

Weight Loss Logic

I'll be honest with you. I've been overweight for a good portion of my life. For a long time, the only question I was asking myself was how to lose weight? In the past year, I lost a whopping 40 pounds by making a few small changes. Here are some of them.

1) Cut out sugar. No more cola or sugar in my coffee. It's crazy how much sugar you ingest through liquids. Might as well save those calories for good stuff like cake and candy. Simply reducing the amount of sugar I ingest in liquid form dropped my calories down by a lot.

2) Do something. Move, walk, clean, workout, but do something everyday. Once you get moving, it's hard to stop and it adds up quickly. Don't force yourself to workout like a mad man everyday when you don't feel like it. Instead, give it your all when you feel like having a one hour workout, and go for a brisk walk when you don't feel like sweating bullets.

3) Bring a lunch. No more going out to eat at work. One reason is that it costs a lot in the long run and secondly, restaurant food is the pits when it comes to healthy eating. If you absolutely need to go for a business lunch, the salad is always a good option and rice is a great replacement for fries.

Hope this helps you guys!