weight Loss

The term "weight loss supplement" is familiar to almost everyone nowadays. Weight loss supplement is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. The weight loss supplement can be based on various chemicals, vitamins, minerals, herbs, etc. Examples of weight loss supplements include but are not limited to Solidax ADX, Phentermine, Kava - Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

Weight Loss Supplement - variety.

There is a huge variety of weight loss supplement products available in the market nowadays. All these products have some benefits and some drawbacks which distinguish them from one another. Some of weight loss supplements are cheaper than others. Some require longer period of use than others. Another example of differences would be the requirement of exercising and diet for some weight loss supplements, compared to other ones available.

Weight Loss Supplement - safety.

Even though the large number of weight loss supplement pills is available in the current market, a lot of them have proven to be ineffective. Also many of them have not been scientifically tested so you can not trust all of the claims made by manufacturers. You are also should be sure that the weight loss supplement is safe. Consult you doctor and other health professionals before using some type of weight loss supplement. In other words the weight loss supplement needs to be both effective and safe to use.

Weight Loss Supplement - which one is better?

Almost everyone who wants to loose weight asks himself or herself the question: "Which weight loss supplement is the most effective for long-term weight loss?" You will need to read any available research about the weight loss supplement you would like to use, consult with professionals, and make sure the supplement will work with your diet and exercising program.

Additional interesting contentat [www.nutritional-supplement-4u.com](http://www.nutritional-supplement-4u.com)

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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