HOLIDAY WEIGHT LOSS TIPS

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Lose Weight Effortlessly

Below are some good tips for weight loss to try. But if you already tried them all or you have tried all the other diets out there and it just did not work for you, then there is an even easier way to lose weight without the cardio and diet:

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The Holiday Season is one in which we all indulge ourselves in over-abundance.

Especially when it comes to food. Food has become a central part of our get-togethers and parties around the holidays, so it is important that we remember to make smart food choices. And this is something that is almost always easier said than done when you see some of the decadent food choices made available, made with love, by your friends and family.

In most cases, the majority of the party-going people, won't be concerned with watching their weight, so they are less inclined to bring healthier versions of their best recipes. Then it becomes our own burden to stick with our diets or to watch what we eat as the food choices are always so tempting!

This eBook is your guide to losing that first ten pounds that we all struggle with. It's amazing what little changes in your life can add up to you losing ten pounds and they all revolve around eating right and getting your body moving.

Chapter 1

WEIGHT LOSS BEGINNING WITH WHAT YOU DRINK

First and foremost, people don't realize that what they drink is the first step in losing that first 10 pounds. In fact, most people don't know that when they feel hungry, they may actually be dehydrated and they are really thirsty, not hungry. Water is remarkable as well. Over 66% of your body weight is nothing but water. This is also why water plays an important role in weight control. So **TIP #1** is:

Drink plenty of water. It is recommended that you drink 8 glasses per day, but that may take you some time to work up to. Your body needs a whole lot of water. Water doesn't just flush all the toxins out of your body, but it makes you feel better and healthier. When you drink a lot of water you just begin to feel fit and this is the motivation you need to lose weight.

The best thing about water is you can drink as much as you want because it has no calories at all. When you're drinking a lot of water, you eat less as well because you won't feel as though you are starving to death. Remember, if you feel hungry, try drinking a glass of water first and you'll realize you were probably just dehydrated and not hungry at all.

The whole 8 glasses a day rule is really something you should strive for. The best way to do this and to measure your water intake is to buy a jug from the drug store or grocery store that is designed to hold exactly 8 glasses of water. These are great weight loss tools because you can fill them up, freeze them and as it melts throughout the day you have fresh and cold water. Or, if you don't mind your water room temperature you can drink it that way as well. All that matters is that you're getting in the water your body needs.

TIP #2: Start off your day with a fresh, clean glass of water. As soon as you get up in the morning, drink one down. This will help your body to get going because it won't be fighting

through dehydration. Also, after you drink a glass of water you won't need to eat such a large breakfast. A glass of water wakes up all the digestive juices in your body and gets it well lubricated. You can always have your morning coffee or tea, but be sure to have a glass of water afterwards. Caffeine dehydrates you and you want to ward off dehydration.

TIP #3: Drink a glass of water before you sit down to eat. Water will naturally make you feel fuller so you don't have to eat as much food.

TIP #4: Have a glass of water while you eat as well. Take a drink after each bite and you will feel full more quickly so you can leave the table feeling satisfied without feeling bloated. Drinking water while you eat will also help your food to settle more quickly, which also helps you to feel full faster.

TIP #5: Do your best to stay away from soda. All sodas are sweetened with lots of sugar. The more you can cut out of your diet the better. Also, diet soda is still soda. It may not have as much sugar, but it has other chemicals and components that are not good for your body either. If you drink a soda, counteract it with a glass of water. Remember, caffeine dehydrates you as well. Decaffeinated sodas still have caffeine in small amounts as well and just as much sugar, so they are not much healthier either.

TIP #6: Fruit juice isn't as healthy as most people think either. Juice actually has a lot of sugar in it as well. If you are craving a glass of juice, drink fresh fruit juice instead of juice that has artificial flavors and coloring. It is even better if you can make your own fruit juice. Just be sure not to add too much sugar which adds to the calories. Instead of drink fruit juice, eat more fruit. Fruit provides your body with much needed fiber as well as vitamins.

TIP #7: Drink In Moderation.

No, this is not an advertisement for drinking and driving, even though you should always have a designated driver if you plan on drinking more than the legal limit of course, or anything at all due to cold, icy, roads.

