

Weight Loss Tips

Below are some tools/suggestions I have for weight loss

If you can be **"accountable"** for what passes your lips you may be on your way to achieving your weight loss goals.

The tool I use to help me be accountable is "My Fitness Pal."

Click link here <https://www.myfitnesspal.com/> There is an app for it as well.

Here you will log your weight, meals, snacks, exercise, water, etc. I use it to plan my meals; it keeps track of just about everything, and it's free. Once you start logging a complete day it will give you a prediction on how much weight you will lose in a month if you continue eating the same way as that day. I personally try to maintain at least 1200 – 1500 calories a day. I have protein, carb, sugar and fat goals. I log everything from sugarless candy to nuts and you should too. No shame in being honest with yourself. To lose weight you cannot starve yourself; your metabolism will slow down slowing down your success. I am on a low-carb not no-carb diet as you need carbs. You must eat, hydrate and exercise.

Exercises are broken down into cardio or muscle building. I started with minimum of 30 minutes of exercise a day and now my daily goal is 45 minutes of cardio and 30 minutes of weight training.

Exercising

Walking – Is the best exercise aside from running for weight loss. Walking is easier on your joints.

Mix it up – Don't do the same exercises day in and day out. When exercising your legs, you can walk, jump, skip, leap, stretch, squat, and run.

Calisthenics – best exercises to combine with walking. There are tons of free YouTube videos to work out to like these:

<https://www.youtube.com/watch?v=K727ao6Kjr4>

<https://www.youtube.com/watch?v=8CE4ijWlQ18>

I keep *sugarless* candies nearby to satisfy my sweet tooth. My favs are lifesavers and werther's hard candy.

Water Water Water Water – I cannot say it enough. You need to drink a lot of water. Often times we think we are hungry when we are actually thirsty. Keep a water bottle on hand at all times.

I have little goals I set like; I can't get off the basketball court unless I have made three free throws in a row every day (I made 13 yesterday). Find something you enjoy like swimming or walking a beautiful mountain trail. Find a buddy and hold each other accountable. If you did not make at least a light circle of sweat around your neckline, you did not push yourself hard enough.

Vitamins – Is a must. When you start cutting calories, you may not get all the nourishment you need to lose weight. Take good quality vitamins. I take a **multi-vitamin**, also biotin, **B complex** and baby aspirin.

Clean out the garage, clean something and log it in as exercise. Do not get complacent and move, move, move!

I have cheat days where I have lifted my boundaries but always, always get back on the horse and charge forward!