

Tips to Lose Weight Fast

Three powerful tips to get you on the path to fast weight loss.

Wondering how to lose weight fast? You have probably heard by now that you need to work on your diet and exercise program. Of course diet and exercise is important (I hope that's not a surprise), but choosing the right nutrition and exercise plan is not typically where people go wrong.

Instead, they do a poor job of planning how to implement their new diet and exercise programs into their every day lives. If you've fallen victim to this problem then these three tips can be a life saver:

1. Set a measurable goal

Before you ever get down to the details of counting calories and worrying about how much time you should be working out, you need to have a clear goal that you are working towards. First and foremost this goal needs to be measurable. Simply saying, "I want to lose weight," is not acceptable. Pick a specific number and then set a specific date that you want to achieve that goal by.

Don't be afraid to set a difficult goal for yourself. Difficult goals are often more beneficial than easy goals because they are extremely motivating. To aid in this motivation you should make sure to write down your goal and place it in several visible places so that you will constantly be reminded of what you are trying to accomplish.

Everyone has to struggle through days where they simply don't want to eat healthily or workout. By having a concrete goal posted around your home and office you can get through these tough times. In addition to the actual goal it can also help to list 2 or 3 reasons why you want to achieve this goal. These can be especially helpful on those days when you are ready to throw away all of your hard work.

2. Throw away your bad food.

You may think of yourself as having weak willpower to resist unhealthy foods. But the reality is that every single person, overweight or not, has to deal with these cravings at one time or another. The best thing you can do to prevent these cravings from destroying your diet is to set yourself up for success.

One of the best ways to do this is to get rid of all the unhealthy food in your house. Just go ahead and throw it away, no one needs to eat that. I can hear the excuses already, "I'm going to save it for a treat," or "It's a waste of money to just throw it away." Look, you're either serious about this or you're not. No excuse you can come up with justifies allowing yourself to be unhealthy for another day.

If you are serious about success then you need to make sure you are prepared to succeed, and getting rid of your unhealthy food is a great first step in your preparation.

3. Create a daily exercise habit.

You may have heard recommendation before that you should workout 3-4 days per week. While there is nothing wrong with this recommendation, it doesn't work well for those of us who hate to workout. Instead of enjoying the days off from exercise you will just dread tomorrow when you have to workout again.

To fix this problem it's best to do some sort of exercise every day. It's best to schedule a specific time in your day when you have to exercise. If you are feeling worn down then you might do something easy like walk on the treadmill. On days when you have more energy you could lift some weights or do something a little more intense.

It doesn't have to take a lot of time either. Just schedule 20 minutes for yourself at some point in the day. If you are tired when you get home from work then you should schedule your workout in the morning. If you don't want to go to the gym, learn how to do exercises at home.

Simple steps like this make a big difference. Plan for success and then execute. You will be losing weight in no time!

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Author: Tony Schwartz

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