

Weight Loss and Building Muscle Fast

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You Don't Have to Starve Yourself to Lose Weight Fast

Trying to lose weight can be tough. Trying to lose weight fast can be even more of a challenge. If you think you have to starve yourself or endlessly exercise you'll be happy to learn that's not so.

Preparing for your weight loss program can make a huge difference in your success. When you take the time to evaluate your weight loss needs you'll be able to better choose the best diet and exercise program for you. Your metabolism is key to your weight loss, which is why you need to discover how fast your metabolism is. There are plenty of free metabolism calculators you can use.

What many don't realize is that to enjoy the maximum weight loss two 15 minute cardio workouts 3 to 4 times a week, combined with some weight training or resistant training on 2 to 3 times a week will result in maximizing your weight loss. The best fast weight loss combines exercise with reduced calorie intake. It will provide you with the quickest results. As you build muscle, you'll it takes more calories to maintain that muscle and so you'll lose more fat.

Don't waste your time with crunches. All you'll do is develop muscle under the fat and you'll actually look fatter. Cardio workouts are ten times more effective so take advantage of them. There's no need to have to spend any money to enjoy your cardiac workout other than a pair of comfortable shoes. Walking briskly is an excellent cardio workout. Of course, you can add cycling, jogging, running, or other activities, which you enjoy.

The best diet is a healthy diet. That means avoiding processed foods and eating plenty of fresh fruits and vegetables, as well as quality protein (poultry and fish) and complex carbs. Then all you need to do is take in fewer calories than you use.

You can do this by either eating less or by exercising more. There's really no big secret here. If you reduce your calorie intake start with a 100 to 200 calorie reduction. Never drop more than 500 calories or you risk scaring your body into starvation mode. When that happens you'll not lose a pound.

To learn you can lose weight quickly is rather exciting. It's great to discover it doesn't have to take months to lose those pounds. In fact, you can easily lose 3 to 5 pounds a week and you can do it without any risk to your health. In no time, at all you'll be leaner, thinner, and more toned.

What the Experts Say About Losing Weight Fast

Weight gain is frustrating when you're trying everything you can think of to shed those pounds. You watch what you eat, you exercise, and still...the pounds stay. Everyone knows that eating too much, eating fried or fatty foods, eating sugary foods, drinking alcohol and soda can lead to excess weight gain, but even those who avoid all these things find themselves putting on the pounds.

So how can you lose weight fast in a healthy manner? The good news is it isn't as difficult as you might have thought. According to some experts, a few key techniques can help you quickly shed those extra pounds. Losing weight quickly requires more than eating less and exercising

more. To lose weight fast you need to combine exercise, diet, dietary supplements, and emotional support. Here are a few more techniques to help you lose weight:

- * Listen to your body – Adjust your exercise and your diet to correspond with your goals and your body.
- * Set goals that are realistic – Make sure you set goals that can be achieved; stay motivated, and stay focused.
- * Drink more water – Drinking water removes toxins from the body. It also keeps you feeling full.
- * Eat more fiber – Fiber help to fill you faster and you stay feeling full for longer.
- * Remain consistent – Your success depends on remaining consistent with your plan.
- * Stay away from packaged and processed foods – these foods have little nutrition, too much fat, too much sodium, and they are just plain bad for you and your waistline.

There are all kinds of diet supplements on the market. Some may be helpful, some are of no value, and some are dangerous. Before you take any diet supplements make sure you do your homework and understand how and if they can help. Quick weight loss can occur without the use of supplements.

If you've ever watched "The Biggest Loser," you'll know that you can safely lose significant weight in one month if you want to. It's important to realize that losing weight involves more than just losing fat. Weight loss involves the body's water, muscle tissue, and bone mass.

Rapid weight loss can entail dehydration, loose skin, cramping, diarrhea, and fatigue. So while you can safely lose weight quickly, you can only do this providing you understand your nutritional needs vs. your weight loss, and what your limits are. You should also never undertake a weight loss program without first discussing it with your physician.

How to Quickly Get Lean

You'll be happy to know that there's no reason you can't build muscle and lose fat fast. Once you've turned fat into muscle, with a few changes to lifestyle you can look lean and fit for the rest of your life. But how does one get started in building muscle and losing fat? Glad you asked! And there's great news because you can do it quickly.

The quickest way to build your muscle mass is to get stronger. Any type of strength training will work. There's weight training that involves dumbbells, barbells, and exercises like squats. You can use either free weights or weight machines.

As you build muscle, your body fat will decrease. Along with strength training, you need 30 minutes of cardio exercise three times a week. The goal here is not to exhaust yourself but rather to burn fat. When doing your cardio you should be breathing heavier than you normally would but you should not be gasping for air. You should always talk to your doctor before starting any exercise program.