Rather, many holiday drinks are packed with extra sugars, so watch how much of the good old eggnog you drink.

This goes for either alcoholic and non-alcoholic beverages. Water is always a great choice, or non-sweetened tea or coffee. There too, is also diet soda pop if you are a soda drinker.

TIP #8: Go easy on the tea and coffee. They are pretty much harmless if you don't add a lot of cream and sugar to them. It is the cream and sugar that becomes fattening. Think of it this way, when you have a cup of coffee or tea with cream and two cubes of sugar, you are essentially eating a piece of chocolate cake every time. Now think of how many pieces of cake you are eating when you have a Venti Starbucks Latte – yikes.

TIP #9: If you must have your tea and coffee, try to drink it black. Black tea or coffee actually has health benefits to it as long as you counteract the caffeine in your body with a nice big glass of water. Caffeine is also not good for you because it affects functions in your body, like your metabolism.

Another type of tea that you can drink freely is green tea. Green tea has been used as a medicine in China for over 4,000 years. It aids the digestive system and can help ease an overly full stomach and it has been linked to a reduction in cancer risk.

TIP #10: If you can say no to alcohol, then that is best. Alcohol beverages are not exactly good for you, although a glass of red wine does have heart benefits, most are just fattening. Beer is especially fattening. Cocktails are fattening depending on what they are made of. For instance, whiskey and Coke. The whiskey may not be fattening, but the Coke definitely is. Plus, after a few drinks, most people get the munchies, and when you're feeling a little inebriated and hungry you won't be able to make rational decisions regarding your diet *and* it's usually late at night, just before you pass out from a night of drinking, that you overeat. The overall combination is just not a good one.

TIP #11: If you must have alcohol, try dry wine. Dry wine is better than your sweet wines because sweet wines have more sugar! Dry wines have sugar, but most of it has been fermented away into alcohol and from a weight gaining perspective, dry is better.

TIP #12: Another word on coffee, that is not necessarily bad, but more interesting than anything. Some people have reported that when they drank black coffee before exercising, they lost more weight. There's no scientific proof to back this, but nutritionists believe it may be caused by the body being forced to depend on fat for fuel. Hey, it's worth trying if you can stand black coffee. Just remember to drink plenty of water during your exercise!

TIP #13: Avoid drinking excessive amounts of coffee, as it desensitizes your body to the natural fat-burning effects that caffeine has. One or two cups (if the day's really slow to get started) max.

Chapter 2

EATING WELL AND LOSING THE POUNDS

Okay, when most people think about losing weight and eating, they think about dieting. Well, unfortunately, all of the fad diets out there tend to cause people to gain weight. Why? Because they starve them to death and the person eventually breaks down and eats everything in sight because they are so darn hungry. They also deprive them of the foods that they love. This is not a way to lose weight, nor is it a way to live. You only cause yourself stress, which actually causes you to gain weight!

So, in eating right there are a few tips that you can follow each and every day and they're not going to deprive you of the foods that you love, but treat those foods as luxury items so you enjoy them that much more.

TIP #14: Eat fresh fruit and vegetables that have high water content. These are foods like tomatoes, watermelons, cantaloupe, kiwi, grapes – you get the idea. All of those fresh and flavorful juicy fruits and veggies are good for you. These items contain about 90 to 95% water, so you can eat a lot of these and they will fill you up without adding on the pounds.

TIP #15: Eat fresh fruit instead of processed fruit. Anything that is processed has more sugar. Processed and canned fruits also do not have as much fiber as fresh fruits.

TIP #16: Increase your fiber intake as much as you can. This usually means eating more fruits and veggies.

TIP #17: Veggies are your friends when it comes to shedding pounds. There are tons of options here and you may even want to try some you haven't had in the past. The leafy green varieties are the best and you always want to work in a salad when you can. Salads are packed with nutrients as long as you don't pour too much dressing on and load them with too much cheese. The leafy greens also have a lot of natural water.

TIP #18: Eat In Moderation With Smaller Portions.

This way, you can still partake of all the wonderful eats without packing on all the extra pounds that go along with all those goodies.

