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*Leave the
Lights*
on

LOSE 10 POUNDS IN 10 DAYS

Leave The Lights On

How To Shed 10 Pounds in 10 Days

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INTRODUCTION

If you are suffering from overweight problems, keep in mind that you are not alone. In the United States, almost 3 out of 4 adults are considered overweight or obese these days. Worldwide, about 12% of the population is obese.

When you're lugging around too many pounds, your risk for developing certain types of diseases and a medical condition goes up. People who are overweight often develop hypertension, diabetes, heart disease, and high cholesterol levels, to name a few. Losing weight provides many benefits and, although it can be challenging, the rewards you get in terms of physical and mental health are well worth the effort. Not only will you feel good, you'll also look good!

The Paleo diet is a way of eating that is based upon the principles of our ancestors. During this time people survived by means of hunting and gathering and thought of food only as a means of survival. Over the generations, food has stopped being simply a source of nutrition and has become a hobby, as well as a source of comfort. This had led to many health problems, diseases, and the obesity epidemic. This report will explain the details of the Paleo diet, how to follow the plan, the benefits of the plan, along with provide tips to make your experience successful.

TOP REASONS FOR WEIGHT LOSS

- **Improve Physical Health.** One of the best ways to stay healthy is to maintain a normal weight. You can lose those extra pounds and keep them off by following a nutritious, low-fat diet. Shedding as few as 5 to 10 pounds can bring many health benefits. Weight loss helps lower blood pressure levels, regulates cholesterol and glucose levels in the blood, promotes general well-being and makes you feel more energetic.
- **Promote Mental Health.** Did you know that losing even a small amount of weight can benefit not only your physical health but your mental health as well? A “sound mind” dwells in a “sound body”. Regular exercise is essential in achieving and maintaining a healthy weight. Not only does exercise help you burn off excess calories, it also stimulates the brain to release “feel good” chemicals such as endorphins and serotonin to improve your mood. Exercise promotes blood circulation and helps deliver more oxygen throughout the body and the brain. You'll feel more alert and be able to focus on the task at hand. You'll also find yourself better able to handle stress.
- **Prevent Certain Types of Diseases.** Certain types of diseases and medical conditions are associated with overweight problems. Hypertension and diabetes, among others, are strongly linked to excess weight. You can lower your risk of developing these diseases as you age by shedding extra pounds.
- **Improve Your Appearance.** For many people, this is the primary reason for weight loss. If you are unhappy with the way your clothes fit or the unsightly bulge in your tummy, you may want to shed weight fast. Don't despair, because you can lose weight and look your best by combining a healthy diet with aerobic exercise and strength training.

HEALTHY WEIGHT LOSS

Anyone who wants to lose weight will also want to lose it quickly. However, it's best to proceed with caution when it comes to shedding extra weight. Health experts recommend a gradual and steady loss of about 1 to 2 pounds per week. Studies show that people who follow a reasonable weight loss plan are more successful at achieving and maintaining their target weight than those who go on a crash diet or fad diet. Maintaining your ideal weight is all about having a healthy lifestyle that includes a sensible diet and good exercise habits.

WHAT DOES IT TAKE TO LOSE WEIGHT?

If you want to lose weight, you need to burn more calories than you consume. You can do this by reducing your food intake or increasing your physical activities. Combining these two – diet and exercise – can produce the best and fastest weight loss results.

Theoretically, one pound of fat contains 3,500 calories. This means you need to burn off 3,500 calories in order to get rid of one pound of body fat. For those who want to shed as much as 10 pounds in 10 days, the task is nothing short of daunting. It's not easy to lose weight quickly but with commitment and determination you'll be able to reach your weight loss goals. All you need is a guide to help you get started on your way to a healthier, leaner physique.

