

33 “hacks” for losing weight

Losing weight can be a struggle can't it? We all need a helping hand in the right direction sometimes, especially when it comes to weight loss. So let us help you beat your slimming battle. Follow these 33 simple tips and tricks and you'll start to see the pounds dropping off in no time!



1. Make a Cheat Meal Plan

You read that right! Before you start changing your diet, you need to schedule in some cheat meals. When it comes to your favourite treats, you shouldn't go cold turkey. People who plan scheduled cheat meals are usually more successful in their long-term weight loss journey. Having a cheat meal once or twice a week gives you something to look forward to and will motivate you to eat healthier the rest of the time. We told you these weight loss hacks were easy!

2. Use Smaller Plates

If you struggle with portion size, this one's for you. Try eating from a smaller plate, and you'll actually end up eating less and consuming fewer calories. Research has shown this method to work, because the smaller plate acts as an optical illusion. When you put food onto a large plate, you automatically compare the portion size against the size of the plate, so it can appear like you are eating a smaller portion. But the same sized meal on a small plate looks like much more, so your brain tells you you've got more food to get through. You're also much less likely to head for those leftovers we talked about earlier. Try it - it really works!

3. Pack Away Leftovers

One thing we're all guilty of is eating all the leftovers immediately after finishing our main meal. If you regularly find yourself reaching for the leftovers, it's almost never because you're still hungry. It's because it's there so you feel like you should eat it. So pack away any leftovers into tupperware and stick them in the fridge BEFORE you sit down to eat your meal. Removing leftover food from sight will remove the temptation to tuck into them straight after you've finished your meal.

4. Drink More Water

We can't stress enough how important proper hydration is when you're trying to lose weight. Regardless of your weight loss goals you should be drinking plenty of water. But it can be difficult to get those 8 glasses in. Which is funny because we don't tend

to struggle as much when it comes to glasses of wine! Quite often, that feeling of hunger is actually your body's way of telling you to re-hydrate. Sipping on water regularly throughout the day can actually stop you feeling hungry or stop you snacking. If you start replacing sugary drinks with water, you've already reduced your calorie intake significantly. There's not many easier ways to cut the calories!

5. Sleep it Off...Literally

We've got good news for you. When you sleep you lose weight! There is absolutely no effort involved and you won't even know it's happening. But why does it happen? While you breathe during the night you lose carbon atoms and exhale excess water weight. This can sometimes amount to a weight loss of up to two pounds by morning! Now you know why you always weigh less when you step on the scales in the morning. So don't feel bad if you need a lay in or a mid-afternoon nap.

6. Brush Your Teeth Before Dessert

If you struggle with sweet-tooth cravings and start pining for the chocolate cake immediately after your main meal, try this top tip. Brush your teeth with a minty toothpaste right after your meal. The minty flavour stops you from craving that chocolatey dessert, since all you can really focus on is the mint. It's also much better for your oral hygiene to brush after every meal, and although this isn't always convenient, it's good practise when you can find the time.

7. Get a Workout Buddy

It's a big enough task to stay motivated during your weight loss journey as it is, but if you feel isolated by the challenge this brings, it will be even harder to stay committed. Find a friend who's willing to go on the journey with you, even if that's just a gym-buddy. Having someone to push you to take on that last rep, or another minute on the treadmill makes all the difference. Can't find a workout buddy? There's a huge community of health lovers and fitness buffs on social media. Why not join

the #fitfam on Instagram or Twitter and start chatting with other like-minded people to help you stay focused on your goals?

8. Exercise in the Morning

Ok, so we admit that this one isn't exactly easy, but the best time to exercise is in the morning. You'll give your metabolism a great kick-start which will mean you'll burn more calories throughout the day. That metabolism boost is also why you should save your breakfast until after you've finished exercising. Although you might not feel like it when you hear the first chime of that alarm clock, you do actually have much more energy in the morning than you think. Let's face it, we all know how hard it is to find the motivation to work-out after a long and tiring day at work. An early morning exercise routine also means you've accomplished something before you've even started your day. So even if you achieve nothing else, your day will never have been completely unproductive. Win!

9. Re-fuel Your Body After a Workout

Don't deny your body the nutrients it needs post-workout - especially if it's a high intensity workout. Fluid replacement is an obvious one, and the harder you hit it, the more you need to drink to replace what you've lost through perspiration. The best post-workout meal is one with carbohydrates and proteins. Protein will help you build muscle and carbs will keep your insulin response at a higher level in order to replenish your tired muscles.

