

Below are 5 Tips to Help You Lose Weight:

(1) Written Diet Plan - A good diet plan is essential. This plan must be written down and you must be committed to following it on most days. Of course there will be days when you DON'T follow your plan and during those days, FORGIVE YOURSELF and move on to the next day.

(2) Include Foods You Like - Any diet plan must consist of foods that you normally eat. The trick is to cut portions. Small portions of meats (stick with fish and poultry), pasta and other carbohydrates combined with larger portions of vegetables. Be sure not to drench your veggies in too much butter or overcook them.

(3) Limit Calorie Consumption - I know this is not popular. People do not want to hear that losing weight demands some type of sacrifice. But the bottom line is "YOU MUST BURN MORE CALORIES THAN YOU TAKE IN TO LOSE WEIGHT". Therefore, weight loss will happen more quickly by limiting calorie consumption to 1200 - 1400 calories if you're a women and 1500 - 1700 calories for men.

(4) Give Yourself A Free Day - All plans become cumbersome if you don't allow some freedom. Always allow one free day of eating every 7 to 10 days.

(5) Include Exercise in Your Plan - Write down the day and time you will exercise. The preferred exercise is walking at a fast pace. This can be done at lunch, before work or immediately after work, 3 to 6 times each week. If you're really short on time, plan walks for the weekend plus one walk during the weekday. Remember to walk at a brisk pace to get the most calorie burn from your exercise.