

25 Ways to Lose 25 Pounds

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About The Author

David Barnes is a fitness instructor and nutritionist and has been touring college campus around the United States to talk to students about the benefits of maintaining a healthy lifestyle through proper diet and exercise.

In this book, 25 Ways to Lose 25 Pounds, David provides proven methods to improve your health and shed your pounds in the process. There's no shortcut methods provided, just an honest collection of the most effective ways to drop pounds FAST.

Thank you for your interest in this book and I'm excited to be part of your new journey to getting into the shape you've always desired.

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Table of Contents

Weight Loss Method One	4
Weight Loss Method Two	6
Weight Loss Method Three	8
Weight Loss Method Four	10
Weight Loss Method Five	12
Weight Loss Method Six	14
Weight Loss Method Seven	16
Weight Loss Method Eight	18
Weight Loss Method Nine	20
Weight Loss Method Ten	22
Weight Loss Method Eleven	24
Weight Loss Method Twelve	26
Weight Loss Method Thirteen	28

25 Ways to Lose 25 Pounds

David Barnes

Table of Contents (continued...)

Weight Loss Method Fourteen	30
Weight Loss Method Fifteen	32
Weight Loss Method Sixteen	34
Weight Loss Method Seventeen	36
Weight Loss Method Eighteen	38
Weight Loss Method Nineteen	40
Weight Loss Method Twenty	42
Weight Loss Method Twenty One	44
Weight Loss Method Twenty Two	46
Weight Loss Method Twenty Three	48
Weight Loss Method Twenty Four	50
Weight Loss Method Twenty Five	53

25 Ways to Lose 25 Pounds

David Barnes

Weight Loss Method One

The best way to lose weight can vary from one person to another to some degree, but there are some common denominators that will work for everyone.

The basic idea is to take in fewer calories than you burn. It sounds pretty easy, doesn't it? And the truth is that it is not that difficult to do but you do need to know how to do it.

Of course, if you have any health issues you should always talk to your doctor before you start any diet or exercise plan. It's a good idea, and will usually improve your health, to lose weight and get in shape, but that doesn't mean it is without risk if your health is already compromised.

The best way to lose weight is to identify where you can start making some simple changes in your daily life. Instead of trying to make huge changes all at once, why not target one small change at a time instead?

By doing this it will be easier to make these changes permanent. So, what is the one biggest problem you have with your diet? Do you drink too much soda or put too much cream and sugar in your coffee?

If that's the problem, why not just cut back on how much you drink everyday? Something so simple can make a difference. Will it make all the difference and help you lose all the weight you want to lose? Maybe not, but weight loss should never be thought of as a short term, or temporary fix.

Instead you should think of all these changes as just one piece of the weight loss puzzle. By making one small change at a time you can get where you want to be but it will take some time.

You can use this same, one small step at a time, approach with your exercise too. Instead of trying to go hardcore at the gym you can just add a little exercise to your daily routine.

Most everyone will have an easier time of sticking with some small, simple changes than doing a major overhaul in their life. If you stick with it, you will get the changes you want and you will be able to maintain the weight loss for the rest of your life.

Also, make sure you drink plenty of water and get plenty of sleep. By keeping your body hydrated you are allowing your metabolism to work at it's best. You can also flush a lot of toxins out of your system if you continually drink a lot of water.

For most people, it is recommended you drink half of your body weight in ounces of water every day.

Ultimately only you can decide what the best way to lose weight will be for you. Everyone is different and everyone has their own traits that will make one path easier than another. But these tips may give you some place to start with your fitness efforts.

25 Ways to Lose 25 Pounds

David Barnes

Weight Loss Method Two

There are so many different diets to lose weight out there that trying to figure out the best one for you is absolutely mind-boggling. There's the milk diet and the chocolate diet and the soup diet and other extreme diets that will help you lose weight, some very quickly, but, they just do not teach you how to eat better for the rest of your life.