And remember too to balance out the bad foods, or those that are packed with sugars and carbohydrates, with good foods such as plain fruits and vegetables.

TIP #19: Be intelligent about what you eat. Don't eat just to eat. Animals eat on instinct; people eat when they know their body really needs it. Don't be an impulse eater.

TIP #20: Watch everything you consume from the food itself to what you top it with. Garnishments and condiments can sabotage a healthy meal because they are typically high in fat.

TIP #21: Get a handle on the sweet tooth. This doesn't mean you can't have your sweets; just don't eat them as a meal. Always remember that these sweets end up adding to an area that you don't want them to add to. Don't deprive yourself either though, because then you'll eat twice as many as you should.

TIP #22: Set meal times and stick to them. Try to have your meals at specific times and eat them at that time. An eating pattern will help you to control what you eat and when you eat it. Also, it really is better to have 5 small meals a day rather than just one or two huge meals. Just eating once a day makes your body feel as though it is starving, which packs on fat instead of using it as fuel. Also, don't wait until your starving to eat. This only makes you overeat until you're stuffed.

TIP #23: Eat only when you are hungry. Be sure to drink a glass of water first to determine if you really are hungry or if you are really thirsty. Many people have the tendency to eat when they see food. It doesn't mean they are hungry; they just want to eat it. Don't eat anything you're offered unless you really are hungry. If you feel you must eat it out of being polite, just nibble, don't have a meal.

TIP #24: Try not to snack between meals, but if you must have a snack make sure it is a healthy one. If you travel a lot try to find healthy snacks and not junk food.

TIP #25: Veggies make great snacks. They can get you through the hunger pangs if you are having them. Carrots are great because they satisfy hunger and are packed with nutrients.

TIP #26: Counting calories is a good idea for those must-have food items. If it is a packaged food item, then it will have the calories on the packaging. Be sure to pay attention to serving sizes in terms of calories as well. An Otis Spunkmeyer muffin is intended to be two servings, so you have to double the calories listed. This is where food producers get tricky and you can't fall in their trap.

TIP #27: Don't Count Calories Incessantly When On Holiday

This is unnecessary and will drive your loved ones crazy, and yourself too.

Let's face it, there are enough stressors around the Holidays to worry about. Gaining an extra few pounds should be the least of your troubles!

The best thing you can do if you are already dieting is to watch not what you eat, but how much of it you are eating instead of trying to keep track of your caloric intake.

Unless of course you are on a strict diet and need to avoid things that contain higher carbohydrates, sugars, etc. In this case, you would obviously want to avoid eating things like potatoes, breads, cookies, candies, cakes, etc.

TIP #28: Work off the extra calories by the end of the week. If you feel you have splurged too much this week, be sure to get to the gym or go walking a little longer to work off those extra calories you have consumed.

TIP #29: Stay away from all things fried. If it is breaded, it is better that it is baked. Fried foods are immersed in fat and oil. Even after the excess has oil has been drained away, there is still oil absorbed into the food item itself.

TIP #30: Don't skip meals. You should have, at the very least, three meals a day, but preferably five small meals. This will keep you from getting hungry during the day and overeating out of starvation.

TIP #31: Just like fruits, fresh vegetables are better than those that are canned. It is even better if you can eat your veggies raw. When you cook them, you cook away the nutrients. If you must cook them, try to boil them to the point that there is still some crispness to them. Also, don't soak them in butter. If you can buy organic and pesticide-free veggies, that is even better.

TIP #32: Don't eat more than one egg per day. It is best if you can reduce your egg intake to three a week.

TIP #33: Chocolates should be treated as luxury items. Buy the good stuff and only eat them every once in a while. If you really savor each morsel, you'll experience that much more joy in eating them and they will taste even better.

TIP #34: Eat foods from all of the food groups each day. This is a great way to ensure you are getting all the nutrients your body needs and it helps to ward off any diet deficiencies. Also, don't eat the same foods all the time. Experiment so that you don't get bored with the same old diet.

TIP #35: Try to eat breakfast within an hour of waking up. This is the best way to give your body the jumpstart it needs. Don't wait until you are really hungry. Breakfast is important, but you don't need to stuff yourself. The idea is that you're breaking the fast from not easting all night.

