

Best step to lose weight

[Food & Diet](#)



**ASSIGN
BUSTER**

There are some ways to make me to slimmer and more attractive. That is losing weight. All I have to do is follow three big steps below. For me to get skinner is doing more exercise. Some people might be afraid of taking this step, but physical exercise work well in decreasing pounds. Especially three steps are walking, swimming and do aerobic. First, swimming is a good sport for those who not only want to have weight loss but also need to improve their height. Swimming about one to two hours at weekend is enough, because your body may not be familiar with long practice yet.

When you are walking, you can burn calories at the same time. Another good exercise to lose weight is aerobics, because it is a high energy activity that uses the entire muscle group in the body. The second step is avoiding food with fat and sugar. For example, instead of three large meals, eat five or six small means or snack a day, and next, because you do exercise, so you need energy to work out, so try to eat protein food like fish, egg and fat free or low-fat cheese and drink a lot of water.

When you feel hungry, but you already had a meal, you can eat more vegetables and fruits to fulfill your hunger. Third, keep a diary, write down everything that you eat and every minute of exercise that do, then you'll see how much healthier and stronger you have while you've lost weight, and set minigoals is important also. Instead of thinking that you need to lose 10 pounds, think that you want to lose 1 to 2 pounds this week. Or you can focus on non-pound goals like skipping after dinner snacks this week.

In conclusion, is to be patient, which is very important. Many people give up their weight lost goals and exercise only within a week. If you stop trying, then nothing changes, and you will be as fatty as, or even fatter than before.

<https://assignbuster.com/best-step-to-lose-weight/>

Losing weight is not as difficult as is thought if you have enough patience to do exercise, go on a diet and keep your mind at ease. Following the steps above, you will be a pro on losing weight and have a good body shape and healthy body.