

Published based on [How To Lose Body Fat](#)

How To Lose Body Fat

In the nearest future we will celebrate New Year's Day and it is big problem not to become fatter during holidays. We understand that if more to move the probability of a set of weight will be less. It is valid so. But there is one specification - we move not only, what to spend as much as possible energy. Such tactics is considered become outdated. And in this plan it is no point to exhaust during New Year's holidays itself also with periodic trainings. The purpose of movements is to raise and support a muscular tone. And if with a tone everything is all right the metabolism is faster oriented on extraction of energy from fat. And time energy is taken from stocks and in external energy sources of the big need is not present.

Appetite moderated, pauses between food intakes big, are less necessary delicacies. Is better for creation and tone maintenance it is walks, the house water procedures, which are toning up exercises. Also it is not necessary to forget about a dream. The high-grade dream promotes effective splitting of fat. And when still you will sleep?! It is possible to sleep more during holidays!

After holidays you scare to weight, it is normal. So, I would like to advice you how to weight, and the main thing, how to interpret results. Really, after a series of feasts the weight quite often increases by 2-3 kilograms. And the first thought – what horror! But do not hasten to despair. More often it is not 2-3 kg of fat. That would increase so much; it is necessary to eat this quantity of fat, so to say, in a makeweight, in addition to other meal. At all our love to attempt has put it not such a lung in respect of execution. Especially if at least from time to time is to rebuffer yourself.

Let's consider that not less than 70 % of our weight water makes. And from here, the most frequent reason of fast increase of weight is a liquid delay. And in particular:

The delay of a liquid connected with salts. One gram of salt keeps 100 ml of water. Meal during feasts often it is superfluous the salty. Naturally that after such food the weight of a body increases by kg-one and a half. But to be afraid of it does not follow – one-two day of less salty food and your organism will safely get rid of surpluses of salt, and with them together and from surpluses of water.

The delay of a liquid connected with alcohol. The same principle: 10 g pure alcohol detains about 100 ml of water. Means, if during a feast you have used 100 g spirit (about 300 ml of cognac, or vodka) it is quite natural, next day you will weigh on 1 kg more. Not on long. This liquid will be allocated with an organism practically for a day; of course, if for this day you abstain from the alcohol use.

So, wish you happy holidays!

If the questions like "[how to lose belly fat?](#)", "[how to lose stomach fat?](#)" and "[how to lose body fat?](#)" are messing you up - then you definitely need visiting this site.

And do not forget that right now we are living in the world where info makes life easier.

That is why if you are properly armed with the info in your topic you can rest assured that you will always find the solution to any bad situation. So, please make sure to visit this site on a regular basis or - an ideal solution for you - sign up to its RSS. In such an easy way you will have a direct shortcut to the freshest info updates here. Blogs can be helpful, you just need to know how to use it.

You can also find this article published on [How To Lose Body Fat](#), and on the tag pages [body fat](#), [fat](#), [lose belly fat](#)