You can't build your muscles unless you are feeding them properly, and when you are eating right, you'll also be losing fat. Your nutrition needs to include at least 1 gram of protein per pound of body weight daily. So things like poultry, fish, and eggs are good sources of protein. You also need the good fats, which include omega 3, 6, and 9 found in things like olive oil and fish oil. Make sure you are eating plenty of veggies, especially the greens. Steam don't cook. All kinds of fruit is good for you, and you'll also want to make sure you are eating only whole grain foods. Water is critical to your fast fat loss program. Stay away from packaged foods and fast foods, and get rid of the soda.

As well as eating healthy, you are going to have to reduce your calorie intake. Don't do anything drastic because that triggers the body to think it's in starvation mode and it actually becomes more difficult to lose those pounds. Instead, reduce gradually. The first week cut out 500kcal. After a week check to see if you've lost weight and reduce more as necessary. Never cut more calories if you see you are losing weight.

Keeping a journal can help to motivate you and stay on track. There are even free websites that allow you to track your progress online. Losing

The Secret to Lose Weight and Build Muscle Fast

Weight loss – there's a lot of buzz around it, but how do you lose weight and build muscle fast? Glad you asked! It's time the secret was out.

The weight loss industry is a multibillion dollar industry and they'd like everyone to believe there's some big secret that they know and you don't. That's how they sell you magic weight loss formulas. It's time you knew the truth about what it takes to lose weight and build muscle fast.

Muscle vs. Fat

If you are trying to lose weight and build muscle and you want to do it fast, crash diets that seriously restrict your caloric intake aren't what you need. When you lose weight while dieting, you lose muscle and fat. Exercise will preserve your muscle and build new muscle. You need to eat healthy and incorporate a vigorous exercise regime into your daily life. That will build muscle and you can watch the fat shrink away.

The Right Foods to Build Your Muscles

If you want to build your muscles, you are going to have to feed them, and not just any food – the right foods. Proteins are key to building your muscles. This is why bodybuilders use protein shakes to bulk up. But don't ignore carbs, because they are also important to building muscles. The key to losing weight and building muscles quickly is to eat a balanced diet. You should be taking in two grams of protein per kilogram of body weight if you are following a serious exercise regime, however if you are not exercising you should be taking in no more than .8 grams per kilogram of body weight.

Calorie Counting

Without ever cutting calories, increasing your exercise and you can see an amazing reduction in weight loss. The formula to weight loss is really no secret. You must use more calories than you take in. So start paying attention and make sure you are burning up more than you are taking in. You also need to make better food choices – healthier choices mean you'll have more energy and feel fuller.

Building Muscle

You aren't going to bulk up overnight. If that's your goal and you put the time in you'll see the result in a few weeks, without any magic potions or pills. Start slow, with weights you are comfortable working with. Always do your exercises properly. Match your goals and your training to get the results you expect.

There you have it. There's really no big secret. The right mix of diet and exercise and you'll be toned and lighter in no time at all. You really can lose weight and build muscle fast.

Which Diets Are Best to Lose Weight Fast?

For most of us those pounds go on faster than they come off. But which diets are best to lose weight fast? Glad you asked! When it comes to fast weight loss some diets work better than others, and regardless of your diet choice it's important to add an exercise component too.

It's also important to choose a diet that you can stick to. There's no point in choosing a diet considered a fast weight loss program if you can't stand the foods that are in it.

Let's look at some of your diet options others have found useful to lose weight fast:

Scarsdale Diet – This is a diet known for its choices, which makes it easier to stick to. It's also a good choice if you're the type of person that doesn't want to be going around hungry. There's no weighting, counting, or measuring. Just follow the simple menus.

The Lemonade Diet – If you're a person with a strong willpower you might consider this combination cleanse diet.

The Cabbage Soup Diet – This is a popular choice for the anyone who doesn't want to be on a diet for more than seven days. It's cheap and it's repetitive. It works but you had better like cabbage.

The Three Day Diet – This is a great way to lose 10 pounds in three days. What one has to remember is that while these diets have worked well for many who want to lose weight fast, they don't necessarily lead to long term weight loss if they aren't combined with healthy lifestyle choice. That includes nutritious eating and exercise.

Your exercise program doesn't have to be costly or difficult. A brisk walk that gets your heart rate up, and some weight training right in your living room will do the trick. Resistance exercises are great for toning muscles, as are squats, pushups, and lunges. You might want to add a set of dumbbells to the mix but you can also use cans. Be creative. Of course, for some the gym

membership is a way to keep them focused and on track. Whatever works for you. That's what's important.

While diets may start to see the pounds melt away fast, you need to make healthy food choices to enjoy the long term benefits. That includes eating fresh veggies and fruits, good protein such as poultry and fish, and avoiding packaged and processed foods.

With just a little effort you can look and feel better in no time at all. Watch those pounds melt away.

4 Ways to Motivate Yourself to Lose Weight Fast

If you find yourself needing to lose weight, you're not alone. But saying you want to lose weight and actually watching those pounds disappear are two different things. Let's be honest – we're creatures of habit and we don't make change easy. That's why you want to use these 10 ways to motivate yourself to lose weight fast.

