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THINGS YOU MUST DO if you want to LOSE WEIGHT



01 You Must want to lose weight

Man this sounds obvious, but when push comes to shove, many people actually don't really care enough.



03 You Must accept that you will need to make some sacrifices

Sacrifice is a good thing, and doesn't need to be painful.



05 You MUST eat the right foods

There are thousands of diets out there, and I'm not going to insist that you Do the Dukan, Advocate the Atkins, Persevere at Paleo, Beat the Banting, or Greet the Grape diet.



07 You MUST eat the right amount

As with rule number 5, eating the right foods is essential but that does not mean unlimited amounts.



09 You must build a bit of muscle

Hey Arnie! No, not you. Muscle speeds up your metabolism. You don't have to go to the gym every day or compete in body-building competitions.



02 You MUST Accept that you will have to change some of your habits

The old quote by Einstein about insanity never applies more than here.



04 You MUST stop putting on weight

Huh? The first step to losing weight is to stop putting it on. You probably don't have to think very hard to know which of your lifestyle habits are causing you the most harm.



06 You MUST reduce your consumption of the wrong foods

Closely related to rule number 5, there are a few things which don't feature in any diet.



08 You MUST move (Exercise)

This doesn't mean that you have to start running marathons. If you are a middle-aged sedentary person, then your metabolism would have slowed down, yet you're probably eating the same way you did as a teenager.



10 You Must Mix with the right people

It is very hard to lose weight when all the people you hang out with are very overweight. Mix with people who are slimmer than you.

