

# Shed Excess Pounds With These Great Ideas

If you have been struggling for a while to lose some weight, even if it is only those last five or ten pounds, this article has lots of tips on easy ways that you can make small changes in your life to lose weight. Find something here you haven't tried before.

A great way to boost your motivation and to make you more productive in the gym is to have a great pair of sneakers that make you want to workout. Simple things like sneakers and gym clothes can make a world of a difference to your mind which will then make you more ready to move forward on your weight loss journey.

If you are having trouble with losing weight, try noshing on sugarless chewing gum on a daily basis. Not only is this option delicious, but it will help to reduce the amount of cravings that you have. This alternative is low in fat and has no sugar, which is great for weight loss.

A common cause of obesity is stress, especially in people who respond to stress by convulsively eating. It might be helpful for losing weight to look for ways to reduce stress in your every day life, try taking some time to bathe or relax and read a book.

If you have committed to walking as a way to accelerate weight loss then you should use the mall as a place to walk during bad weather. You need to walk consistently to increase weight loss and bolster your health. Malls are generally safe, well-lit and have an even walking surface.

Don't put all of your weight loss eggs in one basket. You should be trying many different strategies at the same time in order to maximize your effort. This means cutting out soda,

replacing bad meals, increasing the amount of exercise done, and changing your lifestyle completely. This will increase your chances for success.

Kiss your love partner passionately more often (more than 10 times a day). Kissing is a surprisingly effective way to burn calories. Physical activity between partners is also a great way to burn calories. According to several studies, kissing for more than 10 minutes a day can trim up eight pounds off your body per year.

Sleep your way to weight loss. To effectively burn fat, your body requires sleep. Your brain needs sleep in order to make good decisions, and you want to be able to make great food and exercise decisions. Your body needs to rest both physically and mentally to be at its best.

Try to keep yourself occupied because boredom leads to more eating. People who are bored tend to reach for food. Discover a new hobby such as dancing, yoga or painting. It will keep your mind off food and help you discover something new about yourself. You will enjoy your new found hobby and lose weight.

To encourage yourself to walk more, buy a pedometer. Experts recommend that anyone trying to lose weight should walk at least 10,000 steps each day. Check your pedometer throughout the day and see what kind of progress you're making. If your number seems slow, find an excuse to walk for a little while.

For someone who doesn't know where to start losing weight there are many informational programs to join that can give you direction. A program will provide steps to follow and a path for you to stick to. Although careful research must be done to find out what program is right for the each individual.

Losing weight can seem like such a struggle. Even when you feel like you are doing everything right, sometimes it doesn't come off the way that we want it to. Using the tips that you

read here in this article, you can find ways that you may not have tried yet to beat that scale for good.