

8 FAIL-PROOF SECRETS TO KICK-START ANY WEIGHT-LOSS PLAN



	Mo	Tu	We	Th	Fr	Sa	Su
<p>DRINK 64 ozs OF WATER DAILY</p> <p>Proper hydration is crucial to weight loss. You should be drinking 64 ounces of water everyday. Drinking eight 8-ounce glasses of water is linked to reduced calorie intake and lower risk of weight gain.</p>							
<p>5 SERVINGS OF FRUITS AND VEGETABLES DAILY</p> <p>You should consume 5 servings of fruits and vegetables everyday. They provide your body with naturally-occurring nutrients essential to many body functions. Shoot for a one fruit and one vegetable serving at each meal.</p>							
<p>7+ HOURS OF SLEEP EACH NIGHT</p> <p>Aim for at least 7 hours of sleep each night. Research shows that you are 30% less likely to gain weight when you sleep for 8 hours a night because it helps boost your metabolism and aids in weight loss.</p>							
<p>KEEP A DAILY FOOD JOURNAL (APP ENCOURAGED)</p> <p>Keep a record of everything you eat everyday. Keeping a food journal helps you be accountable for what you are eating, helps you understand why you eat and when, and helps you understand portion control.</p>							
<p>STOP EATING BEFORE 9 PM</p> <p>Give your body a chance to burn calories before going to bed and resting. Research has also shown that those who stay up late usually consume about 250 more calories than those who go to bed earlier.</p>							
<p>NO SODA, INCLUDING DIET SODA</p> <p>The effects of soda and diet soda on your body are downright ghastly. Just don't drink it. You don't need it; and you'll be healthier without it. Now is the perfect time to kick the habit you've been longing to beat!</p>							
<p>NO REFINED SUGAR</p> <p>Excessive refined sugar intake has been linked to increased cardiovascular disease, liver problems, type II diabetes, and weight gain. You don't need it; it's all just empty calories. Eliminate candy, baked goods, dessert items, and sugary drinks from your diet.</p>							
<p>30 MINUTES OF ACTIVITY EVERY DAY</p> <p>The best way to kickstart your weight loss plan is watching calories coming in (what you consume); the second crucial piece of the puzzle is increase the calories you burn for maximum efficiency.</p>							

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