

12 WAYS TO  
*Lose Weight*  
FASTER



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*Hi friend!*

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Losing weight can be a slow process. A few calories contain a lot of energy, so it takes time.

For many, this can be discouraging, and cause them to give up before they get the results they desire.

However, there is plenty you can do to move the process along!

Adopt a few, small habits and your weight loss journey will be accelerated.

Sincerely,

*Health Coach Alma*



# 12 Ways To Lose Weight Faster

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TRY THESE STRATEGIES...

01

**Skip breakfast.**

This may be counter to the advice given to you as a child, but recent studies show that skipping breakfast can be a healthy way to lose weight. Research the term “intermittent fasting” for more information.

02

**Eat more unprocessed foods.**

If you only eat meat, vegetables, fruit, and grains, it’s not easy to eat enough to maintain a heavy body weight. It’s the processed foods like pasta, bread, cookies, ice cream, and cheese that usually create an issue.

03

**Stick to no-calorie beverages.**

It’s easier to drink a lot of calories than to eat them. Sugary drinks can add a lot of calories in a hurry. The same goes for your morning latte. Water is the best option.

04

**Take a morning walk.**

Instead of having breakfast, put on your walking shoes and take a tour of your neighborhood or hop on the treadmill. A 20-minute walk can do wonders if done regularly.

05

**Eat more fiber.**

Fiber can fill you up, stabilize blood sugar levels, and keep you regular.

06

**Make vegetables the main course of every meal.**

Vegetables are packed with vitamins and minerals, and most have few calories.

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07

## **Get enough sleep.**

Those that sleep less than 6 hours tend to have a higher percentage of body fat. Your body doesn't operate optimally without enough sleep.

08

## **Move more.**

Find ways to add more steps to your day. Park further from the door when you go to work or to the store. Use the stairs instead of the elevator or escalator.

09

## **Eat mindfully.**

Pay attention to your food. Notice the taste and focus on the sensation of eating.

10

## **Be careful when eating out.**

It's easier to throw caution to the wind while dining at your favorite restaurant. Try to eat at home where you have more control over the situation.

11

## **Get a partner.**

You'll stick to your diet and exercise program better if you have a partner to keep you accountable.

12

## **Eat slower.**

Chew your food completely. Drink a full glass of water with dinner. Count to five between bites. Do whatever is necessary to slow down and you'll eat less.

READY FOR THE

# *Even More?*

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If you are curious or interested to find out how you can reach some of your healthy goals, book a free health coaching discovery call by clicking the button below.

**SCHEDULE NOW!**



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