



# 6 Simple Ways to Lose Weight



**Let's be honest.** For most of us a great proportion of our daily lives is dedicated to thoughts of losing weight. However, weight loss does not happen overnight. Weight loss is not a destination but rather a result of a continuous journey. Weight loss is possible, and we believe the process is different for each individual.

**These are just a few of our top tips to losing weight.**

1. **Drink More Water.** The more water you drink, the less hungry you will feel. Drinking one glass of water right before each meal has been proven to help you eat less. Drinking water between meals is a good idea too, as it helps you feel fuller and avoid unnecessary snacking.
2. **Avoid Sugar and Sweeteners.** The more sugar you eat, the hungrier you will feel. That's because eating refined sugar creates upward spikes and downward dips in your blood sugar levels. When your blood sugar dips down, you feel hungry - sometimes really hungry!
3. **Exercise.** Studies have shown that exercise releases a flood of hormones that suppress your appetite, while also reducing the production of other hormones that stimulate appetite. Even better, a good workout releases stress and floods your brain with feel-good endorphins that boosts your mood, calming anxiety, and eases feelings of depression; things that could otherwise be triggers for emotional eating.
4. **Smaller Portions.** Nine times out of ten, your eyes are bigger than your stomach when it comes to filling your plate. A good way to start eating less is by cutting your portion sizes down by half. Even if you think you can eat more, start with half of what you would normally take. After 20 minutes or so, if you are still hungry, have a little more. It will still be less than what you would have consumed initially.
5. **Eat Slowly.** Eating quickly virtually guarantees that you'll eat more because your stomach doesn't have time to let you know it's had enough. When you eat slowly, taking at least 20 minutes to eat a meal, you can feel the progression from hungry to satisfied easily.
6. **Keep Your Hands Busy.** Night-time eating while watching television is a challenge for many people. Even if they kept their eating under control all day long, sitting in a comfortable chair or sofa and turning on their favourite television show is often a trigger to start snacking. Keeping your hands busy is a good way to break this habit. Activities like knitting, crocheting, needlework, painting, or even playing solitaire can help take the edge off. If those do not appeal to you, try playing a small hand-held game, building a toy model, or working on a puzzle. Colouring-in books for adults are great too!

*Are you ready for a lifestyle and health change?*

*We hope this guide has motivated you! Kallima helps you achieve your health and weight loss results faster with the guidance of a dedicated and experienced health coach.*