



Time to Get Some Help with Your Weight Loss

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[Previous](#) | [Next](#)



Have you been struggling to lose weight? There's no denying that dieting is no picnic. There are so many different methods of weight loss that it can be hard to know what to do for the best. However, it is worth persevering because weight loss can reduce your risk of various illnesses including stroke, cancer and diabetes, help with joint pain and give you a new lease of life. Sound good?

Here are some weight loss tips that really do work:

Try Weight Loss Supplements

If you struggle to lose weight despite your best efforts, you may need a little more help in the form of weight loss supplements. For example, [you can buy orlistat 120mg online](#) which is an effective weight loss supplement available with most reputable [online pharmacies](#). These capsules can be used to stop your body from absorbing as much as one-third of the fat you eat, thus reducing your total calorie intake with ease. These and other supplements can be very effective, but they do need to be used in conjunction with other measures such as healthy eating and exercise, too.

Join a Slimming Clubs

If you need support and encouragement to lose weight, you may find slimming clubs like [Slimming World](#) and WW helpful. Not only do they provide you with a healthy diet plan that, if you follow it, should result in weight loss, but they also offer both peer support and the support of a mentor.

Not only that but the act of attending and committing to being weighed weekly can provide a motivational boost to keep you on track too.

Eat More Veggies

One simple thing you can do is to ensure that at least half of your plate is filled with vegetables or salad. This will not only force you to eat smaller portions of the more calorific foods you enjoy, but it'll also increase your nutrient intake for a healthier you. You'll also feel fuller for longer, so you'll be less likely to snack on junk throughout the day.

Increase Your Water Intake

A lot of the time when people think they are hungry, they are actually thirsty, so by drinking more water, you could effectively reduce your appetite and take in fewer calories throughout the day. If you struggle to drink more water, consider investing in a time-marked water bottle that encourages you to drink at regular intervals.

Drink less Alcohol

If you're serious about losing weight, you may also want to consider switching some of your alcoholic drinks for water too. Why? Because alcohol contains a lot more calories than you might realise. In fact, two glasses of wine contain as many calories as the average burger and could take as much as 90 minutes to burn off. It's far easier not to drink those calories in the first place, but if you must drink, go for a slimline gin and tonic, which only contains 115 calories on average.

Try Mindful Eating

Studies have shown that mindful eating may be useful for helping individuals to lose weight. It is basically the process of slowing down and really savouring what you are eating. Mindful eating requires you to really take the process of eating seriously. You should use all five senses to enjoy your food, and you should learn to listen to your body and tune in on the true signs of hunger. There are numerous resources that can help you learn mindful eating and it can be transformational, especially if you are someone who tends to binge eat or if you have an unhealthy relationship with food for whatever reason.

Join an Exercise Club

Although, if you want to lose weight, you should primarily be concerned with eating a healthy balanced diet, it is fair to say that burning off excess calories with exercise is a must. Exercise will help you to tone up and get healthy as well as helping you get the weight off, so it is really important, and it has been found that people who exercise in a group are more likely to stick to their regime. So, why not join a local running club or attend a gym class with friends? You'll have more fun and the accountability will keep you on track.

Losing weight is not easy, but if you eat less of the bad stuff, add exercise into your life and incorporate some of the other ideas above, you should find that the weight starts to fall off faster than you thought possible.

[Back to top](#)

[Previous](#) | [Next](#)