10. Set Yourself a Target

Know your goals and have a clear vision of exactly what you want to achieve. Maybe it's that much desired dress size you used to be? Or maybe it's a reduction in your

body fat percentage? Whatever it is, write it down and put it somewhere visible. On the fridge door works for us. A reminder of your goals will help keep you focused when you start to struggle. You can even break your main target down into smaller, more achievable goals. This is a well-known technique for tackling big challenges and makes it so much more motivating when you reach each milestone along the way.

11. Cut Back on Processed Food

Anything with a wrapper should be avoided. We're talking chocolate, cookies, crisps, and other processed snacks that you only find only in a tempting, shiny wrapper. Our bodies were never designed to handle such high levels of processed sugar and salt content in food. So focus on natural foods that don't come with wrappers, like vegetables, fruits, meats, and eggs. You'll be surprised how quickly you see results just by cutting out processed food for a short time. "What? I can't possibly go without processed food forever" I hear you protest. We're not saying you should NEVER eat your favourite cookie snack ever again. We're simply saying you should cut back as much as you can.

12. Stop Adding Salt

If you love adding salt into every meal, this is going to be a challenge. But we all know by now that there is more than enough added salt in most of our supermarket products, so why on earth would we want to add even more? Start by slightly reducing the amount of salt you add to your food. Then bit by bit, continue to phase it out slowly until you can survive without it.

13. Intensify Your Workouts

It's better to workout for a shorter time and really push yourself within that time than to have a longer, less intensive workout. Keeping your heart rate high for longer intervals is a much more effective way to burn fat. So don't plan a two hour workout

thinking you're going to get better results, because fat burning just isn't sustainable for that amount of time. Instead, a 30-40 minute high intensity session every day will skyrocket your weight loss efforts.

14. Olive Oil all the Way!

Olive oil is full of heart healthy, monounsaturated fats. These healthy fats lower your risk of heart disease by taking control of your cholesterol levels. We're not suggesting you start pouring the stuff all over your food or drinking it through a straw (now that's a thought!), but in moderation and as a replacement for unhealthy trans and saturated fats, olive oil is a great way to make sure you're getting all the right requirements when it comes to dietary fat.

15. Cut Down the Carbs

Even if you're eating natural carbs like fruit, you can still over-eat to the point that it affects your weight loss results. Pasta, rice, bread and potato all seem healthy when you compare them to chocolate, chips, cake and other goodies. But if you're trying to lose weight at a steady rate, stocking up on the carbs is going to make it a lot harder for you. Your body burns through carbohydrates before anything else; it's just the way it is. So if you're constantly stuffing yourself with carbs, you'll never be able to burn what you really want to - fat!

16. Learn to Relax

If you're constantly stressed you're not doing yourself any favours. Stress releases the hormone 'cortisol' among others, which is designed to help you overcome the ordeal of stress. But the presence of cortisol can substantially increase your appetite and encourage you to over-eat. Taking steps to relax and de-stress will lower the levels of cortisol that can often lead to weight gain.

17. Always Eat Breakfast

Eating breakfast kick-starts your metabolism and refuels your body after a night-long fast, giving you more energy for your day. This makes you less less likely to over-snack later on. Instead of skipping breakfast in an effort to reduce calories, it's far better to reduce your calorie intake over lunch and dinner rather than sacrifice your first meal of the day. Of course, the type of breakfast you are eating is important too. We suggest a balanced meal with carbohydrates and protein. For example, eggs on brown bread, or oats with nuts. Skipping breakfast will not only have an impact on your weight, but also means you're not performing at your peak. This means other areas of your life could start to suffer and work, studies or family life might begin to take their toll in the long-term. Yes, breakfast really is the most important meal of the day!

18. Share Your Goals

It's harder to back-out of something once you've shared your goals publicly. Keeping a blog or setting up an Instagram account dedicated to your weight loss journey is a great way of putting your plans out there in the public eye. By sharing your goals like this, you'll also find that lots of other like minded people will help motivate and support you when you've lost the will to exercise.

