

How to Lose Weight FAST

3 Simple Steps

Losing weight can be difficult if you don't follow specific steps. Here is a breakdown of three good ways to lose weight quickly and effectively, all while maintaining your health.

While carbohydrates offer good nutrition in modest amounts, too much, especially the refined type, can work against weight loss efforts. Learn to read labels for added sugars, which add extra calories and no nutrition benefit. Try to eat very few of these.

Carbohydrates stimulate the secretion of insulin, which is the main fat storage hormone in the body



Cut Back on Starches & Sugars

Eating more carbohydrate-based foods at one time can lead to feeling tired and needing to eat again.

Choosing carbohydrates with more fiber, such as whole grains (quinoa, whole wheat, oats, barley, and others) or some fruits (especially berries) can satisfy longer and provide better nutrition. Keep in mind that a serving is about one handful.

2 Eat More Protein, Healthy Fats, & Nonstarchy Vegetables

Protein helps curb your appetite and helps you build or maintain muscle. It is one of the most important aspects of losing weight.



Lower carbohydrate **vegetables** include all vegetables except corn, peas, and some squash varieties.



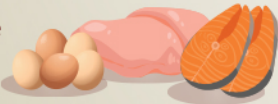
Fats provide flavor and improved meal satisfaction. A little goes a long way.



Each meal should contain a **protein, healthy fat source, and low-carb vegetable**:

Protein:

- Meat (pork, beef, etc.)
- Poultry (chicken, turkey)
- Fish/seafood (salmon, lobster, trout, shrimp, etc.)
- Eggs
- Cheese



Fat:

- Butter or coconut oil (a serving is the size of your thumb)
- Oils (olive, canola, avocado)
- Nuts or nut butters (almond, peanut, cashew, pecan)
- Seeds (sunflower, flax, and others)



Lower-carb vegetables:

- Spinach
- Kale
- Brussels sprouts
- Cabbage
- Broccoli
- Swiss chard
- Lettuce (preferably not iceberg)
- Cucumber



3 Exercise: Weightlifting or Cardio 3 Times a Week

Exercise and changes in **what you eat** both affect weight loss and eventually, maintaining weight.

Resistance training (such as lifting weights or body weight exercises)

3-4 times per week

helps you **burn calories** and keep your metabolism moving. Some people experience a slowing of their metabolism when weight loss begins.



Cardio workouts will help, as well. Do something you like to **get your heart rate up**: running or jogging, swimming, biking, group classes, and walking. Aim for at least

30 minutes
3-5 times per week
but start slowly to prevent injury.