REAP BIG BENEFITS

When you're grossly overweight, losing ten pounds may not seem like much, but any weight loss, no matter how small, can mean huge benefits to your health. Shedding weight can help lower the risk for chronic diseases related to overweight and obesity. Perhaps your ultimate weight loss goal is to lose 40 pounds. Right now, a modest weight loss of 5 or 10 pounds will give your self-confidence a boost and make you feel good. You'll have a greater chance of success at achieving your overall goal.

Improved health is one of the biggest benefits of weight loss, but there are other ways wherein it can also improve your life. Studies show that people who are able to lose weight and keep it off have higher energy levels, improved physical mobility, greater self-confidence, and better general mood.

SHED 10 POUNDS IN 10 DAYS - YOUR KEYS TO SUCCESS

Losing 10 pounds in 10 days is a huge challenge but not impossible. Keep in mind that you have to burn 3,500 calories in order to lose a single pound of fat. To lose 10 pounds of fat, you will need to burn 35,000 calories more than you consume over a period of 10 days.

Given these numbers, is it really possible to shed 10 pounds in only a matter of 10 days?

You will find many weight-loss experts who say it can be done. The task is not easy, but with commitment, focus, smart dieting and exercise, you can be 10 pounds lighter in less than two weeks.

Now, it's time to talk about the key aspects that will help you succeed.

YOUR GOAL

Goal-setting is an important ingredient for success. It allows you to define what you want to achieve and when you want your goal to be realized. In this case, your goal is to lose ten pounds of body weight in ten days.

When you're ready to get started, keep in mind that you have to focus 100 percent on your goal of losing 10 pounds quickly, safely, and efficiently. Visualize how great you would feel and look when you achieve your goal. Keep a picture in your mind of the healthy, sexy person you want to become. Imagine yourself with inches off your waist and 10 pounds lighter.

Take note of the improvements in your health and appearance each day. Every accomplishment and positive result, no matter how small, will help boost your confidence and make it easier to complete more difficult challenges.

DIET

A low-fat, low-calorie diet is essential for quick weight loss. 10-day diets that allow you to lose as many as 10 pounds are very popular these days, thanks to celebrities who swear by them. These fad diets show quick results as long as you follow them strictly. They're helpful if you need to look your best in the next couple of weeks. If you're planning a trip to the beach and want to look fabulous in your bikini, a 10-day diet plan can help you get rid of your muffin top and flabby arms.

Diets for fast weight loss can be drastic. Before you start a diet plan, be aware of any drawbacks for that diet. Some diets leave you feeling hungry all day. They can drain your energy, give you headaches, or make you feel dizzy. The main problem with fad diets is that oftentimes, the weight you lose will come back when you return to your normal lifestyle and eating habits.

10-day diets are effective because they drastically limit the amount of calories consumed. It's a good idea to consult a health professional before starting your weight-loss program. Once you have achieved your target weight, be sure to continue eating nutritious, low-calorie meals and snacks to keep unwanted weight off.

Here are some diet tips for quick weight loss:

1. **Eat lots of fruits and vegetables.** High in nutrition but generally low in calories, fresh fruits and vegetables should make up the bulk of your diet if you want to shed excess pounds fast. The fiber in vegetables and fruits help keep you feel full longer and prevent constipation as well. Many fruits and veggies are rich in antioxidants that give your skin a healthy glow. They also contain vitamins and minerals to help your body function properly. Blueberries, papaya, oranges, grapefruit, carrots, spinach, lettuce, broccoli and tomatoes keep hunger pangs at bay without contributing too many calories.
2. **Eat like a caveman.** The caveman or paleo diet is patterned after the type of foods our ancestors used to eat. It is based on natural, unprocessed food consisting mainly of vegetables, fruits, nuts, seeds, fish and lean meats, and excludes processed, refined foods such as sugar and

white flour. The human body is designed to thrive on whole foods that are rich in fiber, vitamins, minerals and antioxidants. The paleo diet is nutritious and satisfying. You'll have more energy all day on fewer calories. This type of diet will help you shed fat quickly and easily.

