

File Created by [Blogging Rebirth](#) WP Plugin

How To Lose 10 Pounds In 3 Days

So you have a big function coming up and need to know how to lose 10 pounds in 3 days in order to fit into that perfect outfit... but how do you do it? Is it really possible?

Well, I guess if you're a contestant on the biggest loser you MIGHT be able to lose 10 pounds in 3 days... mainly because they are doing nothing but dieting and working out constantly. Unfortunately, taking time off work just so we can work out constantly is a little impractical for the majority of people. So let's get real with ourselves here shall we? Do you honestly believe you can lose 10 pounds in 3 days with nothing but diet and moderate amounts of exercise? That's quite a bit of weight. And I guarantee it took much longer than 3 days to gain it and it will probably take much longer than three days to lose it. So, the short answer is... NO, it is NOT possible to lose 10 pounds of fat in 3 days!

Scientists have actually calculated that it takes 3,500 calories to gain one pound of fat. So 10 pounds equals 35,000 calories. Based on an average calorie consumption of 2,500 calories per day it would take 14 days with no food whatsoever to lose that amount of weight. Am I suggesting that anyone try that... NOT AT ALL!! To do so would be extremely dangerous. The example is used only to illustrate the point of how difficult it would be to lose 10 pounds in 3 days.

But do not despair... it is possible to lose significant amounts of weight in a short period

If you're carrying a lot of fluid in your body for example. Thankfully, fluid is easily lost and can amount to up to five pounds in a matter of days. Have you ever noticed how when you first go on a diet you lose a lot more weight in the first week? This is because a lot of the weight lost in the first week is actually excess fluid. Once that excess fluid is lost you will start losing fat and the weight loss slows down significantly.

Your overall physical wellbeing is the first thing you need to consider if trying to lose 10 pounds in 3 days. You want to ascertain that there are no underlying health issues causing the excess weight. If there is, your efforts to lose weight could become very frustrating. To ascertain this you will need to consult with your doctor so he can check your thyroid, blood sugar levels (BSL) etc.

You should also examine your lifestyle. Do you get physical exercise or spend most of your free time at a computer? Do you participate in physical activities of an evening or sit with your eyes glued to the television?

Check your eating habits. Do you consume foods that are high in fat? Processed foods that are high in carbohydrates? Junk food? Do you eat red meat or do you prefer fish and chicken? How many serves of fruit and vegetables do you eat per day? How much salt do you consume? Are you what I refer to as a 'crop duster'... liberally sprinkling salt over everything you eat? You need to know that salt causes fluid retention.

How often do you eat and at what times of the day? Do you stick to 3 meals a day: breakfast, lunch and dinner? Or do you regularly eat snacks aswell? Eating 4 or 5 times per day with small healthy snacks between main meals will help you lose weight as long as your overall calories are the same. One of the reasons this works is because you're not as hungry when meal time rolls around so you're less inclined to overeat. What kind of snacks do you eat? Are they healthy snacks like fruit, raw vegetables and nuts? Or do you snack on chocolate, sweets, cakes etc? Do you tend to snack all evening prior to bedtime? If you go to bed with undigested food in your stomach, the minute you become inactive your calorie consumption is reduced and that unused food starts being converted to fat. It's best not to eat anything less than three hours before bedtime.

So if you want to lose 10 pounds in 3 days, modify your eating habits from 3 large meals per day to 4-5 smaller meals per day. This forces your body to keep working to digest food and helps you lose weight.

Exercise daily to burn extra calories. Walking, jogging and cycling are great exercises because they get your muscles working. Anything that increases your heart rate will help you lose weight. They also cause heavy

breathing which helps your body to lose weight.

We don't recommended attempting any fad diets designed to help you lose 10 pounds in 3 days, because they don't meet daily nutrient requirements. Once you stop the fad diet, you'll probably regain the weight you lost plus more.

However you attempt to lose the weight, make sure it uses regular exercise in conjunction with a low calorie diet. Choose fresh fruits and vegetables over processed foods as these are proven to help people lose weight.

Lastly, stick to it until you achieve your weight loss goal. You probably won't lose 10 pounds in 3 days but you could still lose significant amounts of weight.

You can also find this article published on [How To Lose 10 Pounds In 3 Days](#)