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Healthy and easy weight loss!

The simple act of fidgeting can mean the difference between being obese and being lean.. It's the all natural [women weight loss diet](#).

A friend of mine likes to relate this story from when he was a child. His grandfather always called him "Worm", because he fidgeted so much. Recent studies have shown that fidgeting burns calories, my friend is 5'8" and weighs around 145 lbs. He doesn't work out, jog, or go to the gym. He fidgets. When are at his house, I watch him twist and turn, tap his feet get up and down from the chair and walk around. These habits can be annoying but his slim physique speaks volumes about this weight loss method.

I've always believed that fidgeting can be a result of a fast metabolism, my friend naturally burns more calories, producing natural weight loss. I believe that fidgeting can be learned thereby increasing our metabolism.

Studies confirm what I've always believed. A recent study of mundane bodily movements showed that obese people tend to be much less fidgety than lean people and spend at least two hours more each day just sitting completely still. The extra motion by lean people is enough to burn about 350 extra calories a day, which could add up to 10 to 20 pounds a year.

"There are these absolutely staggering differences between people who are lean and people who are obese," said James Levine of the Mayo Clinic, who led the research. "The amount of this low-grade activity is so substantial that it could, in and of itself, account for obesity quite easily." That is what this [diet](#) is all about.

Here are some things you could try:

- * Get up and stretch during the commercials.
- * Whenever you think of it wriggle your toes and your fingers.
- * Tap your feet. This will help get your blood flowing.
- * Get up to change the channel.
- * When talking on the phone walk around.
- * Try breathing exercises. Breathing exercises too can lead to weight loss. Take a yoga class and learn how to control your breathing for weight loss and relaxation.
- * Try to maintain an erect posture with your tummy tucked in. Don't slouch or lie down while watching. This is better for your back.
- * workout, it's a great start. Read this FREE report at [weight loss for women](#) website!

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