1. Play the If I Do vs. the If I Don't Game

Grab a piece of paper. Draw a line down the middle and one side write "If I Do" and on the other side write, "If I don't." You're looking into the future now. What will your life be like a month, a year, five years from now. If you take action and lose the weight or if you don't take action and lose the weight. Be honest with yourself.

For example, if I do lose the weight in one year I'll be able to eat what I want without worrying about getting fat. Or If I don't lose the weight in five years, I'm likely to be diabetic. This is a great exercise for motivating yourself – just be real!

2. Don't Let Anything Get in Your Way

If you have decided to lose the weight and look great don't let anything get in your way. You can achieve your goal when you set your mind to it but you need to have a plan. For example, you decide you are going to exercise 30 minutes on the stationary bike while watching your favorite television show. Or perhaps you've decided you are going to go for a 15 minute walk after work every day. Don't let excuses stop you from doing what you have set out to do. It's really easy to say put it off. I'm tired, I have company, I have to do laundry. Stick to your guns and you'll see the pounds start to roll off. It's not unrealistic to lose 5 pounds a week. So in just a month you can be 20 pounds lighter.

3. Reward Yourself

If any of you have ever trained a dog you know how important rewards are. They're important to you too so be sure to set some. For example, if I lose 20 pounds in two months I will treat myself to a meal at my favorite restaurant.

4. Bet With Yourself

The more extreme you make the bet, the more you have to lose. Go to a friend and tell them, "If I don't lose 20 pounds in the next two months I'll walk your dog for a month." If you want to motivate yourself even more "Go to your boss and tell him if you don't lose 20 pounds in the next two months you'll work for free for two weeks."

There are four great ways to motivate yourself to get the job done. You can lose that extra weight and you can do it fast.

The Best 3 Tips to Build Muscle and Lose Body Fat

If you want to build muscle and lose body fat these three tips can accomplish both. After all, you want to lose weight (body fat) without sacrificing muscle. Good news – this can be done you properly tackle the challenge. However, to gain muscle while losing weight you really have to have your nutrition and exercise program right on the money.

You also have to understand that muscle weighs more than fat. Therefore, as you build more muscle your weight may actually go up while you find your waist size going down. In the last decade, there have been significant advancements in the nutritional advances, which is why today's bodybuilder can stay lean and muscular twelve months of the year. It's all about your calorie intake vs. your calorie burn.

It's about balance. You need to take in enough calories to lose weight and gain muscle but not so many calories that you gain fat. You also need to find the right workout balance. Go for a lower number of sets and reps using a heavier weight. You should train each muscle group only one every week. On top of weight training your cardio workout is important. It needs to be intense and short.

The best 3 tips to build muscle and lose body fat are:

1. Figure out how many calories you use a day and then make sure you are not taking in more calories than that.
2. Ensure your weight training is heavy so that it will stimulate muscle growth. If you don't use heavy weights you won't stimulate the growth you desire. Weight training can be accomplished with a set of free weights. Dumbbells can be purchased cheap, and you can even get creative and use cans. Squats, lunges, and sit-ups are a good weight training exercises that cost you nothing.
3. Make sure your cardio workout is short and intense. It's a common misconception that the longer cardio sessions do a better job of burning fat and preserving the lean muscle mass.

Losing weight and developing muscles can be done quickly and efficiently without jeopardizing your health. While there are all kinds of supplements on the market promoting fast weight loss. Far too many of these supplements are all hype and no substance. Many others are little more than vitamins. Before you spend your money, it pays to do your homework.

From Fat to Fit What You Need to Know

Have you discovered the secret to quick weight loss? The truth is there is no secret. What there is are many unique ways that share similar characteristics. It's time you learned what you need to know to go from fat to fit.

Deciding on a weight loss, muscle building program has a lot to do with your personal preferences and tastes. It should also be based on your level of commitment. After all, there's no point in choosing a program that requires you to work out every day when you are only willing to work out three times a week.

There are all kinds of fad diets on the market that would like you to believe they have something that no one else has. The reality is most of these diets are similar. And while they have worked for many the key is being able to keep the weight off long term. If you decide to use a fad diet then you also need to have a long term plan in place and you need to be ready to make the lifestyle changes necessary to keep the weight off.

The truth is if you are looking to lose weight and gain muscle mass quickly, there are only a few tried and true way to do this. Here are some great tips to help you burn fat and build muscle.

1. Four days a week, you need to do 45 minutes of moderate free weight strength training.
2. Add high intensity cardio workouts that are 15 minutes in length and done three days a week.
3. Incorporate a nutritious well balanced diet into your life. Avoid junk food, processed food, and convenience food which has little nutritional value and far too many wasted calories.
4. You should not eat two hours before bedtime. Eating too late turns these calories into fat.
5. Drink lots of water. In fact, you should be drinking a gallon a day. Water removes the toxins from your body and it also fills you up. Have a glass of water before you sit down to eat and you'll eat far less. Got the munchies, drink a glass of water. Water also provides the necessary hydration to your muscles.