19. Caffeine Is Good

Okay, so we told a little lie. Caffeine is not always good, but when it comes to weight loss it's definitely your friend! Caffeine has been shown to work as an appetite suppressant, which can help you lose weight loss by helping you cut down on your snacking. If you're not much of a snacker and you're pretty good at portion control, caffeine can still help you. Caffeine helps your body burn more calories by stimulating thermogenesis - the process in which the body generates heat and energy from digesting food. But please don't over-do it on the caffeine thinking you'll

lose lots of weight. Too much and you could develop insomnia, anxiety, nausea, high blood pressure and other health related issues.

20. Lift Weights

Are you a cardio Queen? You might think that cardio is the way forward when trying to lose those stubborn pounds. However, you really should start switching up your workout to include some lifting. Lifting weights builds muscle. And more muscle means more calories burned. This is because the body uses more calories to maintain muscle, as opposed to fat. So even when you're not working out, having that muscle is much more beneficial for reducing your overall body fat percentage.

21. Take “Before” Pictures

Sometimes the scales don't give us the whole story, especially if you're following the previous tip and putting on muscle, because muscle weighs more than fat. Because you see yourself on a daily basis it can be difficult to see the real changes in your body along the way. Taking 'before' photos is the best way to compare where you are now to where you were when you started, which will keep you motivated to continue. Often, we just need to see those initial results to motivate us further.

22. Track Your Activity with an App

There are so many great apps out there to make your life that little bit easier, especially when it comes to diet and fitness. You could keep track of your meals and calories consumed using something like 'Myfitnesspal' or find one to monitor your daily activity or heart rate. There are lots of devices on the market that sync up to a mobile app so you can take tracking and monitoring one step further. How does this help you? New dieters often don't anticipate just how difficult it is to stay focused on the journey. Being more organised by using an app or device, especially when it comes to what you've eaten, can help keep you on track.

23. Add Some Spice to Your Food

Spicy foods can increase your metabolism for a short period of time. When you eat spicy food, the capsaicin in it (which gives chillies their heat) increases your body temperature slightly, kickstarting that calorie burning thermogenesis we talked about earlier. The resulting spike in metabolic rate could also stop you overeating at the next meal. Other studies have shown that spicy food can make you feel fuller more quickly, meaning you're more likely to eat less each time you sit down to enjoy a spicy dish.

24. Go For Brisk Walks

A walk doesn't feel particularly strenuous, which is fantastic news if you tend to shy away from exercise. Exercise can be uncomfortable if you're pushing yourself to the limits, but a walk most definitely isn't. Walking a dog twice a day is the ideal way to get in those walks. Haven't got a dog? You could offer to walk your neighbour's pooch, or even set-up a small dog-walking business in your local neighbourhood. It's difficult to back-out of a walk if you're being paid to do it! Not really into dogs? That's okay too, why not enjoy a romantic, moonlit stroll with your other half? Or take the kids to the park and walk instead of driving? Take the bus regularly? Get off a stop earlier and walk the rest of the way! Take the stairs instead of the elevator! If you work in an office and you're sitting down for the majority of your day, this is really going to take its toll on your weight loss efforts. Being active throughout the day burns more calories than you think, so getting those walks in on a morning or evening is vital if you're not very active the rest of the time.

25. Shake up Your Chocolate

If you just can't go without chocolate, try a chocolate flavoured protein shake instead. You can enjoy a guilt-free glass of chocolatey heaven - that sounds great right? Chocolate is a pretty standard flavour with most sports nutrition brands, so it won't be difficult to find. If you're concerned about the costs of buying protein, you

can be reassured in the fact that one tub of protein lasts a long time. Filling up on protein will also stop you snacking on other bad foods throughout the day. Plus, it's fuel for your muscles. And remember - more muscle means more calories burned. Totally worth it if you ask us!

26. Don't Starve Yourself

It's an awful misconception that going on a diet involves being constantly hungry. We can't stress enough how important it is to eat enough food. Not eating enough food will trigger your body's preservation mode. Your metabolism slows right down and your body will stubbornly hold onto body fat in order to survive. Even worse, when you do eventually eat, your body will store your food as... more fat! It's a survival mechanism. If you're constantly starving yourself for long periods of time your poor body won't know when it's next meal is coming - or if there's one coming at all - so you can't blame it for wanting to hold onto that fat. This is also another reason why you shouldn't ever skip your breakfast. So keep your body well fed and you'll find it much easier to lose weight. Eat enough to make you feel full, but stop there.

