

**TIPS**

# The weight loss start-up

**B**EFORE going on the latest diet, pause for a minute. If you are serious about attempting to lose weight, then don't start too big. Take baby steps before you burst into a sprint. To heed that advice, you must not start a brand new diet regime but first begin by conditioning your mind and your body first. Remember that the objective is to lose weight and not to stick to a particular diet. Changing certain habits will work faster than changing your entire meal plan.

To begin, start by making subtle changes to your lifestyle. Eat slowly during every meal and take smaller bites. Since it takes a while for the body to understand that you

are eating, the slower you eat the less you will want. Punctuate your bites with sips of water. Water takes up space in your stomach and makes you feel fuller. Also, keeping yourself hydrated helps to actually reduce water weight, which happens when you have had less water to drink.

When you eat, eat clever. Fill your daily meal with some basic healthy foods such as vegetables, fruits, juice, low-fat milk and eggs. Focus on what you intend to have, and try to plan meals which carry low calories. Keep a food diary to help with your calorie count, so you can identify those food that provide the most calories and also to check whether you are getting a

varied enough diet. If you still think you might over-eat, then spice up your food. Spicy food ends the hunger faster. It's even better if you start every meal with soup, drinking up enough liquid so you don't gorge later on.

Apart from the physical aspect, make sure to pay attention to the mental one as well. Firstly, ensure you aren't sleep deprived. Sleep deprivation actually might result in weight gain while making you mentally fragile at the same time. Wear fitted clothes so you can see your progress on a daily basis and it is right there in front of you all the time. Make yourself promise not to give up and persevere and if you

have a bad day, do not beat yourself about it. Your mental strength will be key to your success.

Finally, stay away from myths. For instance, don't shy away from drinking milk. Low fat milk actually provides calcium, which studies show may help you lose weight. Calcium generates heat and this helps to burn fat. And speaking of burning fat, get plenty of exercise, but don't over exert yourself. Do simple sit ups and go for runs or walks at first building up to more strenuous work-outs. Keep your eyes and the prize and soon you will be rewarded!

**LS Desk**

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