One of the best diets to lose weight is not a diet at all. It is a lifestyle change. If you just make some simple changes with the types of food you eat, watch your portion sizes and get a little exercise everyday you will lose weight.

Here are some simple guidelines. If you drink a lot of pop, stop. Switch to water or green tea. If you switch to green tea get the flavored stuff, it just tastes better. Flavor your water with a little lemon or lime juice. Not only will this give the water some flavor, citrus is a natural diuretic and will help with any and all water weight you have.

If you eat out a lot, stop. Start cooking for yourself more. If you do not consider yourself a good cook then learn a few simple meals and practice. The more you do it the better you will get. Eat a lot of salads, too. They are easy to make, you can just go buy a bag of pre-washed salad greens and add what you want. Throw in 3 ounces of grilled chicken breast, canned tuna or salmon fillet and you have a great meal.

A secret...try a Greek, raspberry or balsamic vinaigrette. They are all very low in carbs just be sure to measure out the correct serving size. A little vinaigrette goes a long way. Or learn to make your own low-fat, low-carb salad dressing. It is totally up to you.

Eat five or six small meals a day. This may seem like a real big pain in the backside but if you plan things out and do it right it will make putting these meals together a snap.

Just cook a bunch of chicken all at once and portion it out or buy the small cans of tuna. They are already three ounces, hey, look ma, no measuring!

Keep the already portioned chicken in the freezer and just thaw it out in the microwave when you need it. I would not recommend pre-cooking fish though, it takes no time to cook and is much better if you eat it right after it is cooked.

If you eat a lot of bad carbs, stop. Bad carbs come in the form of all the processed food you see on the shelves at the market. Breads, cereals, anything made from white, flour, white sugar, and even white rice are all considered to be bad carbs. all they do it raise your blood sugar and then add to the fat around your middle.

Like I said, making small changes in the way you eat and what you eat is one of the best diets to lose weight that I have found. Follow these tips and you will soon be losing weight, too.

25 Ways to Lose 25 Pounds

David Barnes

Weight Loss Method Three

Looking for easy ways to lose weight? Want to do it with a minimum of hassle or sacrifice? Want to do it pretty quickly too? If so, keep reading. I may have just the weight loss plan for you...and if you do it the way you are supposed to, it is totally healthy too.

Now, it's time for my disclaimer: I'm not a doctor or nutritionist so I can't advise you medically. So you need to talk to your doctor before you start any weight loss or diet plan. He can tell you what you can do, what you can't do and what you should do.

Make sure your weight loss is done safely, there really isn't any other way.

Now, I will tell you about the "diet" plan I used and I lost almost a pound a day.. in was a healthy plan too. And, in case you are wondering the word diet is in quotes because that word can really conjure up the wrong ideas.

For the purpose of this article I use the word diet to mean what I eat and how much and how often. I don't mean diet in the terms of starving myself or hardly eating anything at all and feeling hungry and deprived (which is a dumb method and doesn't work for the long term anyway).

So, here is the easy ways to lose weight that I used and I lose 6 pounds in one week:

1. First, I ate more food during my day! Weird huh? But I didn't just fill up on high calorie low nutritional value food. I ate food that fueled my body. Food that kept my metabolism burning hot.

That means that no matter what I was doing; watching t.v., sleeping, etc. I was burning more fat. My metabolic "furnace" was just going and going and going.

2. I ate between 5 and 6 times a day. Most of my meals and snacks consisted of the same types of food: some lean protein such as chicken, fish or seafood, some fresh vegetables such as spinach or a salad, and some small amount of carbs such as a little rice or small portion of pasta.

I would also have fruit during the day. Mostly I concentrated on what I was putting into my body. I tried to concentrate of foods that were going to provide my body with needed nutrients, not just useless calories.