TIP #36: Your diet should include all aspects of the food groups including carbohydrates. In fact, your diet needs to be about 50-55% carbs. Carbs are a great source of energy. Those diets that prohibit carbohydrates are actually harming you and only making you crave them that much more. Your diet should cause you to be deficient in anything.

TIP #37: Proteins should make up only 25-30% of your diet. Far too much emphasis is put on meat as the main part of your meal. In actuality, it should be considered more of a side dish rather than the main course.

TIP #38: Fats should make up 15-20% of your meal. This is really all the fat your body needs. A lot of this is going to be in your diet in the form of cream, sugar, and the like.

TIP #39: Eat more white meat than red meat. White meat includes chicken, fish, and some other fowl. Red meat includes beef and pork.

TIP #40: Try to go as vegetarian as you can. This really is a healthier lifestyle, even if you can't cut meat out completely. The more fruits and veggies you can eat the better. The more meat you cut out, the more fat you can cut out of your diet as well. However, protein is important, so be certain that your option allows you to maintain good protein levels.

TIP #41: White bread is good, but go for the whole wheat, multi-grain, sugar substitute holiday food choices. Sure, it's not the same as loading up on all the 'bad-for-you foods, but you'll be glad you did when January rolls around. These breads are another way to add more fiber to your diet as well and they also have a good protein level.

TIP #42: Pork does not assist in weight loss in any way. The less pork you eat, the better off you will be when trying to lose weight. Pork has a high fat content and includes food items such as bacon, ham and sausage.

TIP #43: Limit your sugar intake as much as possible. If you must have sweetener in your coffee and tea, try to find an artificial sweetener that you don't mind the taste of. However, these things are not all that healthy either and should be limited as well.

TIP #44: Try grazing five to six times a day. These are those small meals we discussed earlier. Some people lose weight better when they never feel hungry and grazing on healthy food items can do this for you. Plus, it keeps your metabolism working, which will burn fat naturally.Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua

TIP #45: Don't worry about cheating, but don't cheat for a meal. Eat sweets and your favorite cheat food for the flavor only. If you want dessert after dinner, share one with the whole family. You'll get the flavor, but not the pounds.

TIP #46: Watch your fat intake. Each fat gram is 9 calories. If you know your total calories then you can figure the amount of fat in those items.

TIP #47: Take it easy on the salt and try to cut what you use in half. Salt is one of the main causes of obesity.

TIP #48: Use Reduced Fat, Sugar Substitutes, or Fat-Free Ingredients in Your Recipes.

Lots of people complain that fat-free or reduced-fat ingredients change the flavor of their favorite recipes, and not in a good way. But, in all reality, there is barely a hint of difference in flavor.

In fact, if one did not have the knowledge that normal ingredients such as sour cream had been replaced with a fat-free or reduced-fat substitute, you would never hear a peep about the taste.

When replacing sugar such as pure cane sugar with a substitute such as Splenda, Equal, or the like, you may notice a taste difference.

So, in this case, if you have picky family members, simply make two versions of the same dessert or snacks and let your family opt for their own choice.

TIP #49: Stop Eating When You Feel Full.

This is something most people won't or don't, do. Especially those that are in the 'clean plate' club and don't like to leave extra or leftover food on their plates.

Honestly, there is absolutely no shame in leaving that extra portion of food on your plate. When your tummy feels full, just push yourself away from the table and say "No More For Me Thanks!".

TIP #50: No Eating After 7 p.m.

This can be extremely difficult to do. Especially when most holiday get-togethers happen after 7 o'clock!

If this is the case, then you should eat before you go to the holiday bash.

Chapter 3

LOSE WEIGHT BY CHANGING HOW YOU COOK

Here are a few tips that will help you to lose those first ten pounds by simply changing how you prepare your food. How food is cooked has just as much to do with how healthy it is or is not.

TIP #51: Instead of frying in oil or fat, try baking those items instead. Baking does not require all the fat and oil that frying requires and your food is not soaking in those substances while it cooks.

