

How to Lose 10 pounds before Halloween

If you vowed in January to lose 10 pounds by the start of summer and it still hasn't happened, it's not too late to make good on your resolution before the leaves fall off the trees! In order to lose one pound a week, you have to either eat 500 fewer calories a day or exercise 60-90 minutes every day to burn those calories. A combination of eating 200-300 less calories and working out 30-60 minutes per day is a practical approach to achieve a safe weight loss of one pound per week. Here are some tips to help you shed some pounds by Halloween:



1. Rethink your drink – many beverages like soda, Kool-Aid, sweet tea, alcoholic or coffee-based drinks contain 100-300 calories per cup. Even replacing a cup of juice with a small piece of fruit can save about 50 calories and the fruit will fill you up more due to the fiber content.
2. Add a salad to your dinner meal, but go easy on the dressing and toppings. Be sure to include a generous portion of dark leafy greens and raw vegetables to help you eat less of the higher calorie entrée or starchy foods.
3. Eat lean protein foods with each meal like 1 cup skim milk, ½ cup Greek yogurt or 2-3 oz. meat, chicken or fish to keep hunger pangs away.
4. Exercise briskly – walk, bike, swim or play tennis for 30 minutes or more to work up a sweat. If less time available, consider doing shorter 15-20 min. workouts twice a day.
5. BYOF – Bring Your Own Food when traveling. If you have a refrigerator where you are staying, consider stocking it with yogurt, fresh fruit, mozzarella cheese sticks, or milk. You can also bring small amounts of your favorite high fiber cereal or granola bars, roasted almonds or whole wheat crackers.
6. Start weight training if you're not currently do so. Building up some muscle mass will help rev up your metabolism so you burn more calories.
7. Fill up on fresh vegetables. Check out your local farmer's market and snack on raw veggies for a low calorie treat.
8. Pick 1 or 2 high calorie foods that you frequently indulge in like chips or ice cream and stop buying them. Allow yourself one serving per week like a single scoop ice cream cone or a small bag of snack chips. Keeping larger quantities of your favorite foods on hand makes it more convenient to munch on them more often.
9. Eat a small handful of nuts like peanuts, almonds or walnuts every day at 3pm. This will take the edge off hunger pangs before supper.
10. Find 3 full fat items in your fridge like whole milk or cream, sour cream or a creamy salad dressing and replace them with lower fat versions.
11. Check your cupboards and replace 3 refined grains like white bread, rice or pasta and sugar-coated cereal with whole grains and a higher fiber cereal.
12. Use free apps on your Iphone like Loselt or MyFitnessPal to log your food and exercise to promote your weight loss efforts. You can also log on to www.sparkpeople.com or www.myfitnesspal.com on your personal computer for more weight loss assistance.