



# 5 tips to lose weight and keep it off

Simple, expert advice to help you win the battle of achieving and maintaining your healthy weight

**Why Is a Healthy Weight Important?** Reaching and maintaining a healthy weight has a wide range of benefits, first of all feeling good about yourself and having more energy to enjoy life. It is also **essential** for your overall health and will help you prevent and control many diseases and conditions (e.g. heart disease, diabetes and even some types of cancers).

Maintaining a healthy weight requires keeping a **balance** . . . of energy. You must balance the energy IN (*calories you get from food and drinks*) with the energy OUT (*calories you burn to keep your body going and exercise*). When you don't use all the energy you consume → the excess will be stored as body fat, and over time your body weight will increase.



We have all heard the facts . . . to lose weight, we have to eat less and move more. But this is often easier said than done. Unfortunately there is no magic wand for losing weight. Short-term weight loss may be achieved on a range of diets, but most people will regain that weight.

So, how are successful losers doing it?? Here are five simple tricks to incorporate in your day-to-day routine that will help you to keep the kilos off.

1.

## Drink plenty of water

Start your day with a big glass of water as soon as you get off the bed. Water is your best friend! Why? Because water eliminates water! Drinking at least 2 litres of water per day will detox your body, acts as diuretic and help you for reduce liquid retention and ... Do you know that most of the time that you are craving a snack in reality you are just thirsty??

## Build muscle

Incorporate resistance exercise in your workout routine to improve your muscle mass. Your body will be tonic and more defined. Most important of all muscles are active tissue and will boost your metabolism, hence you will burn more calories!! So go on with free weights and enjoy your workout!

2.

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## Be physically active

That's not the same as exercise. Be physically active means try to move as much as possible in your daily activity: at work, at home, when you go shopping etc etc every little bit count because will keep your metabolism always high and you will burn calories easier. Plus it's good for your heart and your mind: you will feel full of energy with a great mood!

## Keep an eye on portion size

This is the tough bit. But: buy smaller plates or use plates with a wider border (like the vintage one). Have at least one meal per day with your family sitting at the table with the TV off. Try to eat slower posing the fork on the plate after each bite. Have a big portion of fresh vegetables (particularly green leaf veggies) with a fresh lemon dressing with your two meals.

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## Don't go to the extreme

R e m e m b e r, changes that occur gradually are more likely to be maintained. Cutting completely your favourite foods and giving up cooking your delicious recipes is not the solution! To avoid the yo-yo dieting effect try to switch instead of to stop: have wholegrain bread and pasta and rice; use low-fat margarine and olive oil instead of butter; choose low-fat dairy options. Read the labels at the supermarket and buy healthiest product (compare fats and sugar!!)

*To be successful at losing weight, you need to adopt a new lifestyle. This means making changes such as eating healthy foods, being more physically active, and learning how to change your behaviour. Over time, good eating habits will become your new routine.*

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