3. **Practice portion control.** Be aware of serving sizes. If your diet plan calls for 3 oz. of grilled skinless chicken, don't try to sneak in a couple more ounces. It helps to know how much is in a serving of different types of food. For example, a serving of apple or banana is one piece of the fruit. Half a cup of grapes or blueberries makes one serving. A serving of strawberries is one cup. One cup of vegetables such as carrots or broccoli makes one serving. A single serving of meat or chicken is 3 ounces and is about the size of a deck of cards.
4. **Eat more often.** Diet plans for fast weight loss often call for 4-6 small meals and snacks throughout the day, rather than three big meals. Eating smaller amounts of food at regular intervals helps maintain normal blood sugar levels and keeps you satisfied longer, thus preventing binge-eating. It can also help boost your metabolism and optimize the body's fat-burning capacity to accelerate weight loss.
5. **Go for variety.** There is an abundance of different foods from all the food groups. Take advantage of the variety of foods and try to eat something different every day. Changing the food items in your diet ensures that you get all the different nutrients your body needs to stay healthy and prevent deficiency diseases. Variety also ensures that you do not get sick and tired of your diet.
6. **Practice moderation and balance.** Just because you want to lose a lot of weight in a matter of days does not mean you should deprive yourself of good food. Choose a weight-loss diet plan that allows you to choose foods that will provide the recommended nutrients you need daily. Include foods from all the major food groups, with emphasis on fruits, vegetables and whole grains. Don't forget to include moderate amounts of lean meats, fish, poultry and nuts for the protein and essential fats your body needs.
7. **Take vitamin supplements.** When trying to shed pounds by limiting your calorie intake, it's very likely that your body won't be getting enough vitamins and minerals. If your body is deprived of nutrients, you will feel lethargic and unable to perform your daily tasks well. You won't have the energy you need to exercise and burn off more calories.

Although fruits and vegetables provide lots of vitamins and other nutrients, they may not be enough. Consult a health professional and ask if you need a multivitamin supplement. This way, you will not be depriving your body of important vitamins while you are on a 10-day diet.

8. **Never skip breakfast.** People who are looking to lose weight are always on the lookout for ways to cut calories and, oftentimes, they decide to skip breakfast. But did you know that a study conducted by the National Weight Control Registry revealed that people who eat breakfast are more successful at losing weight and keeping it off compared to folks who skip this important meal?

Eating breakfast provides the fuel your body needs for the day and helps reduce hunger pangs that can lead to binge-eating. It also helps keep your blood sugar at normal levels, jumpstarts your metabolism, and gives you energy so you are more likely to run, jog, or work out at the gym. People who skip breakfast tend to have less physical activity, and this is something you

want to avoid if your goal is to shed extra pounds.

The Paleo Diet Shopping List

It is not uncommon for the act of eating to become a habit in today's society. When you are bored you turn to food, when you are lonely you turn to food, when you are depressed or anxious you turn to food. This causes eating to have nothing to do with hunger, but simply a means to fill a space.

While some people think the Paleo diet is quite restrictive and does not allow for a large enough assortment of food to keep people interested, the opposite is actually true. When you change the way you think about eating, eat solely for the purpose of quashing hunger, and experiment with different food combinations, the experience can be more than satisfying.

As with any diet, it is important to stay away from the same foods day after day. While chicken, beef, or pork are quite good, and good for you, if you never vary from this routine, you will lose interest and give up on the diet. For this reason, below is a list of some of the most popular foods that can be eaten on the Paleo diet. These foods are easily found in most food markets in most areas, and they provide plenty of room for variation.

Meats: Grass fed beef, lamb, sheep, goat, veal, pork, rabbit, boar, and horse.

Poultry: Chicken, duck, quail, goose, and turkey.

Game Meats: Elk, deer, rabbit, duck, wild turkey, bear, reindeer, moose, pheasant, and woodcock.

Fish and Shellfish: Cod, tuna, mackerel, haddock, tilapia, herring, salmon, walleye, trout, anchovy, bass, grouper, sole, halibut, turbot, mussels, shrimp, crab, oysters, lobster, scallops, and clams.

