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

Simple Weight Loss

By Heather Moreno, PeopleFit USA

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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 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!

Weight Loss Supplement

By Rolf Rasmusson

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Weight Loss Supplement - what is it?

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 then others. Some require longer period of use then 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

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