Building muscles and losing fat is not a onetime occurrence. It requires you to make some changes to your lifestyle. To keep the weight off you will need to continue to exercise and eat healthy. The good news is losing the weight isn't nearly as difficult as many would have you believe. Why not start today?

How Cardio Training Can Lose Weight and Build Muscle Quickly

The topic of losing weight can often elicit "groans." There's no need you know. In fact, did you know that cardio training can lead to quickly building muscle mass and losing weight. Cardio training can be as simple or as complex as you like. Walking, jogging, and cycling are all good forms of aerobic exercise that can quickly burn body fat. Aerobic exercises are a great choice for the entire body.

There's all kinds of sites promoting the "secret to successful weight loss" online but it's really not as complicated as we might want to make it out to be. If you want to lose weight quickly then you must change the ration between calorie intake and calorie use. You can either increase your exercise or decrease your calories. The best plan of attack is to combine the two. Reduce your calories by no more than 500 and increase your activity with a daily 30 minutes of cardio a day.

When you build muscle you burn fat. Strength training builds muscle. Squats, lunges, and pushups require no equipment are very effective. Free weights are also very effective – dumbbells can be purchased for cheap and cans always work too. Don't make this more expensive or complicated than it has to be.

Fat burning aerobic exercise is different than recreational exercise. For example Tennis and golf are recreational exercise and won't do a thing for your weight loss, or very little. Then again aerobic exercise such as running, walking, and jogging for 30 minutes without stopping will get the heart pumping and the fat melting.

For awhile it was thought that low intensity exercises would do the job of burning fat but that myth was quickly dismissed. If you don't get your heart rate up you won't burn fat. When you have a high intensity aerobic workout you will consume around 70% of the body's energy. This means calories are burnt and that includes fat cells.

Your cardio workout can be as little as 10 to 15 minutes but a 45 to 60 minute workout is the most effective for burning fat. Don't think for a minute that more is better, because after 60 minutes the amount of weight loss actually goes down not up.

Cardio training can lose weight and build muscles quickly but when it comes to healthy weight loss that you can maintain you'll want to ensure you have a healthy lifestyle.

The Best Way to Enjoy Quick Weight Loss

Weight loss is a battle many of us find ourselves facing. Whether its 10 pounds or 100 pounds you can do, and you can enjoy quick weight loss too. Let's look at some great ways to speed up your weight loss.

One way to speed up your weight loss is to speed up your metabolism. One sure fire way to increase your metabolism is to get active. When you increase your muscle mass you speed up your metabolism. Another way to boost your metabolism is eat small amounts more often. Rather than three meals a day, go for six small meals a day. Eating foods that are high in protein and foods that are spicy can both improve your metabolism. Give up coffee and start drinking green tea. There is all kinds of evidence that green tea speeds up the metabolism. You should set an alarm to go off every four hours to remind you to eat. Sound ridiculous? Well it's not. This technique ensure you eat smaller meals throughout the day, an effective metabolism booster.

Finally have a sauna. Being hot can boost the metabolism by 20%. You should always talk to your physician before using a sauna. A very hot bath can help too. While it may not be as effective as a sauna, it still helps.

Losing weight is all about change. You need to change your eating habits, your exercise patterns, and your lifestyle choices. You need to create a plan of action, motivate yourself, and then get going. Throw your body a curve ball and change things up rather than always doing the same thing. With this method you'll see the fastest weight loss. And remember to make positive choices in your life now that you'll be able to do for the rest of your life.

Here's a little secret many don't know about. Lemon juice speeds up weight loss. It contains citric acid, which slows gastric emptying time so you feel full longer, and eat less. Your diet should be high in protein, complex carbs, and fiber, while it should be low in fat and simple carbs. Most of us have trigger foods we just can't put down once we start eating them. Storing these foods in the freezer makes it harder to carry out that behavior thereby breaking the cycle. Finally, you need to incorporate exercise into your weight loss program. Cardio exercises combined with weight training will optimize and tone your muscles while burning the unwanted fat. You can easily lose 3 to 5 pounds a week and those numbers can be much higher if you are truly committed.

