10 Tips For Losing Weight the Healthy Way

1. *Cut Out Calories:* To lose about a pound a week, take in 500 fewer calories a day, burn an extra 500 calories daily from physical activity, or do a combination that adds up to 500.

2. *Keep A Food Diary:* Research shows that recording what you eat and drink every day can double your weight loss.

3. *Practice Portion Control:* Limiting portion sizes is key to weight loss. Choose sensible portions for every meal and snack.

4. *Be Smart About Beverages:* Drinks such as alcohol and sports drinks are high in calories. Have water or other healthy beverages instead.

5. *Don't Skip Meals:* Eat small, nutritious meals and snacks throughout the day to boost your metabolism and increase energy.

6. *Go The Exercise Route:* To lose weight through exercise only, most healthy adults need an hour of moderate-intensity activity five days a week.

7. *Make Fitness Fun:* Find activities you love and vary your routine so you don't get bored and abandon your activity plan.

8. *Take Extra Steps:* Movement adds up, so climb stairs when you can, park further away, and walk on your work breaks.

9. *State Strength Training:* Also known as resistance training or weight training, this form of exercise increases muscle mass and metabolism.

10. *Get Enough Rest:* Sleep gives you the energy to be active and helps you stay alert so you're less likely to mindlessly binge.

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