

Overweight? 10 Tips for Losing Weight Sensibly

Overweight? In this fast-paced and fast food world that we live in, many of us suffer from this problem. And, there are just as many fad diets and diet pills available as there are people who feel like they need to lose 5, 10, or 20 pounds. It seems that everyone is looking for the quick-fix to weight loss. The quick-fix is like the get-rich-quick scheme. It either doesn't exist or it's too risky.

There are, however, some steps that you can take to lose weight—sensibly. I'll give you some tips that you can use to lose weight:

- Set realistic goals—The weight didn't appear overnight and it won't go away overnight either. Set a goal that you know that you can achieve. Most diet experts say that 2 pound a month is a realistic goal.
- Spread your calories around—Divide your calorie goal by 3 meals. You should eat at least 1,200 calories a day so that's about 400 calories a meal.
- Diet foods are not required—You can eat low calorie foods without eating diet foods. Increase your fruits and vegetables.
- Drink lots of water—Most people should drink 64 ounces of water each day and few of us do that.
- Control your portions—Use moderation when eating. Control your meat portions to a piece of lean meat as big as the palm of your hand. Realize that you do not need to have meat at every meal. Beans are an excellent protein substitute.
- Cook at home—When you cook your food at home, you know what calories you're consuming. Bake it, broil it, or steam it rather than fry it.
- Allow yourself *some* fat—Limit your fat to 1 teaspoon per meal and try to use olive oil whenever possible.
- Reduce your intake of sugar and alcohol to reduce calories—Alcoholic beverages are empty of nutrients and sugar increases your calorie count.
- Decrease desserts—You just can't afford the calories of sugary desserts. Replace them with fruit.

- Exercise—Most diet experts and physicians agree that just plain old walking is the best exercise. If you can walk 20 to 30 minutes a day, you'll notice your energy level increasing and the pounds decreasing.

For more information about sensible weight loss, visit these websites:

<http://www.dietitian.com/overweig.html>

http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_vision.htm

http://www.kidshealth.org/parent/general/body/overweight_obesity.html