



Four Tips on How to Lose the Fat

Losing weight and getting fit is all about keeping your blood-sugar level stable and putting your body in a fat burning zone. How you start and end your day is critical.

TIP #1: START YOUR DAY WITH BREAKFAST

- Two ideal meals that are perfect to start your day include, fruit with cottage cheese or oatmeal with egg whites. These foods help stabilize your blood-sugar level and puts your body in a fat burning zone.

TIP #2: WEIGHT TRAINING IS AN EXCELLENT WAY TO BURN FAT

- Your muscles are your metabolism, so it's important to build and strengthen them. There are simple exercises you can do at home using equipment and not using equipment. You want to exercise 3 to 4 times a week. And remember to take your time and have fun!

Tip # 3: KEEP HYDRATED BY DRINKING LOTS OF WATER

- It's important to give our mind and body what it needs because *seventy-five percent of our muscles is water*. Keeping hydrated will help you to stay energized and motivated. Follow this simple equation to get started.

Body weight x 0.55= Ounces of water your body needs each day

Tip # 4: END YOUR DAY WITH FOODS THAT DON'T DISTURB YOUR SLEEP AND FAT BURNING PROCESS.

- Choosing the right foods for dinner is critical. *Seventy-five percent of your body's ability to burn fat happens while you sleep*. Sweet potatoes and brown rice are good choices for meals during the day before 7:00p.m. But, to get a good night's rest, foods like chicken/steak and vegetables are excellent choices after 7:00p.m. These foods speed up your fat burning process.

So, remember, it's all about how you start and end your day. It's *better* to be healthy.