From Fat to Slim In 5 Easy Steps

Weight loss programs always seem to generate controversy and this one is likely no different. If you're like most of us you don't really care about the science, you just want to lose the pounds. Let's look at how you can go from fat to slim in 5 easy steps and with only 10 to 15 minutes a day

1. **Start Slow** – You may be surprised to learn this is one of the most important things you can do because if your enthusiasm gets the better of you, you'll find yourself burnt out. It's easier to add more exercise than it is to take away.
2. **Choosing the Type of Cardio Exercise** – You'll be much more successful if you choose exercise that you enjoy or at least think you'll enjoy. For example, if you never liked riding bike in the past, taking up cycling is likely a bad choice with a short outcome. You have many options. You can join a gym and circuit train or strength train, but you can also lose those pounds without spending a dime. Walk...walk...walk some more – get your heart rate up but not so much that you can't hold a conversation.
3. **Add Some Strength Exercises** - Add a little strength training at home using cans or anything else you can find with a bit of weight. And of course, for just a few bucks you can buy dumbbells. Crunches, pushups, and squats require no equipment whatsoever and they are very good at toning and slimming. While they may sound too simple to be effective, that's not the case. They work fast and they work well.
4. **Exercise Every Day** – You hear all kinds of instructions about when and how you should exercise. The bottom line is just do it. The shorter the period of time the more likely you are to do it but the more often you'll need to do it. So if you are going to workout for 10 to 15 minutes a day you need to do it every day to be successful.

5. Just get moving – Don't plan, don't spend weeks trying to figure out the best plan of action, just put on your shoes and get out there and go for a walk or start doing jumping jacks in the middle of your living room. Just get moving, because when you are moving you are building muscle and when you are toning and building muscle you are burning fat.

There you have it – from fat to slim in 5 easy steps. Now that you know how to lose weight and build muscle fast, so get busy.

The Down and Dirty on How to Gain Muscle While Losing Fat Fast

So you've decided it's time to lose those extra pounds – good for you! We thought it was time to share the down and dirty on how to gain muscle while losing fat fast! These simple steps will have you leaner in no time at all.

1. Drink Away

Don't get too excited. We're not talking about beer, but rather water. If you've never really understood the importance of this clear, tasteless liquid it's time you did. Every process in the body used water. You should drink at least a gallon a day. Take a bottle with you wherever you go. It detoxifies the body so that your organs run optimally and it fills you so you'll eat less.

2. Be a Goal Setter

Until you actually set goals about how much body fat you wish to lose and how much muscle you want to gain, you'll never actually take the first step needed to achieve your goal. Instead you'll spend your days dreaming about what your body would look like and what life would be like if you were leaner, more muscular, and more toned. Set your goal and then put a plan into action and you'll be successful.

3. Eat Small Meals

Rather than 3 large meals a day, you should eat 5 to 6 small meals consisting of moderate carbs, low fat, and high protein. This will keep your metabolism optimized and calories burning more efficiently. You should eat 50% of your calories from protein, 40% from carbs, and 10% from fats.

4. Turn Your 30 Minute Cardio Workout Into Two 15 Minute Workouts 4 Times a Week

Rather than doing a 30 minute cardio workout do two 15 minute cardio workouts. It's easier to have an intense 15 minute cardio workout twice a day than a 30 minute session. Warm up for a couple of minutes and cool down for a couple of minutes leaving you with about 11 minutes of workout. You should only do cardio on the days you aren't doing weight training.

5. Do Weight Training 3 Times a Week

6. Weight training builds muscle. Weight training doesn't burn fat, but muscles will burn more calories to maintain the muscles. If you want to lose fat, simply make your weight training or resistance training a priority.

7. Calculate Your Calorie Needs

To lose body fat calculate your calorie needs. Then reduce your calorie intake or increase your calorie output. A good starting point is around 200 calories and never more than 500 calories or your body will go into starvation mode and store fat.

These six tips are a great way to gain muscle while losing fat fast.

Build Muscle Lose Fat Fast and Feel Great

Whether this is the first time you've decided to lose weight or your hundredth attempt you can do this. You can build muscle, lose fat fast, and feel great. So how do you go about doing this? Glad you asked!

It all begins with building muscle. Now don't worry you're not going to turn yourself into the incredible hulk. Women in particular worry that they'll become too muscular and that just doesn't happen without some very specialized work.

As you build muscle, your weight may actually increase. Don't worry; this is okay, because muscle actually weighs more than fat. As your muscles develop, your body will begin to burn fat faster. Your weight training is really quite simple – squats, pushups, and free weights are all the equipment you need.

You're going to that weight training with cardio exercises to burn fat. Either 30 minutes a day or two 15 minute sessions will be enough cardio to enjoy the benefits. Cardio is as simple as a brisk walk. Of course, there are all kinds of cardio exercises including jogging, cycling, circuit training, and tons of other excellent aerobic exercises. A treadmill can be a great investment because of the convenience of that walk indoors no matter what the weather. Your cardio should raise your heart rate but not make you out of breath.

You will also need to look at your diet. To build muscle you need to make sure you are taking 25% to 30% of your calories in protein. You'll want to avoid fats, and add plenty of fiber to your diet. Fiber is filling and so you'll eat less. Avoid eating all processed and packaged foods, which contain little nutrition. Instead, stick to fresh fruits and vegetables, poultry, fish, and lean meat cuts.

