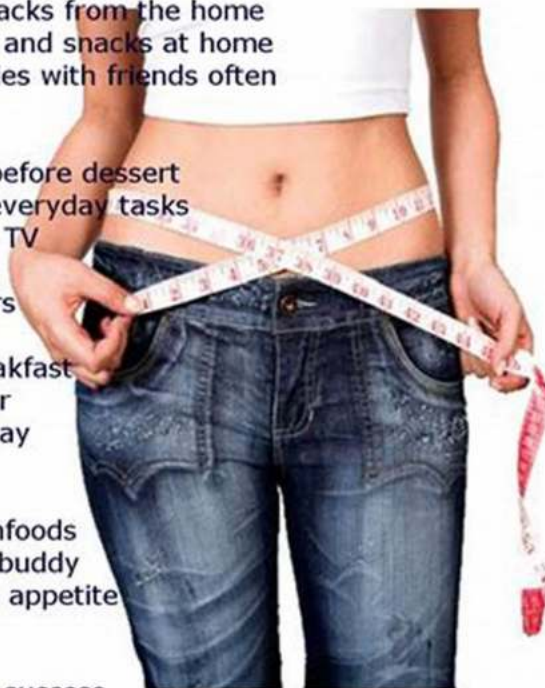


# 21 Powerful Habits To Lose Weight And Keep It Off Permanently

## 30 Ways to Lose Weight Permanently

1. Exercise 30-60 min. day
2. Eat small meals often and don't skip meals
3. Eat fruits and vegetables with every meal
4. Weigh yourself daily
5. Keep a food journal with you always
6. Remove all unhealthy snacks from the home
7. Store only healthy foods and snacks at home
8. Schedule physical activities with friends often
9. Eat at home often
10. Don't use serving bowls
11. Fill up on healthy foods before dessert
12. Make active choices for everyday tasks
13. Don't eat while watching TV
14. Vary activities
15. Never eat from containers
16. De-stress before eating
17. Start with high-fiber breakfast
18. Buy and use a pedometer
19. Walk 30 minutes every day
20. Plan a week's groceries
21. Have a craving plan
22. Reward yourself with nonfoods
23. Use a weight-loss online buddy
24. Wear blue. It suppresses appetite
25. Throw out large plates
26. Throw out large clothes
27. Use a mirror to measure success
28. Read labels and avoid trans fats or high cholesterol
29. Season smartly and avoid butter or gravies
30. Increase calcium (appetite suppressant)

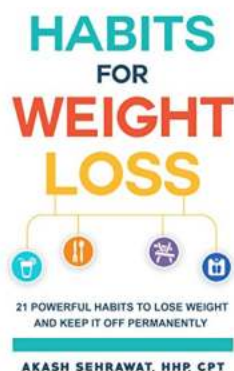


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Losing weight can be a challenging journey, but with the right habits in place, it is possible to not only shed those extra pounds but also maintain a healthy weight in the long run. In this article, we will explore 21 powerful habits that will help you lose weight and keep it off permanently.

## 1. Set Clear and Realistic Goals:

Having clear and realistic weight loss goals is crucial. Set achievable targets and break them down into smaller milestones to keep yourself motivated throughout the process.



### Habits for Weight Loss: 21 Powerful Habits To Lose Weight And Keep It Off Permanently

by Akash Sehrawat (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 2764 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 58 pages

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## 2. Keep a Food Journal:

Tracking your food intake can provide valuable insights into your eating habits. Maintain a food journal to identify patterns, trigger points, and areas where you can make healthier choices.

## 3. Eat Mindfully:

Practice mindful eating by savoring each bite, tuning into your body's hunger and fullness cues, and avoiding distractions while eating. This habit can help you enjoy your food more and prevent overeating.

## 4. Stay Hydrated:

Drinking an adequate amount of water throughout the day can help control your appetite, boost metabolism, and aid digestion. Carry a water bottle with you and make it a habit to sip water regularly.

## **5. Include Fiber-Rich Foods:**

Foods high in fiber help you feel full for longer, reducing the chances of overeating. Incorporate fruits, vegetables, whole grains, and legumes into your diet for a healthy dose of fiber.

## **6. Prioritize Protein:**

Protein is an essential nutrient that contributes to satiety and provides the building blocks for muscle growth. Include lean sources of protein like chicken, fish, tofu, and beans in your meals.

## **7. Plan and Prepare Your Meals:**

Take control of your food choices by planning and preparing your meals in advance. This habit can help you avoid impulsive and unhealthy food options when you're hungry and short on time.

## **8. Practice Portion Control:**

Learn to listen to your body's hunger and fullness signals. Opt for smaller plates and bowls, and avoid eating straight from the package to prevent overeating.

## **9. Limit Processed Foods:**

Processed foods are often high in calories, unhealthy fats, and added sugars. Minimize their consumption and focus on whole, unprocessed foods for optimal nutrition.

## **10. Get Moving:**

A regular exercise routine is essential for weight loss and weight maintenance. Find physical activities you enjoy and make them a part of your daily or weekly schedule.

### **11. Strength Training:**

Incorporate strength training exercises into your workouts. Building muscle mass can increase your metabolic rate and help burn calories even at rest.

### **12. Stay Consistent:**

Consistency is the key to long-term success. Stick to your healthy habits even on weekends, vacations, and during special occasions. One slip-up does not mean you've failed; just get back on track.

