

# Are You Looking For Healthy Ways to Lose Weight?

Fast Track Fat loss Pro


If you are looking for healthy ways to lose weight, then you have come to the right place. Your body likes slow changes, not rapid bursts of exercise or crash diets. People who have not exercised in years and suddenly start, risk both injury and burning themselves out early. The same goes for crash diets that can rob you of important vitamins and nutrients that your body requires to operate efficiently.





In order to burn fat, you need two things:

1. Reduce the amount of calories you intake daily.
2. Increase your level of exercise



By gradual change you are much more likely to stick to your new exercise program and weight loss program. Small changes will make a large difference in your healthy weight loss. For example, if you eat one extra bagel a week, this could cause you to gain 5 pounds per year. By cutting that weekly bagel out of your diet you will lose that same amount of weight. Weight loss should be viewed as a lifestyle changes, since we need to permanently change are eating habits in order to sustain our weight loss long term.

Whenever you exercise more than usual, you will burn calories and fat. If you increase the amount of exercise and keep your caloric intake and diet the same, you will almost definitely lose weight. Even a 20 minute walk 5 times a week will have beneficial effects.



Doctors use BMI (body mass index) to assess your weight. A BMI of 18.5 to 25 is healthy. A BMI of more than 25 is overweight and a BMI over 30 is obese. A BMI over 40 and you are considered morbidly obese.



# Body Mass Index Formula

$$\text{BMI} = \frac{\text{weight (lb)} * 703}{\text{height}^2 \text{ (in}^2\text{)}}$$

OR

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2 \text{ (m}^2\text{)}} \quad \text{(metric)}$$

BMI equals a person's weight in pounds divided by their height in inches squared, multiplied by 703.

For example, for someone who is 5 feet, 7 inches tall (67") and weighs 220 pounds, the calculation would look like this: 220 divided by 4489 (67" X 67") multiplied by 703 = 34.45 BMI

27.7 is your BMI and it means you are overweight and need to change your eating habits in order to lose weight. This does not mean that you cannot enjoy sweets or other foods you enjoy. It means you need to limit these foods to smaller quantities and maybe even save them for special occasions. You will burn more fat if you eat less and make healthier eating choices. This is very different from the crash diet which most people give up on quickly out of sheer desperation for foods they enjoy. Crash diets also add to the yo-yo affect of losing weight and then putting more weight back on than before and this cycle keeps repeating.

Unfortunately, there are no easy short cuts when it comes to healthy ways to lose weight. A good target is to lose 1 to 2 pounds per week. This may seem slow, but by cutting 300 to 500 calories per day, this weight loss can easily be achieved and you will be well on your way to a healthy weight loss.



# Here are some suggestions:

- Don't skip breakfast
- Eat 5 small meals a day
- Drink plenty of water instead of soda and juices
- Drink fat free milk instead of whole milk
- No sugar in coffee or tea

- Take smaller servings
- No more second helpings
- Throw away potato chips and other junk food
- Stay away from all processed foods



- Visit us at [Fast Track for Fat Loss Pro](http://www.fasttrackfatlosspro.com) We are helping others to achieve "Healthy, Life Changing Weight Loss" and ending the vicious cycle of yo-yo dieting once and for all. Click here to find out more information about [healthy ways to lose weight](http://www.fasttrackfatlosspro.com).