For many of us, belly fat is our biggest enemy. It's also the hardest to lose. Don't make the mistake of thinking that as long as you do hundreds of crunches will do the job. All that will happen is the muscle under the fat will develop and your belly will look larger. Cardio exercises are needed to burn belly fat!

Great, we've covered how to build muscle and lose fat fast, but there's more to it than exercise and caloric intake. One of the biggest reasons why weight loss fails is failing to have a plan, so get your plan in place. Finally, don't wait to get motivated. Set goals, reward yourself, get up, and get moving. Before you know it, you'll have shed those extra pounds.

How to Lose Weight Fast and Easy

If you've heard it once you've heard it a dozen times – fad diets don't result in permanent weight loss. But what about when you want to lose a few pounds fast. It's hard not to try the Cabbage Soup Diet or Lose 21 Pounds in 21 Days Diet. While these diets might work is this really safe weight loss and will it last? According to NBC's Biggest Loser medical doctor Dr. Michael Dansinger, there's nothing wrong with rapid weight loss.

Losing 20 pounds in a week because of an aggressive exercise and eating program that involves hours a day of exercise combined with healthy eating choices and restricted calorie intake can result in exactly this kind of weight loss. However, such a program should never be undertaken without first getting your physicians approval.

Even without taking it to the extreme losing 3 to 5 pounds a week can easily be accomplished. Losing weight fast is really as simple as a math formula. You must burn more calories than you take in. A deficit of 500 calories seems to be the recommended and can be accomplished by reducing your calorie intake and increasing your physical activity.

If you want to lose those pounds faster than exercise more and eat less. Around 1100 calories combined with one hour of exercise a day will lead to a loss of 3 to 5 pounds in the first week. If you weigh more than 250 pounds then the amount will be more. Great news – According to Dr. Michael Dansinger, the more fat you have to lose the faster it will come off.

Did you know you can lose up to 5 pounds in fluid just by reducing starch and sodium intake. While cutting back calories has the greatest effect on weight loss it's important to not do any drastic reduction or you'll put your body into starvation mode and you'll lose nothing. Dieticians recommend not going below 1,200 calories a day.

5 Tips to Quick and Effective Weight Loss:

1. Drink plenty of water. You can reduce hunger by drinking more water.
2. Eat plenty of low calorie fruits and vegetables. They'll make you feel full.
3. Eat six small meals a day rather than three large ones.
4. Get rid of all those foods that are bad for your waist (and your health) by removing them from the house.
5. Weigh yourself daily and track the food you take in – it will keep you focused on your weight loss.

Now that you know how to lose weight fast and easy, what are you waiting for?

Did You Know You Can Lose Fat and Gain Muscle at the Same Time

It's a common question – Can you lose fat and gain muscle at the same time. Great news, the answer is emphatically “yes.” When you build muscle and tone up your body will use the fat to feed those muscles so overall, it's a win-win for you.

You can't gain muscle and lose fat at the same time, but you can do both at the same time. Let me explain. To lose fat you need to do cardio exercises, eat a low fat, low carb, and low calorie diet, and do weight training or resistance training. To gain muscle you should do very little cardio exercise, eat a high carb, high protein, high calorie diet, and do weight training. As you can see, they are complete opposites, which is why trying to gain muscle and lose fat at the same time simply doesn't work.

The secret is to implement phases. There's the muscle building phase, and then there is the fat losing phase. Don't worry if you see your weight increasing. Muscle weighs more than fat and so you can find yourself weighing more and yet losing inches around the waist.

When you are in the muscle building phase you will be eating more calories and your diet will include high proteins, complex carbs, and good fats. Many women worry they will become too muscular. The odds of that happening are very slim, but what you will do is develop strength and tone your body.

When you are in the fat training phase, you'll be reducing your calories, eating lower carbs, but still eating protein and good fats. So you see protein and good fats remains constant. As you move into the fat training phase, you're now only worried about maintaining the strength you've developed. Your focus now is to melt away the fat and because you've been building muscle the fat is now much easier to melt away.

Your fat phase involves cardio exercises. Did you know a brisk walk is considered a cardio exercise? It's simple, it has no costs associated with it, and it's effective. Cycling, jogging, and running are other good cardio exercises. Basically, any exercise that gets your heart rate up is a good cardio exercise. Remember, you should not be out of breath when doing your cardio exercises.

So you see you can lose fat and gain muscle at the same time. It all begins by putting your plan into action and then getting motivated. So what are you waiting for?

10 Super Foods to Help You Quickly Build Muscle and Lose Weight

In order to build muscle and lose weight you need a variety of veggies, carbs, fruits, proteins, and healthy fats. In order to quickly build muscle and lose weight you need 10 super foods.

1. Whole Eggs – Eggs are one of the cheapest super foods offering you an excellent source of protein. The cholesterol that we hear so much about isn't a problem. If you have cholesterol problems lower your body fat not the eggs you consume.
2. Flax Seeds – Here's an excellent source of fiber, omega 3, and protein. Grind the flax seeds and sprinkle on your berries or yogurt. Don't use flax oil as it's unstable and has no fiber benefits.

