

## **Win The Battle Of The Bulge With These Tips**

- by Timsably

Whether you are struggling to lose the last five pounds or you are at the beginning of your weight-loss journey with miles to go, this article can help guide you in the right direction. Information is power, and the information here will become a powerful tool to help you succeed.

When you are trying to lose weight, take a good look at your eating habits by keeping a food diary for a week before you start your new diet. This will show you where your problem areas lie. For example, are you prone to overeating while at work, in the evenings, or at friend's homes?

To assist with losing weight, try adding more food into your diet instead of taking food away. This may seem counterproductive at first, but it will make sense once you find ways to work more healthy food into your meals and use less unhealthy foods. Try to use a lot more healthy fruits and vegetables and less starches, such as potatoes.

People who want to lose weight would do well to work a bit of exercise into their routines. Surprisingly, it takes much less exercise than most people think to help keep one's weight down. Many of us have difficulty working exercise into our days. But if you get off one train stop early, or park a bit farther from the grocery store, you're giving your body a little workout every time you move, which boosts your metabolism. So walking just a mile or two over the course of a day can keep those extra ten pounds from creeping up.

Use what you have learned here to help you kick start your weight loss or to re-motivate yourself to get back to the serious business of dropping the pounds. Now that you have the knowledge, the next step is to take what you have learned and apply the advice to your life.