

## TIP #5 - Choose drinks wisely

Here are 3 weight loss drinks that will help you fight your battle:

- 1) Apple cider vinegar
- 2) Cranberry juice
- 3) Green Tea

In any case, choose drinks that are between 10 to 20 calories. For eg, when drinking tea or coffee, minimize or leave out the sugar or the cream.

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## TIP #6 - Choose brisk walking

Brisk walking brings your heart rate to slightly higher than your normal and as a result, burns your fat.

Make a point to walk at least 30 - 45 minutes each day and gradually increase if your schedule allows.

So, it's time to put on your walking shoes and enjoy mother nature.

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## TIPS FOR RAPID WEIGHT LOSS

This one-sheet is specially designed to remind you

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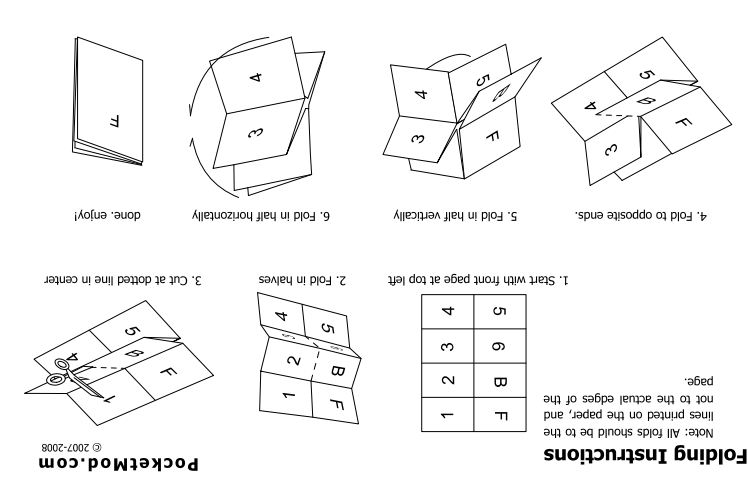
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## TIP #1 - Drink 8 glasses of water

The importance of drinking water and weight loss is often underestimated.

We focus so much on making sure that we don't eat the wrong food or over-eat at each meal. However, we might overlook drinking plenty of water.

We recommend that you drink 8 glasses of water per day. Your body needs a whole lot of water. Water flushes all the toxins out of your body and makes you feel better and healthier.

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## TIP #4 - Drink before & after meal

Drink a glass of water before and after each meal.

By drinking a glass of water before a meal, you immediately fill up some capacity. Thus, you will already eat less.

Next, before you get too full, take another glass of water. That way, you will definitely not over eat at each meal that will only serve to deposit fats into your body unnecessarily.

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## TIP #3 - Stop before you are full

At each meal, remind yourself to stop when you do not feel hungry and not stuff till you are full.

Develop a habit to savour and enjoy your food rather than to go for quantity. Make it a point to chew your food 10 to 20 times before swallowing it.

By doing so, you slow down your eating and also will be able to digest better.

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## TIP #2 - Choose your food wisely

Of paramount importance in your effort to lose fat is the choice of food.

At each meal, choose healthy foods like lean meat, fish, vegetables, fruits and drinks with low sugar content.

As you usually eat at least 3 to 4 meals a day, if you take in more calories per meal, they all add up quickly.

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