3. During the first week I love 6 pounds and at that time I wasn't doing anything different except eating these small, nutritious meals throughout the day. I hadn't increased my exercise at all. I did make sure to drink more water too.

I've never been a big fan of all the weight loss pills, potions and gadgets. I think easy ways to lose weight are really just about giving your body what it needs, in the right quantities and at the right times. That is what my "diet" is all about.

25 Ways to Lose 25 Pounds

David Barnes

Weight Loss Method Four

Is it true? Are there really easy ways to lose weight fast? Well, I guess that really depends on two main things: how much weight do you need to lose and what do you consider "fast"?

If you only need to lost a few pounds, say 2 up to 10, than you can probably drop that weight pretty quickly and easily. If, on the other hand, you need to lose 15 or more pounds and you want to do it in a week or two, you may not have realistic expectations.

There are some easy ways to lose weight fast, but most of them will only involve losing some water weight and will only result in losing a few pounds. The water weight will usually come right back as soon as you starting eating normally again.

The fast methods don't usually include actually losing excess body fat. Losing the excess body fat, as opposed to only losing water weight, is the only real way to lose weight and have it stay off (at least as long as you don't just go back to your old habits of eating).

Many of these fast weight loss plans will revolve around some sort of liquid fasting or cleansing. There are many variations but the general theory is the same:

1. You will greatly reduce, or eliminate completely, eating solid foods for several days.
2. During that time you will ingest only liquid shakes or some sort of cleanse mixture. There are many recipes online that you can try. The idea is to provide your body with the nutrients it needs and/ or help you flush toxins out of your body.

For the most part, these types of weight loss plans are good for getting off to a quick start but if you need to lose more than 10 - 15 pounds, it's unlikely that you will get the results you want from just this method.

I don't mean to be the bearer of bad news but any significant weight loss is going to take some time and it is going to be the result of a combination of watching what you eat as well as some sort of physical activity.

Pills, potions and gadgets will only get you so far, from that point on you will need to get more exercise and eat less (also eat better).

But, having said that, don't make the mistake of thinking that to lose weight you need to go hardcore. Some simple lifestyle changes can make a big difference. The most important thing to remember is that unless you want to gain the weight back right away, you have to make permanent lifestyle changes.

Just going on a "diet" will only allow you to lose weight, but if you don't make permanent changes you will just gain it all back sooner or later.

There may not really be such a thing as easy ways to lose weight fast if you have a lot of weight to lose. But there are some simple things you can do to make changes to your life that will result (maybe not in quick) but permanent weight loss.

25 Ways to Lose 25 Pounds

David Barnes

Weight Loss Method Five

What are the best exercises to lose weight? Well, I think that depends on you and what you like to do. The best way to lose weight is to find the things you like to do and then do them as often as possible.

First of all, though, you will need to talk to your doctor to find out what he recommends. You need to be careful about the type of activities you do if you have any underlying health issues.

Make sure you talk to your doctor to find out what she recommends not only for your diet but also for your exercise routine.

After you've had a heart to heart with your doctor, you can then begin with your new workout plan. No matter how great your exercises to lose weight are, you will still need to eat the right kinds of food in the right amount.

Losing weight will be about more than just one element. To really get the most out of your weight loss efforts and to keep your body healthy you will need to eat right and get more exercise. Simple as that.

Ideally, you will want to combine two types of exercise: cardiovascular and resistance.

Both forms of exercise will allow you to get in better shape but you really want to do both.

Cardiovascular exercise will help you increase your heart and lung capacity as well as strengthen those muscles. Doing cardio on a regular basis can also allow you to lower your blood pressure and possibly reduce your risk of stroke and heart attack.

Resistance training will help your body in other ways. For one thing, if it's done properly, there can be a cardio component to weight training too. If you do each rep slowly and smoothly you can increase your heart rate somewhat.

But, the biggest benefit of doing resistance training is that you can build up your lean muscle mass. Now, you must listen to this because it's important, building lean muscle mass and "bulking up" are two totally different things.