TIP #52: Use non-stick frying pan spray so you don't use oil. Also, pans that are non-stick don't require as much, if any oil.

TIP #53: Boil vegetables instead of cooking them. You can also steam them, as this is probably the healthiest way to eat foods like cabbages, cauliflower, broccoli and carrots.

TIP #54: Be leery of no fat and low fat food items. There are many of these food items on the market, but they are not exactly healthy. Many of these food items use some sort of chemical or carbohydrate to sweeten them so that they taste better. However, the body turns these chemicals and carbohydrates into sugar in the body, which means they are still getting turned into fat.

TIP #55: Don't fall victim to crash diets. These are bad for you and do more harm than good in the long run. The short-term results are typically that you will lose a few pounds, but once you give them up then everything comes back and your weight is worse the second time around.

You cannot survive on a crash diet and you eventually get to a point where you have to give it up.

TIP #56: Chew your food at least 8 to 12 times whether it is liquid food, sweets or ice cream. This adds saliva to the food that digests the sugar. When food isn't eaten properly and is just swallowed, you fill your stomach with food that isn't ready to be digested and it then does not yield the health benefits that you need.

TIP #57: When you are cooking with oil, use a good Extra Virgin Olive Oil. It is more expensive than vegetable oil, but the health benefits are much better and it is worth the cost. Olive oil has been associated with a reduced risk of coronary heart disease and helps to increase the elasticity of the arterial walls which reduces the chance for heart attack and stroke.

Chapter 4

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Chapter 4

EXERCISING TO LOSE WEIGHT

There are two things that you must do to lose weight and one of those we have already covered pretty extensively and that is to eat right and fill your body with good, clean water. The other thing you have to do is get your body moving. You don't have to purchase a gym membership to get exercise. In fact, there are several things you can do on a daily basis that will help to kick start your body into losing weight and there are several exercises you can do on your own to lose weight.

TIP #58: When you begin working out, whether at home or in a gym, don't be discouraged if you don't see results right away. It takes more than a week to get your body into shape and to begin making progress. Many people make the mistake of believing that their exercising isn't working when it just takes a little bit of time.

If you push your body too much when you first get started exercising you can end up with injuries. Your bones, joints and ligaments are not prepared for the exertion you are putting on them. Don't think that if you really push yourself hard for a few workouts that you'll lose money, unfortunately, the body doesn't work this way. Slow and steady wins the race when it comes to exercising.

TIP #59: Check your weight when you start exercising but don't use it as a guide to how much weight you are losing. Your weight fluctuates throughout the day. If you check your weight every day, you may only end up getting discouraged.

TIP #60: The best way to know if you're losing weight is by the fit of your clothes. If you start to feel as though you're floating in your clothes then you know you're eating and exercising is doing you some good. Another way to know if you're losing weight is if you can begin moving where you usually buckle your belt, of course, tighter is better.

TIP #61: When you periodically check your weight and the fit of your clothes, reward yourself. Buy yourself some new running shoes or a new pair of jeans. This will help to keep you motivated as you pursue your weight loss goals.

TIP #62: Take a day off from exercising to provide your body with a chance to rest and repair.

Your body needs a day off once a week.

TIP #63: Three days of 30-minute exercise will help you to maintain your weight, but you need at least 4 days of 30-minute exercise to begin to lose weight and 5 days a week is even better.

TIP #64: Collect information on exercise and easy things you can do from your own home. There is tons of extensive research available on exercise and you can choose what will assist you the most to meet your weight loss goals. Browse the Internet or pick up some books on health and exercise from your local bookstore or library to learn more and how to burn off the desired number of calories you are trying to burn each week.

TIP #65: Try to find an exercise buddy. This should be someone who is as committed to exercising and losing weight as you are. One of the advantages of finding a committed partner is that you have someone to keep feeling responsible to them. The knowledge that someone is

waiting on you makes it easier for you to get out of bed and go exercise with them. You wouldn't want to stand up your exercise buddy, would you?

TIP #66: When your body tells you it has had enough, take a break. When you have worked out for a considerable amount of time, you will start receiving signals from your body. This is particularly important when you are just getting started in your exercise routine.

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