

## 8 POWERFUL TIPS FOR HEALTHY WEIGHT LOSS

EVERYBODY WANTS TO KNOW HOW TO MAKE REAL, PERMANENT, AND HEALTHY WEIGHT LOSS. THE SOLUTION LIES WITH SIMPLE LIFESTYLE CHANGES THAT ARE EASY TO DO, AND EASY TO STICK WITH. HERE ARE EIGHT WAYS TO BOOST YOUR METABOLISM, LOSE WEIGHT, AND IMPROVE YOUR OVERALL HEALTH AND WELL BEING.

### 1 Think Addition, Not Subtraction

Add a few of your favorite fruits into your lunch bag.



### 2 Forget about Exercising

Forget about making a specific "workout" time, instead increase your physical activity in fun ways.



### 3 Avoid Sugar

Sugar, especially white granulated sugar, make your body store fat.



### 4 Don't Skip out on Breakfast

Breakfast is the most important meal of the day. Not eating breakfast slows the metabolism.



### 5 Lighten the load

Instead of denying yourself the food you love find ways to "lighten them up" a bit.



### 6 Water; Water; Water

You cannot expect to lose weight without proper hydration. Also downing a glass of water before you eat is a great way to eat less.



### 7 Reduce Stress

Lowering stress & anxiety helps lower your blood pressure, improves the immune system.



### 8 Healthy Supplementation

While there are no magic pills, there are supplements such as RealDose.



# Guide To Healthy Weight Loss

**Jin-Ying Zhang**



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