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FRUIT & VEG

25 WEIGHT LOSS TIPS

by: SP Concierge © 2025

We all want to have a fabulous-looking body that makes people jealous. Yet, most people have to be content with using filters on their pictures posted on social networking sites. Most people would do anything to have the bodies they want. But very few have that body. Obesity or extra weight is a common problem. A simple search on the internet will show countless results, explaining numerous ways to reduce weight, but very few of them work effectively.

1. Mentally Prepare Yourself

A fit body is everyone's desire. However, it takes a lot of hard work, determination and self-control to get one. You didn't exercise either of this and that has brought you to this stage in the first place. If you want to lose weight and look fit once again then you must prepare yourself mentally. It would indeed require a lot of sacrifices. You will have to be determined and plan things meticulously. Mental Preparation is the first step in losing weight.

2. Prepare a Chart of Your Current Diet

To lose weight you must start from the basic. To begin with, prepare a chart showing everything that you eat on regular basis. Do not leave out anything. No excuses here. There are plenty of resources available on the internet where you can get the estimate of calories you get from those items. Now, see the amount of calories you are consuming at

present. This will help you in drawing an estimate of calories you would need to cut down. Be very meticulous in this step. Do not leave out anything at all.

3. Mark All the Places Where You Eat

Ideally, we all eat most of our food at home as breakfast and dinner are the big meals. But, home is not the only place where we eat. We also eat at our workplace, occasional parties, restaurants, etc. Calories consumed at these places also contribute equally to your weight. In fact, most of the times we eat fattening foods outside our homes. To cut down the calorie intake you will need to have a list of the places where you are most likely to eat. The number of calories you consume there. The number of times you are most likely to eat at those places in a week.

4. Check If You are an Impulsive Eater

Obese or overweight people tend to lose control on their eating habits. They tend to feel hungry when they see food. This is not entirely their fault. It is due to hormonal imbalance. Their mind is not able to differentiate between satiety and hunger. Inflammation in the fat cells is a major cause of this problem. This starts a vicious cycle of weight gain. The only way out is to eat consciously. Before every meal you must ensure that you are actually feeling hungry and not eating impulsively.

5. Analyze Your Emotions While Eating

Most overweight people loath eating but are unable to control the urge. This doesn't help them either. This depressing feeling pulls them down lower. It may even break their self-confidence and control. Before cutting down on calories, controlling such emotions is very important. You must write down the kind of emotions you feel while eating various kinds of foods. Guilt consciousness can be a real barrier. Grief is not going to pull you out of this fat. You must win over your mind before starting the battle with weight.

6. Write Down the Number of Calories You Burn in a Day

Although you may not realize it but every activity consumes energy. Hence, you are burning some part of the calories you consume in a day. For effectively losing weight you will have to burn more than you consume in a day. Write down all the physical activities you undertake in a day. From walking to your office to climbing the stairs of your apartment to walking your dog you must count all such activities.

7. Check Your Weight Regularly

There are many conflicting views about checking weight regularly. Some experts believe that regular checking your weight helps keep you aware of your

weight loss goals. Others believe that regular checking doesn't help as you do not lose weight every day and hence this can demoralize you. Both are correct. However, even good things must be done in moderation. You feel more encouraged when you achieve milestones. Regularly checking your weight is good. But, you won't lose weight on a daily basis so daily checking can become an exercise in futility. Fix a day in the week to check your weight. A day when you are not working would be ideal for this.

8. Answer the Following Questions Honestly

- a. How many meals do you have in a day?
- b. How often do you eat out in a week?
- c. What is your usual time between meals?
- d. Are you a mindless eater?
- e. Do you like junk food?
- f. How many calories did you consume in the past week?
- g. How many calories did you burn in the past week?
- h. Do you like watching TV while eating?

i. What is the amount of time between your dinner and going to bed?

j. Which is the easiest meal to skip for you?

You must think about these questions very seriously and give honest answers. Be definite about the replies. There are no right or wrong answers to these questions. The answer to these questions would change as you move ahead in your weight loss efforts. Ponder over them and write your answers down.

9. Follow a Sustainable Weight Loss Plan

Setting big goals and aiming to shed several pounds of fat in a week or month is an unsustainable plan. Such goals are never met. You will only get disappointment in the end. Set achievable goals of few pounds a month. Remember that you not only have to lose that weight but maintain it too. While you are at it, you will also have to carry on your life as normal. Things like going to work and enjoying life cannot be put on the backburner.

10. Start Making Small Changes at First

Start by making small changes in your lifestyle. Cut down on eating out. Start putting more fruits and salads in your diet. Slowly and gradually start eliminating processed and sugary foods from your diet. You should do this slowly. Do not do

everything at once as you'll start feeling pathetic. Such enthusiasm doesn't last long and you'll quickly return to your normal routine. Therefore, it is important to bring such changes slowly. First, bring more fruits and vegetables into your diet. Then start cutting out the sugary foods. Always remain conscious of the number of calories you consume in a day. Increase the number of fasting hours in a day.

11. Begin Your Day with Exercise

Burning more calories should be your goal. When you wake up your body has been in the fasting state for 7-8 hours. Exercise in this state is the best for burning calories quickly. You may feel hungry in the beginning but slowly you'll get used to it. Do some form of exercise daily. Go for a walk, do yoga, run on treadmill or jog. These activities will not only help you lose weight but will also make you feel refreshed. You will feel energetic and positive for the whole day. Feeling positive is very important for losing weight.