Eggs: Chicken eggs, goose eggs, quail eggs, and duck eggs.

Fats: Fatty fishes such as sardines, salmon, and mackerel; lard; duck fat; avocado oil; olive oil; tallow; lamb fat; veal fat; coconut milk; nut butters; butter; nut oils; coconut flesh; and avocado.

Green Leafy Vegetables: Spinach, chicory, swiss chard, lettuce, kale, radicchio, seaweeds, arugula, collard greens, beet tops, watercress, endive, dandelion, bok choy, mustard greens, rapini, and turnip greens.

Vegetables: Peppers, leeks, asparagus, celery, cauliflower, tomatoes, onions, cucumber, artichokes, avocados, broccoli, cabbage, kohlrabi, eggplant, green onions, okra, and Brussels sprouts.

Squash: Zucchini, yellow squash, acorn squash, butternut squash, buttercup squash, spaghetti squash, and pumpkin.

Root Vegetables: Radishes, parsnips, carrots, turnips, sweet potatoes, yams, Jerusalem artichokes, beets, rutabaga, and cassava.

Fruits: Apples, pineapple, berries (blackberries, strawberries, blueberries, cranberries), oranges, bananas, grapefruit, figs, mango, kiwi, coconut, lychee, pears, dates, peaches, apricots, nectarines, watermelon, cherries, plums, papaya, cantaloupe, lemons, limes, persimmon, pomegranates, grapes, passion fruit, tangerine, and honeydew melons.

Mushrooms: Crimini, button mushrooms, shiitake, porcini, portabella, oyster mushrooms, morel, and chanterelle.

Seeds and Nuts: Sunflower seeds, almonds, pistachios, pumpkin seeds, walnuts, Brazil nuts, sesame seeds, pecans, hazelnuts, chestnuts, pine nuts, macadamia nuts, and cashews.

Herbs: Parsley, oregano, mint, rosemary, basil, thyme, chives, bay leaves, coriander, lavender, tarragon, sage, chives, and dill.

Spices and Natural Flavorings: Chilies, garlic, black pepper, paprika, fennel seeds, hot peppers, ginger, onions, mustard seeds, cumin, cinnamon, vanilla, cayenne pepper, star anise, and cloves.

The Paleo Diet Doesn't Have to Cost a Fortune!

Many people who want to begin a new diet worry a great deal about the cost. Of course you want to eat healthier and be healthier, but you also do not want to break the bank. The Paleo diet does not have to cost a fortune to be followed correctly. Here are some tips to help you enjoy the benefits of the Paleo diet while sticking to your budget.

Stock Up: Buy your food items in bulk, especially when they are on sale. Meat can be purchased in large family packs, divided, and easily frozen. Vegetables can also be frozen, and items like olive oil keep for a long period of time when stored properly.

Choose Meat on the Bone: Not only are these cuts much cheaper than boneless varieties, they also provide a great deal more flavor, and tend to have a bit more fat.

Buy Organ Meats: Organ meats such as liver, heart, and kidneys are very inexpensive and provide an astonishing amount of nutrition. This is one staple that should be found in every Paleo dieter's kitchen.

Purchase Canned or Whole Fish: Try to always avoid buying farmed fish. Instead, purchase canned fish such as canned wild salmon, sardines, or tuna. These items go on sale quite often, so stock up when you see a good deal. Another helpful tip is to buy whole fish from your local fish market. When you purchase a whole fish it is generally less expensive because you are not paying someone else to fillet, debone, and skin it. Doing this yourself may take a bit of practice, but once you get the hang of

it, you will find it is a very cost effective way to stock the freezer.

Shop Local Farmer's Markets: It is always a good idea to buy fresh, local produce from your area. Not only is this food healthier for you, it is generally cheaper because it does not have to be trucked a great distance to reach its destination.

