

**Free E-book**

**Free E-book** **WEIGHT LOSS TIPS**  
**on how to lose weight fast**





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## Introduction

*This is research and information gathering which is done for the benefit of those who struggle on a daily basis of weight problem, or those who want to change their body into the one they always admire. The information that you will find here in this small e-book will assist you.*



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## Simple guide for fast weight lose

One of the hardest problems when it comes to weight loss is fast weight loss. Many people struggle to get the weight off in a timescale that they feel happy with, and as such this can cause all manner of unfortunate problems with motivation and belief that the system is working. Instead of looking at the negatives of weight loss, though, it helps if you can look at the ideas of how to make fast weight loss possible.


Getting rid of weight quickly is quite easy if you know what has to be changed and adjusted. Here, we've broken down some of the most obvious things you can fix about a typical lifestyle to make it more likely that you won't have to deal with the irritation of weight gain again in the future. Want to get it all dealt with nice and quickly, then? Try any of the following;

Start off by building a food journal. Food journals are very popular methods for helping you make a positive change to your position and your weight gain.

By simply keeping a log you can make sure you fully understand what direction you should be heading in, helping you appreciate progress. It will also help you prove to yourself how good – or bad – you have been this week. Quick weight loss is made much easier when you have some much-needed accountability to fall back on in the first place!

Give yourself another positive by limiting yourself to a weekly volume of high-fat foods.

Very few of us can cut it all out entirely so don't try and do that, instead try and limit yourself. Whether it's your favorite bag of chips or a doughnut you like to enjoy, you have to make sure you have some very specific rules that you will stick to in future. Keep trying to drop it down to X



amount per week until you are at one just two per week and you'll notice that fast weight loss is soon a whole lot more enjoyable.

Don't sit and watch the fat food commercials! They make you think too much of the things you want to be avoiding and instead tempt you to go down a bad route.

Instead, get up and make yourself do the opposite – do some basic jogging on the spot, a bit of simple exercise, anything at all. Just take the time needed to start working with a bit of exercise instead of listening to the guy on the TV tell you all about the latest fudge doughnuts that are currently half price. This will help you burn as much as 250 calories per day, just with a 2-minute exercise regime between each set of adverts (on average for watching the TV for 2 hours.)


## **5 easy ways to lose weight fast without exercise**

Want it so bad don't you? Maybe you are looking in the wrong place trying to lose weight fast without exercise yes it can happen it is possible.

However, there are many little aspects of your life and your general activity that you can change to make sure you are moving towards losing weight fast without always having to exercise in the future. It takes a lot of work and commitment on your end, sure, but losing weight without having to exercise is going to be made much easier if you try and stick to the following ideas.

These are all proven to help you get into the mood of losing weight;

- 1- Chew all of your food and slow down how quickly you eat. This is a simple trick that we can all do – and why does it matter? Because chewing your food means you eat slower, meaning you eat less and eat



smaller portions. It's a mental thing mostly but it shows that you feel fuller because you eat slower – your mind feels more satisfied because of that chewing you've been doing.

2- Eating something that you should not eat? Let me give this tip try to have a much smaller portion than the normal one you used to have. A smaller portion in a small plate is another good mind trick that makes you feel like you have had enough.

3- One thing we always come back to when it comes to losing weight, especially when you want to lose weight fast without exercise, is to **eat more protein**. Get more protein in your diet – Greek yogurt, lentils, almonds, quinoa and chicken should become a staple of your meals in the future. Protein makes it easier for the body to manage itself, and also because hunger helps to dictate how our hunger hormones react.

4- Try and add more **fiber** into your diet, too. Try and get as much 'vicious fiber' as you can as it really helps to make you feel full. Fiber means you are less likely to need to eat more later on in the day, reducing food intake and making it less likely you'll be scoffing your face with treats later on! Good fiber-based foods to be going for includes flax seed, oranges and asparagus. Beans and oat cereals do the same thing, too.





5- **Drink more water.** Drinking water will make you eat less along the way as well especially if you drink plenty of water before a meal. Just a half-liter of water half an hour before a meal can help you eat less from your meal. It will make you far more capable of managing your portions and making sure that you don't go over the top here.

Bonus tip: Another major element of being able to lose weight fast without exercising is to simply eat without distraction. This is the easiest one to do of all – instead of watching TV and the like, concentrate on the food. This saves you from overeating and can help meal intake by 10%!



### **A simple way to lose 10 pounds fast**

According to the most losing 10 pounds fast it is not going to be something easy, but if you have a desire to shift ten pounds in a sharp pacing of time then you only need to have the willingness to get towards that goal that's all what it takes . All you need to do is be prepared to start working on your body and looking for an easier way to start managing yourself via more exercise, slightly healthier eating and more active living in general. Easier said than putting it in action.



## **Compounds for Control**

The best way to fix this problem and lose 10 pounds fast is to start doing exercise in the right way. Here is the best way to speed up the weight loss is Compound exercises.

Compound exercises are exceptionally useful as they offer you a good way to start moving that weight as fast as possible due to the fact you are working multiple joints at once. A compound exercise will ensure you are working a many parts of the body as you can at once, creating a large area of effect improvement across your body. This causes tiny muscle fiber tears which need protein to reload and recover, though, so be sure that you up you protein intake and make sure your body is getting as much as it needs. Run yourself through a macronutrient calendar to see how much your body needs and you can change your protein intake to match.

## **Finding your Threshold**

Another important element of making sure your body can get into the finest shape that it can is quite easy – VO<sub>2</sub> maximum thresholds. Outside of its scientific name, a VO<sub>2</sub> max threshold is all about knowing that you have gone to the 100% limit of what your body can take.

This is very important as a failure to push your body means a failure to lose those ten pounds. Your body has to be approaching its VO<sub>2</sub>max, otherwise it will not use oxygen effectively when you are training.

A good way of judging this side of the training regime you might want to go down is a simple test. Try and work with someone there when you try and go to your max. Can you have a chat during the rest period? If you can then



you can rest assured you aren't hitting your VO2 max threshold – you should be breathless!

Remember that the exercises you are going to be undertaking do not need to be exceptionally tough. A medicine ball slam or a cardio circuit on jump ropes and/or treadmills is that you need to start getting yourself moving into this region of exercise. If you want to start to lose 10 pounds fast, though, you need to exercise.

You can lose weight gradually without exercising if you don't mind incremental change, but if you want to start transforming the way that you look and the way that you feel about your body, you're going to need to consider these.



## Conclusion

I recommend you read it more than once so that the information which this book about will be make a complete used of it .

