

## How To Easily Lose Weight By Controlling Your Food Intake!

*There are lots of ways to lose weight these days. You can have liposuction, as long as you don't mind paying thousands for it, being bruised for days afterwards and then seeing the weight pile back on in a matter of weeks.*

**Jan. 4, 2009** - [PRLog](#) -- You can take weight loss pills, again, if you can afford it. The problem with pills, though, is that they don't work – which is a fairly big drawback. You can try one of the many fashionable fad diets that are floating around at the moment, if you don't mind eating foul-tasting food in tiny portions and feeling hungry and miserable all the time as a result. Or, if you want to, you can alter your existing eating habits in a few special ways. It doesn't cost anything, it really works and there's definitely no bruising! It is, as you'll soon discover if you give it a try, the very best way to lose weight and keep it off over the long-term. Combine the changes in your diet with regular - but not difficult or boring - exercise, and you'll see pounds of fat disappear from all over your body EVERY week until you decide you're happy with your weight and body's appearance. If you're ready to learn what you need to change and the things you need to do to make it happen, read on!

You're going to lose weight by controlling the number of calories you consume on a daily and weekly basis. You see, lots of people know about the concept of calorie control, but very few seem to use it properly. Perhaps it seems too good to be true or maybe they're just lazy and easily discouraged. Whatever the reason, one fact cannot be denied: if you control your calorie intake properly, you WILL lose weight. It's a scientific, biological, physiological FACT. Do what you're about to learn and the reading on your bathroom scales will drop each and every week. Here goes.

A pound of fat contains approximately 3500 calories. If you consume 3500 calories, you WILL gain one pound. No ifs or buts. And, as you've no doubt guessed, if you eat 3500 calories LESS than usual, you'll LOSE one pound. But you can't just cut down your calorie intake by 3500 a day – if you do you'll mess up your body's natural balance. What you need to do is lower your calorie intake by 500 calories a day, which will make a total deficit of 3500 calories over a seven day period. Before you do that, though, you'll need to know your BMR (Basal Metabolic Rate). This number sums up how many calories your body needs per day to maintain its weight. Once you've calculated it, you can then go ahead and eat 500 calories less than that number per day. Click the link at the bottom to go straight to the 'Perfect Body Plan' BMR calculator. Working out your BMR takes literally 30 seconds - once you've done it, carry on reading this article.

Okay, so now you've got your BMR. Let's say it's 2100 calories. You now know that if you want to lose 1 lb of fat a week you need to eat 1600 calories a day and no more. If you do that, you WILL lose 1 lb a week – it's inevitable. To make sure you eat the correct number of calories, you need to look at the food labels on the things you eat. Of course, it's also recommended that you get your 1600 calories, or however many it is you personally need, through healthy foods containing healthy fats such as Omegas 3, 6 and 9 – and not by going to a fast food place and only eating a small burger meal. Stay away from saturated fats as much as possible.

So, you've lowered your calorie intake by 500 calories a day – that's a guaranteed loss of 1 lb a week. But what if you want to lose more than that? In that case, you can do one of three things. You can either lower your calorie intake a little more (while ensuring you get all your required vitamins, minerals, fats, protein, fibre and carbohydrates from your food and drink), you can stick to eating 500 less and incorporate some extra exercise into your weekly schedule, or you can do both by lowering your calorie intake a little more (say, 700 less than your BMR) and doing exercise. This final option is the one I recommend most. By doing regular exercise, you help make sure your body is always burning fat and not muscle, which is clearly a

good thing. Exercise also gets and keeps your metabolism up, which helps your body burn up the fat you want to lose. So, what about losing 2.5 lbs a week? How could one go about doing that? It would mean you'd lose 10 lbs a month, which is pretty impressive. In 6 months you'd be 60 lbs down! You might not even want to lose that much!

To lose 2.5 lbs a week, you could first cut your calorie intake to 700 lower than your BMR. So, if your BMR is 2100, you'd eat 1400 a day. That equals a fat loss of a pound and a half straight away. Next, you'd do enough exercise in the week to burn the remaining 3500 calories needed to make up a total weekly weight loss of 2.5 lbs. To burn 3500 calories a week through exercise isn't as hard as it might sound. The key is exercising often, intensely and using different kinds of exercise throughout the week. Here's an example.

Monday: Swimming, 1 hour. Calories Burned: 800.

Wednesday: Badminton, 1 hour. Calories Burned: 1000

Thursday: House work (hoovering and ironing), 2 hours. Calories Burned: 270

Friday: Weight training, 1 hour. Jogging, 1 hour. Calories Burned: 900

Saturday: Yoga, 1 hour. Calories Burned: 200

The remaining 200 or so calories would be made up by day-to-day activities, like walking, climbing the stairs, etc. Of course, you don't need to do as much exercise as just outlined. You'll simply increase your rate of weight loss if you do.

The key point is calorie control: get it right and you'll lose weight – it's as simple as that!

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'Perfect Body Plan' is a brand new e-book that has been designed in a special way. It allows anybody who reads through its pages – regardless of what their specific, individual goal is – to achieve their perfect body. It only uses tried-and-tested techniques that fuse diet advice, multiple fitness and weightlifting programs that anyone can perform, and psychological guidance that **MAKES SURE** you achieve your goals. Whether you want to lose weight or gain it, get fit or simply look good naked, 'Perfect Body Plan' has the answers...

Take a look now at: <http://www.bestplaceonthenet.com/PerfectBodyPlan>

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