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# The Fastest Way To Lose Weight

Do you know the healthiest and fastest way to lose weight? Most people have some idea about how to lose weight. Not only do many children see examples of dieting from their parents as they grow up, we are also surrounded by weight loss information in our everyday lives. You'll hear it on the radio, see it on tv, read it in newspapers and magazines, find it online etc. But what is the fastest and healthiest way to lose weight and keep it off? Here are 6 tips to help you lose weight fast and keep it off.

There are many ways to lose weight but the main principles are:

- Burn more calories than you consume
- Improve metabolism by exercising daily
- Consume foods that boost metabolism
- Avoid unhealthy foods like most take outs
- Eat healthy foods like lean meat, fish, vegetables and fruit that are high in nutrients and low in fat

Many sports people and body builders need to loose weight rapidly for competitions. But, their bodies are different from ours. Athletes generally have a very fast metabolism which makes it easier for them to lose weight. So how does the average person lose weight fast?

1. Eat a large breakfast: It may sound odd, but eating a large breakfast can help you lose weight fast. Have you ever heard the saying 'breakfast is the most important meal of the day'? It's true, a healthy, well balanced breakfast goes a long way toward lessening your appetite for the rest of the day. You also have all day to burn the calories consumed for breakfast. A healthy breakfast should include whole grain cereal with fruit and possibly even a couple of eggs.
2. Consume small meals regularly: The rest of your meals should be small, light meals. Consume 4 or 5 small meals during the day, a couple of those should be something simple like a piece of fruit. By consuming small meals opposed to large meals you will constantly burn calories and you won't feel hungry. Additionally, small meals do not allow your metabolism to slow down, it will be keep busy all day digesting your food and converting it to energy.
3. Consume healthy foods: Consuming lots of vegetables will help you lose weight. Reduce your meat consumption as meat is high in fat and calories. Look for other sources of protein like legumes (eggs, beans, lentils, chick peas etc) Fish and skinless chicken are also a low fat alternative to meats. When eating red meat always trim excess fat and restrict yourself to consuming red meat two or three times per week.
4. Snacks: You don't have to skip snacks to lose weight fast. Just substitute cakes, sweets and candy bars for low calorie alternatives like apples, strawberries or a small handful of nuts. These snacks are not only healthy, they are also delicious.
5. Get regular exercise: You won't lose weight fast without exercising. Depending how much weight you want to lose, you may need to exercise intensely everyday. This means jogging, walking or riding a bicycle for 30 minutes twice per day. If you're short on time you can skip for 10 minutes twice per day for the same effectiveness. Skipping causes your heart rate to soar within seconds so it burns a LOT of calories. You should also include resistance (weight) training as this will increase the muscle mass of your body and muscle burns calories about 30% faster than fat cells which results in faster weight loss.
6. Drink lots of water: You will receive great benefit from drinking water. Strangely enough, water helps flush extra fluid out of your system. It also flushes other toxins from your body. Being fully hydrated also increases your metabolism and keeps your body busy digesting it.

As you can see, you don't need dangerous crash diets to lose weight quickly. Having a well balanced diet and exercise is probably the safest and fastest way to lose weight.

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