

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!

Lose Weight – Find Hidden Calories

By Sheila Dicks

Lose Weight – Find Hidden Calories

by: **Sheila Dicks**

If it seems that you have been eating as usual and the pounds seem to be creeping on – you could be a victim of hidden calories.

When we are busy, stressed or focused on something else we reach for convenient snacks that are usually high in fat. This unconscious eating will add up to a whole of extra calories in the course of a day or week. This mindless eating is nothing more than a habit that can be broken.

To get this habit under control write down everything you eat for the next 3 weeks - everything! Be on guard for those times when you are more susceptible to unconscious eating.

At work: You find bowls of candy on coworkers' desks Your coworkers bring in doughnuts and pastries Office gatherings - where you will always lots of fatty food

At home: You're cooking dinner and sample the food - these calories add up Your children don't eat all their food - you eat that too - more calories While talking on the phone - there goes how many cookies? When you are worried When you are happy

Dining out: You eat the bread that is served before the meal You have a drink before your meal You eat dessert which you usually don't do

Parties: Endless party snacks that are full of fat and calories Talking while you eat is the easiest way to take in those extra calories Then those drinks again - it is easy to stack up the calories

Watching Television: We are so focused on what we are watching that we pay little attention to how much we are eating.

Lose Weight – Find Hidden Calories

The first step is to tune in and be aware of those times that you do consume extra calories. Then find ways to avoid them. For example, how do you avoid the candies on coworkers' desks? First become aware of how many calories there are in each candy and how long it will take to burn those calories off. You will look at the candies differently when you think of them in this light. If high fat snacking is a temptation at work bring some low fat food to keep you full and your hand out of the candy jar. To avoid eating a lot at a party eat a little before you go so you won't be hungry and tempted to snack on everything you see. As for alcohol, you can delete your drinks with water.

One pound is equal to 3,500 calories. Depending on your gender, age, muscle mass, and size you need approximately 2000 calories per day to stay at your normal weight. When you consume more than this amount your body stores the added calories as fat. If you go over your daily requirement then you will have to exercise to get rid of those calories.

If you go to this site you will be able to calculate how many calories you need to maintain your weight. (The weight is in kilos)

Check out this site to find out how many calories are in candies and junk food

Sheila Dicks is a wardrobe and image consultant who teaches women how to look slimmer by dressing to suit their body type. Visit her at

to download a copy of her

e-book Image Makeovers and get How to Build a Wardrobe free.

Simple Weight Loss

By Heather Moreno, PeopleFit USA

Simple Weight Loss by Heather Moreno, PeopleFit USA

Did you know that weight loss (and weight gain) is simple mathematics? For example, if you were to eat an extra 100 calories per day you would gain 10 lbs in one year. The good news is that the opposite holds true too - burn 100 calories more per day than what you take in and by the end of the year you can lose 10 lb. But why is it so much harder to lose weight than to gain it? Because it takes a matter of minutes (sometimes seconds) to eat 100 calories, but longer to burn it off.

Looking at the big picture of losing say 30 or 40 pounds can feel daunting, so give yourself a break. That is, break your goal down into small doable pieces. Accumulate a 100

Lose Weight – Find Hidden Calories

calorie deficit per day - burn 100 calories more than you consume - and you will lose 10 pounds by the end of the year. Double that and you've lost 20! It's easier than you might think.

First, do you ever eat something just because it's there? You can eat a couple hundred calories and not even realize it. The mayo or dressing on a deli sandwich, the butter served with the bread basket or a cookie from the office lunch room... before you know it you've eaten 100 calories. Pay attention to condiments and cheese that are added to most sandwiches. If you can take it or leave it, leave it. Watch out for snack plates at the office or home. It's easy to eat 100 calories or more when you're not even hungry. Look at your eating habits to see where you can carve unwanted items. My motto is, eat when you're hungry and make it worth the calories!

Next, look at the calories you put out. Use an accelerometer (a pager-like device that accurately measures calories burned during activity) to measure your current level of calorie burn and then burn more over time. To burn an extra 50–100 calories park farther away, take the stairs, walk the dog an extra block and do a few jumping jacks. The key is to measure the calories so that you can see your success daily and know that what you are doing is working.

Start measuring calories out and paying attention to "hidden"

calories coming in. You will quickly see how to achieve a 100 or more calorie deficit per day and easily have a more fit and trim body next year!

Heather Moreno is a CPA escapee who followed her passion for fitness. She is certified by the American College of Sports Medicine and the American Council on Exercise. Heather is president of PeopleFit USA... getting you fit in 20 minutes a week over the phone. If working out isn't working out for you or you've tried your last diet, visit www.peoplefitusa.com. Is your group or company looking for a fitness motivational speaker or corporate fitness program? Ask Heather!

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.

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