3. Quinoa – In South America Quinoa is considered the king of grains. The fiber and protein in Quinoa is higher than that in oats and rice, plus its gluten free.
4. Mixed Nuts – Nuts are packed with mono and polyunsaturated fats, fiber, proteins, Vitamin e, potassium, zinc, and magnesium. Nuts are dense in calories so if you are skinny and looking to put on a few pounds these will do it.
5. Wild Salmon – Omega 3 fatty acids are found in salmon, as well as providing 20 grams of protein per 100 gram serving.
6. Fish Oil – Taking fish oil can reduce inflammation in the body, increase testosterone levels, and lower body fat. Take 900mg per day. It's hard to get this level eating fish.
7. Berries – Fresh berries are a powerful antioxidant keeping you healthy and helping you to improve your weight loss.
8. Green Tea – Another strong antioxidant and a powerful natural diuretic. It can speed up fat loss, improve blood sugar, and prevent cancer.
9. Water – Something as simple as water is considered a super food and vital to your weight loss program, muscle development, and health. You should drink at least 8 glasses a day.
10. Tomatoes – High in lycopene they are an excellent cancer preventer and a benefit in your strength training. You can't eat too many tomatoes!

These 10 super foods combined with an overall healthy diet, a cardiac workout, and some strength training and in no time you'll be pounds lighter. Super foods can help you to quickly build muscles and lose weight. Being overweight is hazardous to your health and to your self-esteem. Why not set your goals and get motivated? You'll be feeling better about your weight in no time at all.

5 Tips to Fast Weight Loss

Weight loss is a touchy subject for many of us. After all, it's a bit frustrating to see those pounds go on a lot easier than they come off and with so many different claims of fast weight loss it's hard to decipher what works and what doesn't. Check out these 5 tips to fast weight loss.

1. Make a Plan – Saying I want to lose weight isn't a plan for losing weight. Telling yourself you'll eat healthy starting tomorrow, or you'll start jogging next Monday, isn't a plan for action, and it's not going to help you lose those extra pounds. In fact, the failure rate is almost 100% when there is no plan. What's a plan look like? Well it goes something like this: I'm going to lose 10 pound in 35 days and I'm going to exercise for 30 minutes every day at 4:30pm.
2. Acai Berry – The buzz of Acai Berry seems to have traveled quickly around the globe. This is one of the best antioxidant foods out there and the Acai Berry Select Weight Loss Supplement has been talked about by Dr. Oz as being a successful tool by many.

3. **Chew it Properly** – If you're wondering what chewing has to be with weight loss you'll be surprised to learn that chewing your food 10 times before you swallow allows your body to better use the nutrient and it also means better digestion of foods leading to weight loss.
4. **Drink Plenty of Water** – When you drink adequate water your body is able to flush away harmful toxin. Water has no calories and the more of it you drink the fuller you'll feel. There are no calories in water. Drinking a large glass before you eat means you'll eat far less. And when you find yourself reaching for an unhealthy snack drink a glass or two of water and watch the urge disappear.
5. **Resistance Training** – With resistance training your muscles respond to the resistance placed on them. If you lift weights there's tiny tears in the muscles which require energy to rebuild and that energy comes from the fat stored in your body. To lose weight you need to create a calorie deficit so when muscles use calories you lose pounds. It's not nearly as complicated as some might want to make it.

Fast weight loss isn't as difficult to accomplish as you might think. Put these 5 great tips to work and you'll see your waist start to shrink in no time.

10 Top Tips to Help You Quickly Lose Weight

Losing weight can be a real challenge. Doing it quickly and in a manner that's healthy is important, but not as difficult as you might think. Follow these 10 top tips to lose weight quickly.

1. **Watch What you Eat** – You should be keeping an eye on everything you put in your mouth. It's the garnishes, and the extras that can be packed with calories.
2. **Burn off Those Extra Calories** – To lose weight you need to take in fewer calories than you burn. As you track your calories if you are taking in more than you are burning you'll need to ramp up the exercise. This is important so don't let it out of your sight.
3. **Fried Foods are Bad** – If you want to lose weight fast, you need to avoid fried foods completely. Even if you drain or soak off the oil, it's within the food. To lose weight quickly take fried food out of your diet.
4. **Don't Skip Meals** – This is one of the worst things you can do while trying to lose weight quickly. If you skip meals, you will actually gain weight. Eat a minimum of four to six meals a day.
5. **Only Fresh Fruit Juice** – We all know how important it is to drink plenty of water but sometimes we have a craving for something other than water. In that case, you should choose fresh fruit juice that contains no added sweeteners, which translate to calories.
6. **Increase Your Fiber** – Fiber is really good for you and it is important in your weight loss program so make sure you are getting enough.

