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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!

Top 10 Diet Tips From Diet Winners

By Kim Beardsmore

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Take it one pound at a time:

Don't get overwhelmed by how much weight you need to lose. Just take baby steps in the right direction and you'll be amazed at your progress when you look back. You didn't gain your weight overnight, so it will take time to lose it all.

Weekly weigh in:

Only measure your results and weigh yourself once a week to give your body time to make adjustments.

Share your journey:

Find a friend to lose weight with and become each other's coach. Check in several times a week to help each other stay on track.

The scale is not the final word:

Don't get discouraged when your progress seems to be slow according to your bathroom scale. Instead, measure your results with a tape measure—it will give you much more reliable and encouraging feedback.

Shop when you're full:

Only shop for food when you are not hungry to avoid buying foods you may regret later.

Set reachable goals:

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If you know you need to get more exercise, begin with a manageable goal of, say, walking 10 minutes a day that you know you can achieve. Then build your self-esteem by achieving the small goals you set yourself.

Celebrate your success:

Each time you lose 5 pounds, acknowledge your achievement by giving yourself a little gift.

Out of sight, out of temptation:

Clear unhealthy foods from your refrigerator and shelves to keep temptation at bay. This also means clearing out the handbag, brief case and glove compartment in your car.

Add extra steps:

When you go about your daily routine add extra steps. Use the stairs instead of the elevator, park at the far end of the supermarket car park, and get rid of the TV remote control. Make little changes to add extra steps and these will quickly add up to support your goals.

Seek help if you need it:

If you need help to keep on track, then get it. If you have tried unsuccessfully over and over to lose weight, then you may need someone to help you. A weight loss coach can significantly increase the rate at which you lose weight and teach you how to stabilize at your goal weight.

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Kim Beardsmore is a successful weight loss coach who will cut through the diet-hype and ensure you find consistent results: week in, week out. You will learn how to stabilize at your goal weight and never 'diet' again. No public 'weigh-ins', meetings that cost you money or fads...simply long term results. You can receive a free, no obligation consultation. Visit today:

Diet Information: The Cabbage Soup Diet

By Jason Hulott

Diet Information: The Cabbage Soup Diet by Jason Hulott

The Cabbage Soup Diet is a quick fix diet for those people who only have a few pounds to lose. Unlike most other dietary programmes, it does not encourage a change in the way you eat, long term - it is more a way of shifting surplus pounds in the short term.

Many people go on the Cabbage Soup Diet in the week leading up to a big event where they want to that little bit 'svelter'.

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The diet program lasts for seven days (and must not be exceeded) and, for many people, a week on a strict diet is something achievable if they don't have mammoth amounts of weight to lose.

A lot of the weight loss you see will be water, but many people find they do drop a dress size after having been on the seven day programme.

Basically, you eat as much cabbage soup as you want for a week, plus a very limited amount of other foods. To stay on the programme for longer than a week will be counter-productive and will affect your health and energy levels.

<http://www.uk-diets-online.co.uk> provides information about all the major diet systems available. Download as FREE copy of the Tasty Weight Loss and Muscle Building Recipes Book, a 33 page book which you can download for free to get some ideas for weight loss recipes.

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