27. Try Some Soup

It might not feel like you're eating a proper meal, but compared to eating a solid meal with a drink of water on the side, eating soup will keep you fuller for longer, because it sits in your stomach for longer. A study showed that when food is mixed with water to make a soup, the water within that soup sits in the stomach for longer because it's blended with the rest of the food, which keeps you fuller for longer. However, when you drink water alongside a solid meal, that water passes straight through the 'sphincter' at the bottom of your stomach, and straight into your intestines, so it never fills you up. So soup for your lunch should ward off those afternoon hunger pangs!

28. Get into a Routine

A solid routine keeps your mind focused. Planning your food and ensuring you can always fit in your daily workout can really make all the difference. This is obviously a lot easier for the 9-5 worker with a predictable routine, but if your life doesn't tend to follow any set patterns then this one may be more of a challenge. If every week is different, try creating a plan of action at the start of each week, when you have a better idea of how each day will flow.

29. Pre-prepare Your Meals

Ever heard of the saying "failure to plan is planning to fail"? Sticking to a diet is hard enough, but knowing exactly what you're going to eat for the whole week - and having it pre-prepared - really takes some of the pressure off. If you have a busy working week ahead, why not cook five meals on the Sunday and freeze them? There's nothing like good food preparation. Don't believe us? Try it for just one week and then see how you feel that first time you can't just reach for your handy, fuss-free, easy peasy meal... because you didn't pre-prepare it!

30. Slow Down When You Eat

Your mum probably used to tell you to 'chew your food properly' when you were growing up. Well, she was right, especially when it comes to losing weight. Slow down and chew your food for longer, because it's been proven that eating slower means you actually eat less. Ever eaten a big meal and then suddenly felt like you overdid it right at the end? That's because you ate it too quickly - you over-ate. The more you chew each mouthful of food, the more enzymes you add to your food before it reaches your stomach, which is better for healthy digestion. It's the process of chewing which helps to break down your food quicker, so it can be converted to energy more efficiently.

31. Stop Drinking Your Calories

We tend to focus less on the amount of calories in drinks, because they don't really feel 'real' do they? But a milkshake, soft drink or alcoholic beverage all contain a high number of calories. Water might not be as tasty, but we would strongly advise you replace many of your drinks with water if you are serious about losing weight. Try adding a slice of lemon or a couple of strawberries into your water to give it a little more flavour. If you must, you could also buy flavoured water from the supermarket, but always check the sugar content first.

32. Step Up the Protein Game

Start upping your protein to help build those muscles! We've already mentioned how important muscles are in the weight loss process, but the difficult part is building them. Make sure you have a good balance of protein in every meal. Eggs and spinach for breakfast or an omelette as snack is a good way to increase your protein intake, especially if you tend to enjoy a carby meal. Those yummy chocolate protein shakes we mentioned earlier are also a great way to get some extra protein into your day.

33. Don't Avoid Fats

Most people think that cutting out fats is the best option for losing weight. It's not! Low-fat options and avoiding all fats isn't going to help you at all. Ever heard of 'essential fatty acids'? They don't call them 'essential' for nothing! Omegas 3, 6 and 9 are vital to feed your body and brain with the nutrients they need. And a healthy body well fed with essential nutrients is going to make your weight loss efforts much easier, trust us.

34. Bonus Tip - Use PhenQ to Accelerate Your Weight Loss

Just like we said at the beginning of this guide, we all need a helping hand in the right direction sometimes, especially when it comes to weight loss. And have we steered you wrong with these 33 tips? They're all so easy, right? Ok, so maybe not the morning exercise one for all you night owls out there, but we think you'll find it hard to deny they can all help you shift that weight!

So you'll know we're right when we tell you that using a supplement like PhenQ can help you burn that fat and shed those unwanted pounds even faster. PhenQ is a brand new weight loss product that will help you:

Burn stored fat to reveal your hidden dream body

Suppress your appetite to eat less and cut calories

Block fat production to stop weight gain

Use it with your 33 weight loss hacks and you'll be amazed at your results! Click on the link below right now to find out how PhenQ is helping thousands of people like you achieve their weight loss goals faster.

[Visit www.PhenQ.com – Click Here](http://www.PhenQ.com)

We hope these 33 weight loss hacks have given you some useful ideas to implement into your daily routine. Take just a few small steps every day toward your goal and we promise you'll look back in a few months' time and be amazed at how far you've come. Stay focused and you will succeed. Good luck!