7. Go Vegetable Crazy – When it comes to weight loss vegetables are your best choice. While all veggies are good for you, leafy greens are your best choice. Make sure you include them in your salad. Fresh veggies contain the nutrients you need and they offer important fiber to the diet. They make great snack foods and can quickly take care of hunger pangs.
8. No Between Meal Snacks – Do not fall into the habit of snacks between meals. This is a common problem for people on the move. They get hungry and grab whatever junk food is nearest to take away the hunger pains. These are not only calories you don't need or want; there is also a great deal of fat in these snack foods. Just eliminating junk food snacks and soda can easily lead to a 2 to 3 pound reduction a month, without doing anything else.
9. Your Diet Should Be Made Up of 30% Protein – If you are going to build muscle, you need protein. Muscle burns fat and so you've got a winning situation here.
10. Eat Smart – The difference between eating smart and eating to eliminate the feeling of hunger is the difference. Don't just eat to eat. Ask yourself if what you are about to eat is going to offer your body nutrition.

These 10 top tips will help you lose weight quickly. Losing weight doesn't have to be hard.

Build The Perfect Male Physique - Gain Muscle Lose Fat Quickly

How would you like to build the perfect male physique? Would you like to gain muscle and lose fat quickly? Then you've come to the right place. If you want to develop bigger muscles and get more ripped. If you want to develop a six pack or if you want to get rid of that extra fat you need two things from your body. Sound confusing? It's really not.

If you want to lose a lot of fat and gain a lot of muscle all at once it can be difficult. That's because they are at opposite ends of the scale. If you want to build new muscle your body will require additional energy, which means more food and more calories. To lose fat you need to eat less and that means fewer calories. So how can you do both.

In the early stages of building muscle and losing fat there's a bit of a balancing act. It starts by eating right. You will need to increase your calories to develop muscles. Increase your protein and decrease the fat in your diet. To maintain that muscle will take more energy and that means fat will be burned. In addition if you've lowered your caloric intake you'll see even quicker results.

What many don't know is that the more muscular you become the harder it gets to lose fat. But don't despair. It's all in the balance. On average men will gain approx. 9 pounds of muscle for every 16 pounds of fat. In the earliest stages you'll lose fat and gain muscle quicker. As you reach your body's upper limits your success will begin to decline.

If you've been fit before it will be much easier to lose fat and build muscles. Muscles have a memory and even if you've let them get out of shape they'll quickly fall back to their muscle memory if you decide to get back in shape. This is great news!

To gain muscle and lose fat quickly spend the first 5 weeks building muscle and then the next 3 or so weeks losing fat. There are two methods that work well for achieving your goals. The Bracketing Method – You cycle your calorie intake and carb intake through the week depending on the kind of training you are doing.

The Sawtooth Method – This method involves losing fat and gaining muscle until you reach a body fat percentage you previously determined.

By the end of the 8 week period you'll be leaner, have less body fat, and look fantastic!

5 Common Myths About Fast Weight Loss

The truth is we can build muscle and lose weight fast. Failure often comes on the hands of poor information. There are 5 common myths about fast weight loss that you shouldn't believe.

Myth #1 – I overeat so there's no way I'll ever lose fat quickly.

Overeating is mostly the result of stress – when a person is worried, depressed, scared, sad, or anxious overeating is often the result. Decrease your stress and you'll be surprised at how fast you lose pound. Becoming physically active can lead to a loss in weight.

Myth #2 – My genetics mean I'll always be overweight.

Being fat isn't a result of your genetics. Yes some families may have a pattern of being overweight but you can overcome your genes and lose fat quickly. Your genetics don't control your weight, your lifestyle choices do. Watch a couple of episodes of "The Biggest Loser" if you want proof.

Myth #3 – I'm fat because of a slow metabolism.

It's true when your thyroid isn't functioning properly it can slow your metabolism and bring your fat loss to a halt. However most people that believe they have a slow metabolism really don't. Instead what they have is a need to jumpstart the body with a combination of good nutrition and aerobic exercise. It's a simple as a 15 minute brisk walk.

Myth #4 – It's possible to keep the weight off even with a fad diet.

If you want to quickly lose 10 pounds a fad diet will certainly allow you to accomplish that quickly. But the research indicates that 80% of dieters will actually gain the weight back in 5 years. Worse, you'll also lose muscle mass and gain back fat. This might explain why society seems to be getting more overweight as the years go by.

Losing the weight using a diet (even a fad diet) isn't so bad as long as you follow up with healthy lifestyle changes that ensure you keep the weight off.

Myth #5 – I can lose my belly fat doing crunches

Far too many people attempt to get rid of belly fat with no success. What happens is muscle builds under the belly fat and then your belly actually looks bigger. If you want to lose belly fat

faster aerobic exercise is the answer – in fact, you'll lose belly fat as much as 10x faster with cardiac exercises.

Now that we've uncovered these 5 myths you'll be shedding those extra pounds faster than ever.