Purchase Frozen Vegetables and Fruits: Frozen produce is always handy to have on hand, and it is on sale a great deal. Since frozen vegetables and fruits are usually rapidly frozen right after they are picked, you know the food will be nutritious because it is ripe.

Grow Your Own Produce: Keeping a small garden is easy to do, costs very little, and can yield a bumper crop of nutrition. You will also gain the benefit of getting outside, communing with nature, knowing exactly where your food comes from and how it was handled, and getting some exercise.

Make Dressings Yourself: This is quite easy to do, and you can save a ton of money by not buying bottled dressings. You will also be able to control exactly what goes into them for optimal health. All you need is some good oil, such as olive oil, lemon juice or vinegar, and your favorite herbs and spices.

Fishing and Hunting: Two activities that have been done for centuries are still some of the best ways to stock a freezer. When you catch or kill your own food you know for sure where it came from, how it was processed, and that it was organic. You will also benefit from spending time outside and getting a good deal of exercise to bring home dinner.

Sample Meal Plan for Quick Weight Loss

A 10-day diet plan can be restrictive but it's the only way you can lose 10 pounds quickly. It means trying to lose more than the recommended 1-2 pounds per week. Consuming significantly fewer calories will lead to considerable weight loss but be aware that some of the pounds lost will be water loss. Weight loss diet plans are carefully designed to make it easier for you to achieve your goal. Follow the meal plan faithfully and do not go beyond the allotted number of days to avoid harming your health or run the risk of developing poor eating habits or eating disorders.

A typical meal plan for a 10-day diet might consist of the following:

Sample Menu 1

For breakfast, have a cup of fruits such as blueberries, apple, banana or raspberries with 1 cup plain unsweetened yogurt.

For a morning snack, have an apple or banana.

For lunch, have a tomato and lettuce salad with low-calorie dressing, a cup of tomato soup, and a serving of fruit.

For an afternoon snack, have a serving of fruit or a handful of almonds.

For dinner, have ½ cup cooked vegetables, 2 oz. grilled fish, ½ cup cooked whole-grain rice, and a serving of fruit.

Sample Menu 2

For breakfast, have a cup of cold cereal, one banana, and one cup low-fat milk.

For a morning snack, eat a handful of raisins and half a cup of yogurt.

For lunch, consume a cup of raw veggies such as carrots, lettuce and cucumbers with a tablespoon of low-calorie dressing, two oz of lean turkey breast, and two slices of whole-wheat bread.

For an afternoon snack, have an ounce of pretzels and a handful of mixed nuts.

For dinner, consume 2 oz grilled skinless chicken breast, a small baked potato with 1 teaspoon olive oil, and one-half cup raw vegetables.

Sample Menu 3

For breakfast, have half of a bagel with 1 tablespoon of cream cheese, half a grapefruit, and a cup of low-fat milk.

For a morning snack, eat 1-1/2 oz cottage cheese and half a cup of applesauce.

For lunch, make a tomato-and-avocado sandwich using whole-grain bread. Enjoy the sandwich with a cup of sprouts and half a cup of cooked spinach.

For an afternoon snack, have a rice cake with 1 tablespoon peanut butter.

For dinner, you can have a cup of whole-grain pasta and a side salad of mixed vegetables with low-fat dressing. Make the pasta sauce using 3 oz lean ground beef with half a cup of tomato sauce.

Sample Menu 4

Breakfast can be one scrambled egg white served with whole wheat toast, a teaspoon of olive oil, and apple or banana.

For a morning snack, have half a cup of Greek yogurt and one cup melon.

For lunch, have a bean burrito made with half a cup of refried beans (fat-free) and a 6-inch whole-wheat tortilla. Top the burrito with salsa and 2 tablespoons guacamole.

In the afternoon, snack on a high-fiber cereal bar.

Dinner can be 3 oz grilled fish, 2/3 cup brown rice, a cup of stir-fried mixed vegetables, and a cup of low-fat or non-fat milk.

