

## Tips to Lose Body Fat

- Instead of having 3 large meals in a day, have 5-6 small meals. Make sure to keep a gap of 2-3 hours between two consecutive meals. It will help speed up your metabolism and result in burning of more calories.
- Drink at least 8 glasses of water in a day. The more you increase your water consumption, the better it is.
- Avoid foods that are too high in oil or sugar. Both the items contribute to body fat.
- Never ever skip meals or eat too less in order to lose weight. It will only make your metabolism slower, resulting in an even slower burning of calories.
- One of the best ways to reduce body fat is by indulging in weight training. It leads to an increase in the lean muscle mass.
- Make sure to engage in low intensity aerobic exercise, like stationary biking, for 30 minutes, at least 3-4 times in a week.
- Stick to a proper and balanced diet. Ensure that your diet has 65-70% carbohydrates, 15-20% proteins and 10-15% fats.
- Always keep healthy snacks, like puffed rice, fruits, etc, handy. This will help you avoid unhealthy snacks if you feel hungry in-between meals.
- Whenever you are free, try to indulge yourself in something. It is often seen that we end up eating more when we sit idle.
- While having your meal, eat slowly and chew each bite properly. This will make you feel full soon and help you avoid over-eating.
- Include lots of negative-calorie foods in your diet. They are those foods that consume more energy in getting digested than what they offer to the body.
- Stop having aerated drinks. Not only are they bad from health point of view, but also add unnecessary calories. Instead, opt for fruit juice, milk and the like.