

Be Sensible When Trying to Lose Weight

1. Remember that lifestyle changes and sensible eating habits that are sustainable get rid of weight. Crash diets and fads only temporarily lose the weight – it comes back as soon as you drop your guard.
2. Keep the food pyramid in mind and make sure that proportions of food you consume reflect eating more from the base and least from the apex. Carbohydrates form the base, followed by fruit and veg, then dairy produce, meat & fish, and finally fat at the apex.
3. Lead an active life – take the stairs whenever you can, go walking, swimming, get involved in sports and pack your holidays with outdoor activities rather than pool side leisure (lazy-ness).
4. Scale down the size of those dinner portions. A heaving plate of carbs and protein before bedtime isn't part of the recipe for getting toned.
5. Drink Plenty of Water throughout the day. But try also to drink water before meals as this will decrease the amount of food you consume.
6. Aim for three square meals a day.
7. Understand the merits of consuming low GI foods. You'll experience more constant energy levels while simultaneously allowing your body to burn more fat. Check out the following link for examples of low GI foods www.glycemicindex.com