Unless you are a man, a genetic anomaly, or you take drugs you won't bulk up "accidentally". But what you can do by adding more lean muscle is allow your metabolism to burn hotter all day every day and that can result in more weight loss no matter where you are or what you are doing.

Having some lean muscle mass will also help you appear slimmer since the muscle will kind of "cinch" in your waist. It sort of acts like an all over girdle.

Adding a solid diet full of lean protein and plenty of fresh fruits and vegetables, drinking plenty of water, getting plenty of sleep and doing your workout is the best way to get a great body more quickly.

To get the most out of your fitness efforts and to find the best exercises to lose weight, you should talk to your doctor first then combine both cardiovascular and resistance training. That way you can build the body of your dreams.

25 Ways to Lose 25 Pounds

David Barnes

Weight Loss Method Six

Most people realize that to lose weight they must take in fewer calories than they burn. If they are bringing in more calories than they burn those excess calories are being stored as fat.

To accomplish that goal many people will try to exercise harder. The more cardio they get, so goes the theory, the more weight they can lose. To a point that is true... only to a point though.

You see, you will still need to get enough of the right types of foods into your daily diet if you want to keep your body functioning at it's optimal level.

Just trying to use exercises to lose weight fast while thinking you can still eat whatever you want is a recipe (pardon the pun) for disaster.

If you eat crappy low value food on a regular basis you aren't providing your body with the nutrients it needs. That means you will only be working your body hard but not giving it adequate fuel.

Think of it like this: you wouldn't want to take your car to the local race track without giving it enough oil, would you? Of course not. When it comes to our bodies we often treat them worse than we would our vehicles (which is kind of dumb when you think about it).

Along with the cardio, you should also implement some weight training. This will pay dividends in a few ways. For one thing, you will increase (I said increase, not bulk up) your lean muscle mass.

Lean muscle will increase your metabolism all day everyday. That means that no matter you are doing you will be burning more calories. That means even when you are sitting on your bottom in front of the t.v. or fast asleep in your bed your body will be burning more calories.

Another benefit of lean muscle mass is that it will make you look thinner. It kind of acts like a full body girdle. You will look tight and toned.

In order to gain lean muscle mass you will need to incorporate some light weight training into your fitness routine. It doesn't have to be some extreme, intimidating workout. just a little bit of weights a few times a week (along with a good eating plan) can make a lot of difference.

So, the bottom line, is to get the most out of your weight loss efforts, for most people, you will need to combine the best of both worlds: eat right and get some exercise.

Of course, before you start any type of exercise program make sure your doctor is on board and gives you her ok. You don't want to risk making your existing condition worse by overdoing the exercise side of things.

You will want to get plenty of exercise and there are many exercises to lose weight fast that you can use in conjunction with a good eating plan. Combining the two will help you get the most out of all your efforts.

25 Ways to Lose 25 Pounds

David Barnes

Weight Loss Method Seven

Most of us have had to wage our own little battle of the bulge at one point or another in our lives. To increase your odds of success the next time, here are some tips on the fast ways to lose weight.

Now, be aware, that these tips are going to be the best options you will have for fast ways to lose weight, the healthy ways only. Some of the tips I will give you may actually be a little borderline but they should be ok if you only use them for a short time to jump start to your weight loss.

Here are some important things to keep in mind:

1. Many times you can jump start your diet with a cleanse and / or a fast. Of course, before you start any type of diet, cleanse or exercise program you absolutely should talk to your doctor first. There can be dangerous side effects and that can be compounded if you already have some health issues.

A cleanse will enable you to cleanse your body of a buildup of fecal matter and toxins. It may sound gross but it can be a good way to lose some weight right off the bat.

Be aware, though, that this type of weight loss is almost always water weight. As soon as you start eating solid food again, you will just gain it all back. It is more about cleansing your body than any real weight loss.

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