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Four Weight Loss Tips the Weight Loss Gurus Won't Tell You

Are you fed up with constantly observing no quantifiable or long-lasting results whenever you try to slim down? Or maybe you're sick and tired of wasting money on modern fad diets, only to be let down again. Stop! That's right, stop whatever you are doing, you want to hear this. Do not even consider trying another diet plan or weight loss program until you've read this post. Why? Because these four weight loss tips will put you on the path to safe, effective weight loss.

Each of the four weight loss tips are based on science. That means they have always existed and aren't fads. Unfortunately, many individuals and organizations selling modern weight loss programs don't like sharing them, so it is not your fault if you have been unable to effectively lose weight. In fact, it's in their best interests for you to remain overweight so you need their programs. If they provide the secret to permanent weight loss they lose their source of income.

1. The Advantage of Muscle - In short, the more lean muscle you have when attempting to lose weight, the better. The amount of calories you're capable of burning is partially related to the amount of muscle mass in your body. On top of that, extra muscle means that you can exercise more effectively, and gives you more stamina. The fact that muscle looks nicer than fat doesn't hurt either. The strange thing is, that two individuals with precisely the same height, WEIGHT and bone structure can appear entirely different in build based on body fat percentage compared to muscle. For example, they may both be 5'6" and 135 pounds yet one might be a size 12 and the other could be a size 10 or even a size 8. The reason for this is that a pound of muscle is smaller than a pound of fat. Have you ever noticed those blobs of silicone in pharmacies that symbolize body fat? If you compared the volume of one of those to a piece of lean beef of exactly the same weight you would find out that the beef is notably smaller.

One of the best ways to develop muscle mass is through strength training. You can and should still engage in cardiovascular exercise, but nothing beats lifting weights and resistance training to increase muscle mass. This is important because muscle also requires more calories to maintain itself, and that is excellent, and brings us to the next point...

2. Stoke the Furnace - What we're referring to is metabolism; metabolism is the speed at which the body burns energy. As we've already seen, muscle tissue is excellent for burning calories and boosting your metabolism. However, are other things you can do to maintain a higher metabolism.

Eating several smaller meals through the day, versus three bigger meals, will keep your body busier burning calories. It also has the additional advantage of preventing your appetite from becoming out of control. Drinking water regularly keeps your digestive system working (and therefore burning calories) without adding any calories to your intake.

3. Fast Feet - We'll keep this tip very brief. A great way to lose weight is to take regular vigorous walks. It's not only easy to do, but will also assist you to lose weight safely and keep it off. It could be as simple as walking to the shop for bread and milk instead of driving, or taking the steps at the office instead of the elevator. These activities increase your heart rate which then boosts the number of calories burned.
4. Decrease Calorie Consumption - This may be the biggest "secret" that fad diets try to hide, however it gets right to the heart of the subject. The only path to lose weight is to burn more calories than you take in. So far we've looked at burning calories, but now it is time to switch to decreasing how many you take in. The good news is that you do not have to consistently count every calorie that goes into your mouth. All you've got to do is make healthier food choices, and make a conscious attempt to consume reasonable portions. Contrary to popular belief, this does not even necessitate you reducing the amount of food you eat. It is as simple as grabbing an apple (around 50 calories) rather than a muffin (120-250 calories) or muesli bar (120-200 calories) or having fresh meat and vegetables rather than refined foods that are high in sodium, fats and calories. And were you aware that a can of standard soda contains as much as a hundred and sixty calories... four cans per day boosts calorie consumption by 640 calories, all without satisfying hunger. Change to diet soda, or healthier yet, water!

If I informed you of a food source with zero calories that reduces calorie intake when substituted for something traditionally high in calories, would you be interested? Well, there is! They're called [shirataki noodles](#). These [miracle noodles](#) have been made by the Japanese for over two thousand years from a mixture of water and 100% soluble fiber. Since the body is not capable of converting fiber to energy the noodles are to all intents and purposes calorie free. For further information visit our [miracle noodle review](#). If you want to purchase at a discounted rate visit [miracle noodle coupon codes](#)

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