

How to Lose Weight

- Preserve muscle mass because it keeps your metabolism up. The more muscle you have, the higher your metabolism
 - Don't lose weight too quickly because your starving body will eat its own muscle before consuming your fat stores!
 - Eat sufficient high-quality protein to preserve muscle mass
- Eat frequently and eat high-quality foods
 - It's a lot easier to stay on track (and resist temptations) if you don't feel like you're starving all the time
 - Protein at each meal helps you feel more satisfied (a sense of 'fullness')
 - Fruits and vegetables, which are high in fiber, help you fill up without many calories
 - It is easier for your body to burn fat when you eat many small meals than when you eat one or two large ones
 - Many people eat only once or twice during the day and it is nearly impossible for them to lose weight!
- It takes time for your tastes to change
 - It has been shown in repeated research that your tastes adjust to the things you eat regularly
 - You may not like some foods initially, but that doesn't mean to give up on them!
 - Your body is programmed to seek high-sugar and high-fat foods
 - This was a survival mechanism, but now it is unnecessary and exploited by food companies!
 - The only way to combat this is by providing balanced nutrition
 - This reduces the craving for fast energy from fat and sugar
 - Balanced nutrition lets you gain control of your cravings
 - You can slowly acquire a taste for fresh, crunch & high-fiber foods
 - Start with healthy foods you do enjoy
 - Gradually introduce new items and keep experimenting
- Be human! Remember, it's what you eat 90% of the time that makes the biggest difference
 - Let yourself enjoy those old indulgences once in a while
 - Don't be hard on yourself when you get off track
 - Just remember that you're doing great 90% of the time and you'll be fine
- Drink lots of water
 - Water is the elixir of life! It is literally magical
 - 75 ounces of water per day can eliminate headaches, reduce blood pressure, increase concentration, help lose weight, improve digestion
- Regular exercise is not just a good idea, its necessary!
 - Burn lots of calories
 - Build muscle mass that increases your metabolism
 - Feel better
 - Yes, literally feel better. Exercising releases chemicals that improve your mood, enhance concentration, help deal with stress, make you smarter (yes, really) and help you sleep better