12. Drink Lemon, Honey and Water

Begin your day by drinking honey, lemon and water. Lemon and honey help in melting down your fat. It will also help in detoxifying your body. It is a low calorie drink that will aid your digestion and also act as natural diuretic. This simple drink has lots of benefits and it is very easy to prepare. By the

time you get to the breakfast table this drink will keep you fresh.

13. Have a Healthy Breakfast

Some experts strongly recommend a heavy breakfast. It is touted as the most important meal of the day. However, breakfast is only the first meal of the day. You have been in the fasting state for a prolonged duration and therefore this meal should be healthy. You must not have a very heavy breakfast or you'll keep feeling lethargic the whole day. In fact you must have a healthy breakfast that consists of fruits, cereals, and whole grains. Eating protein-rich foods is especially good for breakfast as they make you feel fuller quickly. Try to have egg-whites, cereals, whole grains, skimmed milk, sprouts and fruits in your breakfast.

14. Sugar Free Beverages Only Before Lunch

You must ensure that you do not consume beverages with added sugar. Soda, or coffee with sugar will give you unwanted amount of calories. You must avoid them at all costs. While at work you can consume black coffee to avoid any sort of hunger pangs. It will not only keep you satiated but alert too.

15. Have a Moderate Lunch

Lunch is the trickiest meal of the day. Keeping a strict control on the number of calories you consume at lunch is very important. People tend to eat with colleagues at lunch and to eat out. This way a lot of unwanted calories get added. You should make it a practice to take your lunch from home. It can have fruits and vegetables. Homemade preparations will have a lot less fat and calories than the food available at fast food chains and cafeterias. Try to include probiotic drinks, salads and protein-rich foods in this meal.

16. Have Fruits or Sprouts as an Evening Snack

Evening snacks are the unwanted calories that are completely avoidable. However, some people can't resist food for very long. If you also fall in this category, then eating fruits or sprouts will be the best option. They help ease your hunger and make you feel satiated without adding too many calories. Too much indulgence at this point can be counterproductive.

17. Dinner- The Lighter the Better

Your dinner should be the lightest meal of your day. Ideally, you must take your dinner at least 4 hours before going to bed. This will help in proper digestion of this meal. However, for all practical

reasons we know that it isn't possible these days. To compensate that, you must take your dinner as early as possible as keep it as light as manageable. Eat a lot of fiber-rich food for dinner, including lots of salads. Foods that are rich in protein but low on fat, sugar and carbohydrates must be included in the dinner.

18. Go for a Post-dinner Walk

A light walk after dinner is one of the healthiest practices. This walk is beneficial in many ways. You will be able to digest your food better with the help of this walk. A light walk helps you in going over the activities of the day and also gives you time to plan for the next day. It gives you quality time for self-introspection or having a healthy chat with your partner. It makes you feel better.

Feeling better and relaxed is an important part of losing weight.

19. Limit Sugar and Sweet Intake

Sugar and sweets are unhealthy. You must avoid them as much as possible. Eating sugar may give you an instant burst of energy but it leads to insulin resistance in the long run. You will gain weight faster and it'll get difficult to control calorie intake. The best way to avoid sugar is to have fruits instead. The fruits also contain fructose but that is

easy to break down. It doesn't lead to insulin resistance in the body.

20. Avoid Drinking Water with Meals

This is a very simple yet important advice. The biggest reason for most problems in our body is poor digestion. Drinking water while eating dilutes the digestive juices. The process of digestion gets slow and problems like acidity, bloating, and indigestion emerge. This may also interfere with the proper functioning of the liver. It is a very important organ for metabolization of fat in the body. Therefore the chances of poor fat metabolization increase.

21. Understand the Relationship Between Ghrelin and Leptin

Ghrelin is the 'Hunger hormone' and Leptin is the 'Satiety hormone'. Your body needs to have a delicate balance of both. Inflammation of fat cells is common in overweight people that leads to leptin insensitivity. This means that your body keeps sending the message that it's full but your brain doesn't recognize it. Your body keeps releasing Ghrelin and you lose control on your appetite. Managing both these hormones is important.

22. Adopt Smart Dietary Choices to Bring Harmony

The right mix of healthy life choices like balanced diet, exercise, proper sleep and stress management can help you. This will increase Ghrelin and Leptin sensitivity and your weight management will become easier.

23. Don't Overdo Calorie Restriction

When people begin weight loss they get overenthusiastic and exercise extreme calorie restriction. This can be counterproductive. Eating nutrient-dense and fiber-rich foods should be your goal. You must not have processed food in your diet.

24. Eat the Right Amount of Protein

A protein-rich diet can help in controlling hunger pangs. A study published in American Journal of Clinical Nutrition states that high-protein diets help in suppressing Ghrelin release for longer periods. You will feel fuller much faster and keep feeling satiated for longer.

25. Exercise

High-Intensity Interval Training is the best when it comes to Ghrelin control. Several studies have demonstrated that burst training decreases the

ghrelin release. This means that you'll feel less inclined to eat after high-intensity workouts like sprinting and cycling. It has dual benefits. It helps in controlling hunger and also aids weight loss.