Sample Menu 5

For breakfast, have a serving of high-fiber cereal, a cup of low-fat milk, and a cup of berries.

Your morning snack can be a handful of mixed nuts.

For lunch, eat 2 oz of lean turkey meat, a slice of whole wheat bread, and a large garden salad with 2 tablespoon low-calorie dressing.

In the afternoon, snack on half a cup of cottage cheese and a cup of pineapple.

For dinner, eat 2 oz roasted chicken (skinless), a small baked potato with one tablespoon margarine, a cup of cooked spinach or steamed broccoli, and a serving of fruit.

Tips for Successful Weight Loss

- Be sure to eat at least three meals a day. Never skip a meal, especially breakfast. Skipping meals leads to hunger pangs that can cause binge-eating at the next meal. It can also slow down your metabolism.
- Snack or eat only when you're hungry. Or just eat six small meals like clockwork.
- Put your food on a plate and sit at the table. Never eat food straight out of the package.
- Chew your food well and take the time to enjoy your meal or snack. You'll feel more satisfied this way.
- As much as possible, eat your meals at the same time each day.
- Avoid canned soups and processed foods. They often have a high sodium content which leads to water retention and weight gain.
- Read and understand food labels. This will help you determine serving sizes and identify hidden sources of fats and sugars.
- When preparing your meal, be guided by the rule of fourths. Half of your plate should be filled with fruits and vegetables, one-fourth with protein, and one-fourth with carbohydrates.
- According to health experts, the ideal macro-nutrient ratio for fat-burning is 30 percent of your total calories from lean protein, 30 percent from healthy fats, and 40 percent from carbohydrates. Opt for carbohydrates with low glycemic values such as whole grain breads, sweet potatoes and brown rice. Foods with low glycemic values are digested more slowly, thus keeping your blood sugar levels more stable. You will feel full longer, which is helpful if you want to limit your food intake.

HYDRATION

According to the Institute of Medicine, healthy male adults living in a temperate climate should drink 3 liters (about 13 cups) of fluids each day. For women, the recommended amount is 2.2 liters or about 9

cups of total beverages per day.

Proper hydration plays an important role in weight loss. The human body needs water in order to function well. In addition, the brain often confuses the thirst signal with hunger. You might actually be thirsty but you think you're hungry and reach for food instead of a drink of water. By keeping the body hydrated, you won't make the mistake of eating when your body only craves water.

Drinking water and low-calorie beverages like tea can also help quell hunger pangs and food cravings so you don't eat as much.

DIURETICS

Diuretics for Weight Loss

A diuretic is a substance that promotes urination. It pulls water out of body tissues. Diuretics can aid in weight loss by removing water weight. Certain herbs and foods contain natural diuretics. It is available in over-the-counter and prescription drugs as well.

Trying to lose an average of one pound a day for ten days would mean burning off 3,500 calories more than you consume daily. Obviously, this is close to impossible. It is also dangerous to your health.

You can, however, achieve your target weight loss by getting rid of water as well as fat. You can accomplish this by avoiding foods that are high in sodium, which leads to water retention, and taking foods and herbs that are natural diuretics.

You can also turn to natural diuretic products that you can purchase from your local pharmacy. Diuretics eliminate unwanted water and provide a slimmer physique. Two well-known products with natural diuretics are Cuts II and Xpel. Avoid artificial products and be sure to follow the instructions for using diuretics.

Water loss is not the same as fat loss, and the reduction in body weight is very temporary. The use of diuretics for weight loss is nothing more than a short-term fix. However, many people are happy with it because it is very useful for quick weight loss. If you are attending a special event where some weight loss could enhance your looks, diuretics can be very effective.

Diuretics Should Not be Abused

Excessive use of diuretics can lead to dehydration and electrolyte imbalance. People who overuse diuretics commonly suffer from potassium deficiencies. Some of the negative effects of diuretic abuse include fatigue, irregular heartbeat, cramps, nausea, and muscle weakness.

