

10 WEIGHT LOSS TIPS

1. **Follow a diet and exercise.** The most important way to lose weight is to watch what you eat and exercise. Exercise helps burn fat at higher rates than those you gain through food.
2. **Change your lifestyle.** Diets are simply temporary weight management systems, since your body loses some weight, but then regains it later once you quit your diet. Only when you change your dietary lifestyle and your daily habits, will you be able to successfully and safely achieve a healthy weight for a longer term put your life on the right track.
3. **Monitor your weight.** In order to evaluate progress you have made, you should monitor your weight for any changes.
4. **Set realistic goals.** While achieving healthy weight is a commendable target, achieving that goal takes time. As such, acquiring an ideal weight requires time, persistence and patience.
5. **Weight loss pills help.** Along with the right diet, choose the right weight loss medicine that suits your body.
6. **Keep a calorie log.** In order to select the right foods and beverages, we advise you to keep a calorie log
7. **Eat slowly.** So that you eat less.
8. **Check Product labels.** It is always important to check the labels of the food products you buy, so that you can monitor and calculate your calorie intake at every meal.
9. **Reward yourself.** Losing weight is a hard task! Give yourself credit for every kilo you lose.
10. **Vitamins are good for you.** If you want to take any additional vitamins to aid your diet, it is better to take natural supplements.