

Published based on [How to Lose Weight Rapidly](#)

How to Lose Weight Rapidly

There are lots of good healthy ways to [eat to lose weight](#).

Learn to control your portion sizes and keep track of what you are eating. This will help you to create a more healthful habits.

Stand in front of a full length mirror and look at your body. This is not a time to be harsh with yourself. Just take a realistic look at your body. What do you like about your body? What needs work? Use this assessment to improve your health, and your outlook on life.

The following are a few simple steps that you can take to eliminate extra pounds and feel better about your body.

Cut out soda. This is the fastest simplest way of cutting out hundreds of calories (if you drink regular soda) or a lot of chemicals (in the case of diet soda). Replace soda with water and you will [experience fast weight loss](#) within months. Diet sodas can make you hungry. Water will help you stay hydrated.

Another [weight loss](#) tip is to eat smaller meals throughout the day to keep your metabolism fired up. This also helps you avoid blood sugar spikes which cause your body to release insulin and store fat.

Don't eat after six pm. If you are eating in the evening your body will store the extra calories (you are not burning them off). At night food moves through your system slower and allows your body to store more fat.

Add fresh fruit, carrots, broccoli, leafy green vegetables, almonds, whole grains, and lowfat dairy products to your diet. Make healthy eating a habit and you will notice your body changing and shedding those unwanted pounds. Once your body is getting proper [nutrition](#) you will stop having so many cravings.

Cut out less nutritious carbohydrates white bread, potatoes, white rice and refined sugar. Replace these foods with more nutrient rich foods like sweet potatoes, fresh fruit, and brown rice. Also cut out high fat foods. Remove foods that are high in fat and low in nutrients. This will get you on the path to better health.

There are many different ways to lose weight and get healthier. In review drink more water, eat smaller portions more often, eat a healthful balanced diet. Another way to stimulate weight loss is exercise. This will stimulate your metabolism and accelerate your weight loss results. Remember take baby steps start by walking 15 minutes a day and work your way up to dancing, running, aerobics and add in some light weights. Stick with this and you can melt off your fat and cellulite for good. Tone your legs, arms, stomach and chest.

Check out this blog to find out more about [how to loose weight](#) fast!

You can also find this article published on [How to Lose Weight Rapidly](#), and on the tag pages [calories](#), [eliminate extra pounds](#), [fat](#), [health](#), [healthy](#), [hydrated](#), [lose weight](#), [melt off your fat](#), [metabolism](#), [nutrition](#), [weight loss](#).