### **13. Reduce Stress:**

Stress can contribute to weight gain and make it difficult to lose weight. Find stress-reducing activities like yoga, meditation, or engaging in hobbies you enjoy.

### **14. Get Enough Sleep:**

Lack of sleep can disrupt hormone levels related to appetite and lead to weight gain. Aim for 7-8 hours of quality sleep each night to support your weight loss goals.

### **15. Surround Yourself with Support:**

Join a supportive community, enlist the help of family and friends, or consider working with a weight loss coach to stay motivated and accountable.

### **16. Celebrate Non-Scale Victories:**

Focus on more than just the number on the scale. Celebrate other achievements like increased energy levels, improved mood, and fitting into smaller sizes.

### **17. Be Patient:**

Remember that healthy weight loss takes time. Be patient with yourself and trust the process. Sustainable results are worth the wait.

### **18. Educate Yourself:**

Stay informed about nutrition, exercise, and healthy lifestyle choices. Continuously educate yourself to make well-informed decisions about your health.

### **19. Practice Self-Care:**

Take care of your mental and emotional well-being. Engage in activities that nurture your soul, reduce stress, and promote self-love.

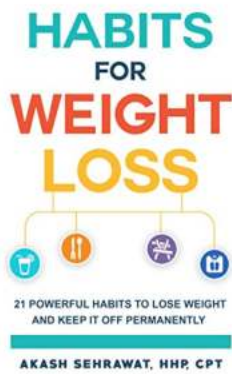
### **20. Avoid Comparisons:**

Avoid comparing your weight loss journey to others. Everyone's body is different, and progress may vary. Focus on your own goals and celebrate your achievements.

### **21. Never Give Up:**

Weight loss can be a challenging and sometimes frustrating process. Remember why you started and stay determined. Never give up on your goals.

Incorporating these 21 powerful habits into your daily life can help you lose weight and maintain a healthy lifestyle in the long run. Remember, slow and steady wins the race, so be patient with yourself and celebrate every small victory along the way!



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Top THREE REASONS on why you should read this book and what's unique about it.

Reason No #1: This is not just another dieting book. Dieting just doesn't work. According to New York times, ninety-five percent of people who lose weight on a diet gain it back, and a significant percentage of people gain back more than they had originally lost, just like in less than a year or two almost everyone who wins the lottery is worse off than before they won it!

Reason No #2: Latest Scientific Evidence. You just don't need opinions but facts backed by science. This book has dozens of latest scientific studies cited.

Reason No #3: Anecdotal Evidence. I am not here to merely provide you with few thousand words, just to make some money. I walk my talk. I have been personally following all these habits described in this book long enough to be convinced that they work not only for me but for hundreds of people who have personally consulted me.

This book will help you to:

- Lose weight and keep it off permanently
- Optimize your health
- Get rid of stubborn fat
- Become more conditioned and improve your posture
- Improve your cardio fitness

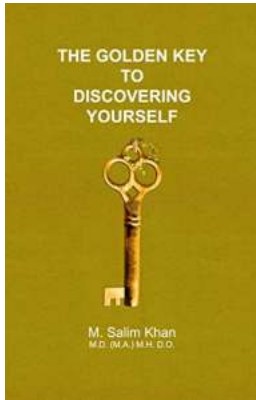
My ultimate goal with this book is to MAKE sure that you at least imbibe few habits for life that will not only make you lose weight but also make you super healthy.

Knowledge only becomes wisdom once it's applied towards a specific goal.

Therefore after listing every habit, I will give you an action plan that will get you started immediately.

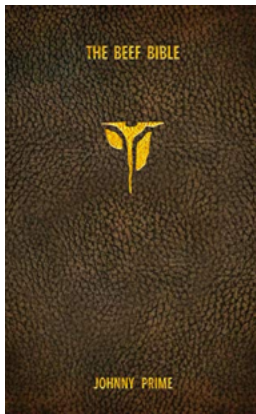
However, I strongly urge you to NOT to buy this book, if you are not planning to take any action.

This book will work wonders for you if you start to take ACTION FROM TODAY!



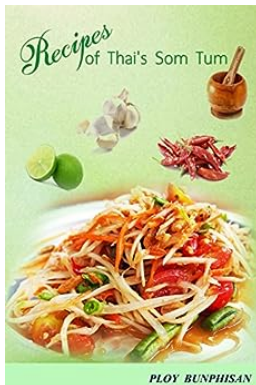
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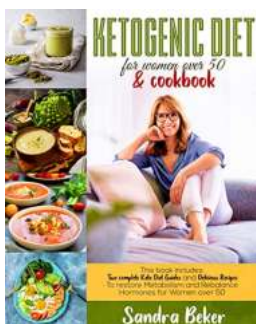
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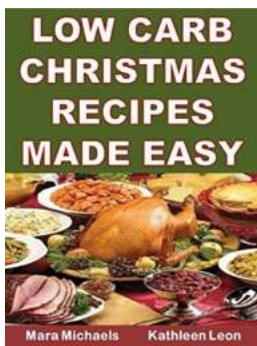
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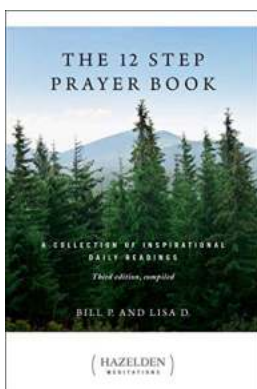
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