

Published based on [Five Important fat loss Steps.](#)

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click this link to find out how to lose [body fat](#).

Hint Number 1

You must look into why you gained weight in the first place. Do you overeat when you are stressed out? Angry? Tired? Do you exercise? Eat too much junk food? Are you ready to change your habits? Take baby steps, walk more, eat less...

Hint Number 2

Gather balanced information on [diet](#). Do not follow a diet that is too extreme. you have to ask yourself if you can maintain this way of eating. [Healthy](#) eating is the best way to permanent [weight loss](#). Consult a dietician to find a plan that will work for you. That works with your body type and build, age, sex, and activity level.

If you eat healthfully your body will be fueled and will be able to work harder and you will feel energized.

There are a lot of resources online that can help you chart your progress. Check with your doctor before you begin a diet and exercise program.

Hint Number 3

Now that you have discovered why you put on the weight. Start keeping track of your eating habits. This is as easy as carrying a notepad and writing down EVERYTHING you eat in the day. I found this very helpful because I used to eat unconsciously. This is the best way to figure out how you can cut back on calories. Also keep track of how much water you drink, water is great for hydration and helps in fat burning. Start walking daily, you can find 15 minutes in your day to get out and walk. Put your headphones on or grab your spouse and/or dog and get walking. Gradually increase the speed of your walk (you will go farther in the 15 minutes and increase your cardio).

Hint Number 4

Set goals. This is really important. Decide what kind of weight loss you expect (1 or 2lbs a week is good for women a little more for men). Make goals about how far you want to walk. Have fun find an activity that you love to do ie biking, swimming, dancing... Exercise with friends.

Start with setting daily goals that you can accomplish ie I will walk faster today. Try to limit stress because stress inspires overeating.

Hint Number 5

Be reasonable with your expectations and reward yourself with special treat when you meet your goals. If you don't reach your goal figure out why and do better tomorrow. DO NOT sit around berating yourself for your mistakes or use them as a reason to quit. Discover what your triggers are.

Be patient, your hard work WILL PAY OFF! You didn't gain the weight overnight so it won't come off overnight. Slow and steady weight loss is what allows you to keep the weight off permanently.

follow these guidelines and YOU WILL LOSE WEIGHT!

Check out this blog to [lose 10 pounds!](#)

You can also find this article published on [Five Important fat loss Steps.](#), and on the tag pages [cardio](#), [diet](#), [exercise](#), [fat](#), [fat burning](#), [hydration](#), [keep the weight off permanently](#), [weight](#), [weight loss](#).