



healthy weight loss



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Healthy living is not only about reaching a specific goal weight. Maintaining a healthy weight is important but so is living a balanced, active lifestyle.

Don't be in a hurry to lose weight. Many fad diets give quick results that aren't sustainable. In fact, some fad dieters end up gaining back more weight than they lost in the first place. The key to long term weight loss is consistency, and keeping track of what you are consuming each and every day.

TIPS FOR HEALTHY WEIGHT LOSS

Don't Skip Meals – If you've ever skipped breakfast or lunch to save calories for later, you know it will catch up with you. When we get too hungry, we're likely to reach for the first thing we see and consume more than we need. To keep your metabolism burning steadily, aim to eat a meal or snack every three to four hours.

Veggies Add Volume – Half of your plate should be vegetables or fruit. Vegetables are high in fibre and low in calories, so they fill you up without weighing you down.

Move More – Not only is exercise good for your heart, it also helps you lose weight. Low-intensity exercises such as walking and swimming burn fat even more effectively than high-impact activities such as running and aerobics. Start with three 30 minute workouts per week, working up to more frequent, longer sessions as your stamina builds.

Water Works! – Drink at least eight glasses of water per day. Try drinking a glass or two immediately after waking (yes, even before coffee!), and one glass before each meal. You'll feel fuller and flush out toxins from your system.

Be Kind to Yourself – Set reasonable goals. Healthy, sustainable weight loss is one to two pounds per week. And remember, success is not based on the scale alone; reducing your waist circumference is a better measure of progress.

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