



1. HYDRATE

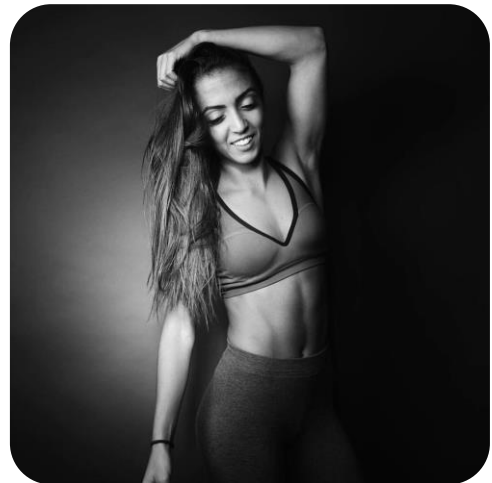
Make sure to hydrate because a lot of us think that we have extra weights on us but it is actually the water retention.

A lot of people are walking around dehydrated. You might not think you need the water but as soon as you start drinking it you are going to end up get rid of more water that your body is holding on to, and that will help you get that number (on the scale) down, and feel better. It is like going to the gym, and sweating for hours...

2. CUT OUT THE PROCESSED FOOD

Cut it out! Get rid of it! When you hear about sodium, and all this stuff not being good for us that's because the **process food** contain a lot of it and the more you are eating it you are going to hold on to more water, and you will be feeling very bloated.

In process food there is a lot of **sodium, artificial sweeteners**, all kind of **artificial junks**. All that is contributing to bloating and more carvings which makes us eat more. So just by cutting down the process food you are going to start to see the number go down.



3. DROP THE EXCESS OF SUGAR AND THE EXCESS OF GRAINS

I am not saying go “carbs free” or get rid of all the **grains** together but when we are eating a lot of grains we are going to tend to blow more and we could also create more cravings. The same thing happens with sugar. **Sugar** will make us crave more. So, just by watching those grains and sugar we will naturally **eat less, hold to less**, and we will see that number goes down.



5 TIPS ON HOW TO LOSE WEIGHT FASTER



4. UP THE FRUITS AND VEGETABLES

I am a huge fan of **fruits** and **vegetables** for a lot of reasons but a big one is you are going to get full a lot quicker on these water based foods which is going to help with the cravings. You are not going to crave more, you are going to be full with the good stuff, plus you will be getting all these extra **fiber**, these great **nutrients**, just healthy for you all year around. And the more you are adding the "good stuff" the less likely you are going to reach for the "bad stuff" plus you are getting more **water** so we are going to release water that we are holding on and that's going to get rid of a lot of the bloating, and helps down the weights.

5. UP THE PROTEIN AND FATS

Up the protein and fats because it keeps us full longer, so that is going to help you drop the weights.



PS: Exercise is **IMPORTANT** it's going to help you drop the weights but to say "how do I drop it fast with exercise?" That's not as easy.

It takes a deficit of about – 3,500 calories to lose 1 pound of fat. So, **you have to create a deficit through your diet, through working out -3,500 calories to lose 1 pound of fat.** So to **lose fat healthy** you are first starting up **eating clean** you may lose about 5 pounds if you have a lot to lose. But to do it **healthy long-term** overtime about 2 pounds a week of fat is ideal. That's what is healthy, and what possible, and doing it the right way. So that's more a long term over all solutions. **But to get rid of that weight of fat fast these first 5 steps are going to help you.**

Contact me today,
and let me help you get in the best shape of your life.
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