

10 AMAZING WEIGHT LOSS TIPS FOR WOMEN

KEEP SOME CUT
FRUIT IN THE FRIDGE
TO SATISFY YOUR
SWEET TOOTH
WHEN YOU GET SUGAR CRAVINGS.



EAT CLEAN AND WHOLESOME FOODS.
REDUCE YOUR
INTAKE OF PROCESSED
FOODS GRADUALLY
UNTIL YOU TOTALLY WEAN
YOURSELF OFF THESE DETRIMENTAL FOODS.



GO FOR A BRISK 20-MINUTE WALK FIRST THING IN THE MORNING TO BOOST YOUR METABOLISM AND BURN FAT.



INCREASE YOUR WATER INTAKE TO
ACCELERATE FAT LOSS
AND REDUCE WATER RETENTION.



AIM TO CONSUME NO MORE THAN 50 GRAMS OF CARBS FOR 5 DAYS IN A ROW.



HAVE A MIX OF RESISTANCE TRAINING AND CARDIO IN YOUR TRAINING REGIMEN TO
BURN FAT AND BECOME TONED.



FOLLOW IT WITH ONE CHEAT DAY WHERE YOU CONSUME MORE
CARBOHYDRATES.
REPEAT PROCESS OVER AND OVER.

EAT FOODS LIKE
HOT PEPPERS, BROCCOLI
AND ALMONDS TO
BOOST YOUR METABOLISM.



AIM TO BE ON A 500 CALORIE DEFICIT DAILY.

DO NOT REDUCE YOUR CALORIES DRASTICALLY
OR YOU'LL HIT A WEIGHT LOSS PLATEAU.



HAVE HIGH-PROTEIN FOODS SUCH AS
EGGS, TUNA, CHICKEN, STEAK, ETC. WITH EVERY MEAL.



EAT YOUR MEALS SLOWLY. IT TAKES THE BRAIN ABOUT 20 MINUTES TO REGISTER THAT THE STOMACH IS FULL.

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J Dewey



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