

10 tips to lose weight/ body fat

1. Eat less calories than your body needs.

Eventhough i dont really count calories, but no one can deny the fact that its impossible to lose weight if one overeats.

2. Reduce fat intake

Avoid deep fried foods coz they are calory densed. Take good fats instead such as salmon, oilve oil, nuts, etc

3. Reduce carbs and simple sugar

Less carbs and sugar means our body will tap into fat reserves for fuel and hence we will lose bodyfat. Cut down on white rice, white bread, spagetti, noodles, cakes, ice cream, kueh-mueh, etc

4. Eat smaller but more frequent meals

Reduce the portion of each meal according to your weight/size and try to have 4-5 meals consists of mainly protein (chicken, fish, eggs, lean beef), low carbs (brown rice, sweet potatoes, oats, whole wheat breads), and some good fats (olive oil, almonds). Dont forget your vegetables. Digestion needs energy and hence boost ones metabolism each time we eat (if we dont overeat though!).

5. Plenty of water

Please please please drink and drink. Water will not make us fat or bloated coz we sweat so much during training. We need to replace whats lost otherwise our performance will suffer. Furthermore, water is needed in the fat burning process.

6. Cardio

Join group classes or hop on a treadmill, ellepticals or stepper to burn extra calories. More calories burned means a trimmer waistline (provided diet is sound). Can also play your favorite game ie: swimming, badminton, tennis, basketball, futsal, etc etc

7. Weight training

Im sure by now we all know how important is weight training. Muscle increases ones metablism so it makes it earsier to lose weight/ body fat.

8. Recuperation

Dont over do it. I know the best way to lose bodyweight is by dieting, cardio and weight training. I recommend 2-3 times a week on weight training and 2-3 times on cardio. At least 1 day just relax and recuperate. Also, get 6-8 hours of

sleep a day. I personally cant function and concentrate if lack of sleep.

9. Reduce/ eliminate alcohol

For drinkers, no choice but to reduce your booze. Alcohol contains almost as much calorie as fat per g. Also, it doesnt contain vits and minerals (empty calories).

10. Multi-vits, minerals

Our body needs more vits and minerals since we are eating cleaner and fewer calories and the variety of foods is somehow limited.

P/S: Also the way you prepare your food is important. Go for grill, steam, roast, and boil. All the best!!