



Let's Get Ready for the Holidays... Seven Tips to get You Started Losing That Weight

Need more Help?
We are here for you!

Try our [Ideal Protein Weight Loss Method](#)
It's sure to get those pounds off!

1. **CUT OUT EXCESS "EMPTY" CALORIES** like those from soda, candy, cookies, sweetened drinks and chips first.
2. **EXERCISE REGULARLY** (including aerobic exercise like jogging, biking, swimming with strength training).
3. **DON'T FOCUS YOUR WORKOUTS ON A SPECIFIC BODY AREA** (like abs or legs). Use a whole-body approach instead.
4. **AVOID EATING TOO MANY PROCESSED CARBS** (white sugar and white flour, etc.) These extra carbohydrates are easily converted into fat.
5. **DON'T GET CAUGHT UP IN YO-YO DIETING.** The more you lose weight and regain it again, the worse it is for your health and the harder it will become to get rid of fat.
6. **LIMIT YOUR ALCOHOL INTAKE.** It's high in calories and excessive drinking will leave you little energy to stick with your exercise routine.
7. **BAKE, GRILL, STEAM OR BROIL FOOD** instead of frying it (fewer calories and better for health and energy).