

Hints for Losing Weight

Keep a Diet Journal

NO, I mean REALLY keep a journal this time. One of the most important aspects of losing weight is keeping a diet journal. Diet journals allow you to keep a detailed record and track everything you put into your mouth. You will gain an immediate consciousness of your eating habits.

Your diet journal will keep track of how many meals you eat everyday, the size of your meals and when each meal is consumed. Are you a late night eater? How about an afternoon binge eater? Your diet journal will provide a wealth of information to learn from.

Along with recording all of the foods you eat, your diet journal should also contain your feelings, thoughts and reactions with each meal. Were you actually hungry when you ate or just bored? Did you eat because you were happy, sad or frustrated? Did you feel anxious or rushed during a meal? Also, make sure to record how you felt after you ate your meal. Did you feel tired and lethargic?

These are extremely important points to document when keeping your diet journal. It's amazing how much you will learn by recording these dietary events and using this tool is crucial for permanent weight loss!

Take Photos of Yourself Weekly

Pictures don't lie. Track your progress with photos. Keep a detailed photo gallery of your progress. Take pictures of yourself every week in your bikini or swimsuit. Snap 3 pictures ever week including a profile, frontal and rear photo.

Include these with a diet diary and exercise journal so you can see how your body looks each week while you make changes to your diet and exercise program. Remember, sometimes the scale does lie.

Your scale may read that you have not lost weight, but you could have lost 2 pounds of fat and gained 2 pounds of muscle but lost inches.

Lean muscle is extremely metabolic tissue and the more you have on your body, the more calories you burn even when you're just sitting around!

By analyzing photos of yourself, you will be able to reference your physical appearance from week to week. This is a very important tool that you can use to help you immensely with your competition and weight loss plan.

Use the Power of Protein

Your muscles need protein. Muscles are mostly water and proteins. You should include a lean protein source at every meal. You need the amino acids that comprise the protein you consume to repair, maintain and facilitate growth in muscles. You need them to look hot in your competition or beach swimsuit.

Protein is also used in other ways by the body, specifically by enzymes, blood and other cells. Adding protein at each meal will generally reduce the glycemic index of the meal. Your protein should come from lean sources that are low in fat and calories.

Never Skip Meals and Make Sure to Eat Breakfast

Eating increases your metabolic rate. Always eat breakfast that includes protein. Your body has been fasting for 6-10 hours from sleeping and is primed for energy building refueling. Researchers have found that people who ate breakfast every day were a third less likely to have blood-sugar problems, which increase the risk of storing fat and zapping your energy physically and mentally.

Eating healthy the first thing in the morning not only helps to stabilize blood sugar levels it regulate appetite and mood. When you eat breakfast you are less likely to be hungry during the rest of the day and are, therefore, less likely to overeat at other times of the day.

Circuit Train for Great Results

Circuit training burns a lot of calories and is time efficient. A great training method to add variety into your cardio routines is to use Circuit training. Circuit training allows you to switch between multiple forms of exercise in one session.

This keeps your routine fun and also burns extra calories by adding more intense styles of cardio exercises. A sample Circuit training cardio routine may include 15 minutes jogging on the treadmill, followed immediately by 15 minutes on the elliptical training machine and then followed immediately by 15 minutes of stationary cycling.

This cardio workout consists of 3 different exercises and last a total of 45 minutes in 25 lengths. You can decrease or increase each time interval to fit your fitness level. You want to start out with the most intensive exercise first and end with the least intensive exercise. Always make sure you warm up and stretch and cool down and stretch to prevent injuries.

I hope this helps you get started on the road to your new body and your next great achievement.

Don't ever give up and don't ever quit!

Make this your best journey ever!