Natural Diuretics

With careful use, diuretics can help you reach your goal of shedding 10 pounds in 10 days. Natural diuretics are safer to use and may not have the drastic, negative effects of drugs. Some fruits, vegetables and herbs are natural diuretics. Cranberry, melon, celery, apple cider vinegar, dandelion

root, horsetail, asparagus and parsley help increase urine production. Drinks that contain caffeine such as coffee, tea and chocolate also increase urine output and help release excess water in the body.

For faster body weight loss, remember to reduce your salt intake. Salt increases water retention and is counterproductive to your weight loss efforts. On the other hand, you should also closely monitor your water intake in order to avoid dehydration.

EXERCISE

You may not be a big fan of exercise, but you'll get nowhere with your plans to shed weight fast if you do not exercise.

After all, the very reason for the flab in your abdomen, arms, hips and thighs could be lack of exercise.

Exercise is Important for Weight Loss

When it comes to losing weight, exercise is a key component. It burns calories and boosts your metabolism, thus leading to weight loss. Not only that, exercise also supports good health.

If you are not a physically active person by nature, you may find it difficult to start an exercise regimen. However, you must realize that working out is necessary for quick weight loss. Exercising for longer periods of time and more frequently allows you to burn more calories. The length and frequency of your workout is something you have to determine yourself. Your physician or trainer can advise you on the best exercise program for weight loss.

The right exercise program can give you the body you have always dreamed of having. It will also improve your overall fitness and tone your muscles.

Types of Exercise

The best exercise routines for fast and effective weight loss should include both aerobic or cardio workouts and strength training. Aerobic exercise burns fat, making it the ideal workout for people who are overweight and want to shed weight. Running, walking, cycling and swimming are physical activities that burn a lot of calories. You can also use cardiovascular machines at the gym, such as treadmills and elliptical trainers.

Another type of exercise that helps with weight loss is strength training. Strength training exercises increase muscle mass and tone your body for a leaner physique. Weight lifting, crunches, squats, pushups, leg raises, lat pull downs and lunges are a few of the exercises that increase strength and build muscles. Pilates is a wonderful form of exercise to strengthen your core muscles and give your body a long, sleek look.

Benefits of Exercise

You can lose weight without exercising, but you won't be able to shed fat as quickly as you would like. Lack of exercise while dieting will cause you to lose muscle mass as well as fat. This is particularly true for very low-calorie diets that are popular with quick weight-loss programs, like a “lose 10 pounds in 10 days” diet plan.

Exercise while dieting helps reduce loss of lean muscle mass. It increases your body's metabolism as well, so you burn calories faster. Studies indicate that hours after working out, the body continues to burn calories at a faster rate.

There's another good reason why exercise is important for anyone looking to lose weight and keep it off. When you go on a low-calorie diet, your body assumes that you are headed for starvation. It responds by lowering your metabolism and conserving energy, making it more difficult to shed weight. Exercise prevents the body from moving towards this response.

Running for Weight Loss

Running is such an effective physical activity for weight loss that it would be a shame not to give it special mention.

Any form of physical activity helps with maintaining a normal weight, but running is considered by many health experts to be one of the best exercises when it comes to losing weight. Running burns calories efficiently and helps improve your fitness level. It is also something that almost anyone can do.

Running does not require expensive equipment or a gym membership. Here are the top reasons why running is best for weight loss.

1. **Running is cheap and convenient.** When you run for exercise, all you need is a good pair of running shoes. You can run anywhere, with a group or on your own. You don't have to spend a lot of money to run, and there are no new skills to master.
2. **Running is an efficient way to burn calories.** Compared to other aerobic workouts such as the treadmill, stair-stepper, stationary bike or rower, no exercise matches running for its calorie-burning ability. If you don't have a lot of time to spare for exercise, running is your best option. You'll burn more calories in less time.
3. **Running burns calories even when you're resting.** Running is a high-intensity workout. As such, it revs up your metabolism and keeps the fire burning even after your workout. Your body continues to burn more calories after you run, leading to greater weight loss.
4. **Running makes you feel good.** Runners report getting a “high” or good feeling after a run. Studies reveal that moderate to intense exercise like jogging and running stimulate the brain to release endorphins and other chemicals that provide a happy sensation. This is a good thing because you're sure to stick with an exercise if it makes you feel good. Keep on running regularly and you'll lose more weight faster.

