

Published based on [Healthy Weight Loss Advice That You Should Keep in Mind](#)

# **Healthy Weight Loss Advice That You Should Keep in Mind**

A healthy [weight loss](#) plan can help you lose weight and keep it off permanently. Here is a plan to support you in this goal.

#### Exercise

Exercise is very important for weight loss. 30 minutes daily is sufficient to speed up your metabolism and help you lose weight. Walking, jogging or swimming are some of the best exercises. Ask a friend or family member to join you this will make exercising more fun and give you someone to be accountable to.

#### Focus Your Mind on Losing Weight

Focus your mind on losing weight. Create a picture in your mind of what you want to look and feel like. If you have a photo of yourself at the weight you want to achieve put it up in your house so whenever you feel like overeating you can look at it and get refocused on your goal. Discover what your reasons for losing weight are is it for your health? To keep up with your kids? To look and feel better? Create a burning desire to lose weight, and you will lose be successful.

#### Record Your Daily Food Intake

Write down everything you eat for one week. I mean everything! A lot of people find it very surprising to discover how many extra calories they consume without really noticing. Grabbing a cookie or a pop here and there does add up.

#### Eat Only Small Portion

Eat small portions 4 to 5 times daily, instead of three big meals. This stimulates your metabolism.

#### Healthy Eating at a Restaurant

If you love going to restaurants, here is a guide to healthy eating at a restaurant:

- a. Just drink plain water, Chinese tea or green tea without sugar. Stay away from pop and alcoholic drinks they contain empty calories.
- b. Skip the appetizer menu. The size of meal portions in restaurants have increased over the years. Chances are you will have plenty of food without an appetizer.
- c. When you order the main dish, avoid high fat food and cream sauces. Split your meal in half, half for eating in the restaurant, half for take-away. This will save you calories and money.
- d. If you are going to order dessert, order one dessert and share with your companion. Often desserts in restaurants have more calories than the main course.

#### Eat Slowly

Before you start eating, take a breath relax your body and focus on the food. You should not be eating while driving, watching TV etc. this takes away from the enjoyment of your meal. Eating slowly and really chewing our food can lead to losing weight because our brain takes about 20 minutes to tell us that we are full.

Mohd Hizer Hasan is a health and weight loss enthusiast. Click here now to see for yourself his articles about healthy weight loss plan and the best of all ideas for best [diets](#)

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