SLEEP

You might be surprised to find out that sleep and proper rest can prevent health problems like obesity

and overweight. The human body needs adequate amounts of sleep to function properly. In a study conducted by researchers at the University of Chicago, it was discovered that insufficient or restricted sleep led to increased hunger and appetite, resulting in weight gain. Lack of sleep restricts the production of the hormone leptin, which helps control the appetite. Furthermore, people who do not get enough sleep often consume sugary foods and beverages to stay awake.

SUMMARY

By now you should have a good idea of what it takes to lose 10 pounds in less than two weeks. Here's a quick summary of things you can do to accomplish your goal.

1. Be 100 percent focused on your goal, which is to lose 10 pounds in an efficient, safe and healthy manner. Visualize how good you'll look and feel when you are 10 pounds lighter.
2. Jump start your weight loss program with a detox or fast. This will cleanse your body and allow you to lose a pound or two quickly.
3. Follow a low-fat, low-calorie diet plan for fast weight loss. A nutritionist or personal trainer can help you determine how many calories you can cut from your normal diet without depriving your body of the nutrients and energy it needs to function properly.
4. Your diet should focus on fruits, vegetables, whole grains, nuts, seeds and lean meats.
5. Eat four to six smaller meals and snacks throughout the day. This is the best strategy for optimum fat-burning and effective weight loss.
6. Perform cardiovascular exercise every day. Cardio or aerobic exercise burns calories fast. Aim for 30-60 minutes of aerobic exercise such as brisk walking, running or swimming.
7. Do strength training exercises. Weight lifting, crunches, sit ups, squats and lunges tone the body and build lean muscle mass to help you burn calories faster.
8. Keep hydrated. Water is essential for proper functioning of the body.
9. Take natural diuretics to help flush out unwanted water weight.
10. Get enough sleep. Sleep is important in preventing obesity and promoting overall health.

DRAWBACKS

Obesity is closely linked to a variety of medical conditions including hypertension, heart disease and diabetes. Losing 10 pounds or any amount of extra fat will benefit your overall health and appearance. However, it's best to keep in mind that drastic weight loss can have some negative side effects.

Doctors recommend a gradual weight loss of 1 to 2 pounds per week. If you aim for more, you will be taking in too few calories for proper functioning of the body. Dropping 10 pounds in 10 days requires extreme measures such as severely restricting calorie intake and exercising too much.

The USDA recommends a minimum of 1200 calories for women and 1500 calories for men daily. Consuming less than the recommended amount can cause headache, nausea, constipation, and other negative side effects.

If you have made up your mind to lose weight very quickly, be sure not to go beyond the prescribed period for the diet plan, say a week or two. A diet that is too restrictive can ruin your health if followed for a long time.

Be fully aware of any side effects from your weight loss program. Consult a health professional or dietitian before you start your diet plan.

KEEP THE WEIGHT OFF

Now that you have (hopefully) dropped ten excess pounds or achieved your desired weight, it's important to maintain your weight loss successfully. After so much hard work, you don't want those extra pounds to come creeping back.

For permanent weight loss, you need to adopt a healthier lifestyle. Continue to eat healthy and exercise regularly. Consume a variety of fruits, vegetables, whole grains and lean protein. Avoid white bread, sugar, and fat-laden foods. A food journal can help you keep track of your food intake. If at all possible it's always a smart idea to hire a personal trainer. A personal trainer can help you make wise choices and keep you accountable. If hiring a PT is not in your budget then at the very least have get an accountability partner.

Physical activity plays an important role in maintaining a healthy weight, so be sure to get plenty of exercise every day.