

How to Lose Weight Fast

Let's

get something straight right off the bat, when people say they want to lose weight they are actually talking about losing fat. The goal is generally to lose fat and maintain muscle – which actually helps you burn fat.

How to Lose Weight Fast

Let's

get something straight right off the bat, when people say they want to lose weight they are actually talking about losing fat. The goal is generally to lose fat and maintain muscle – which actually helps you burn fat.

There

is so much garbage on the internet with crazy fat loss pills promising you'll lose weight fast at a rate of 10 lbs a week, machines that will give you rock hard abs in 2 weeks ect. and this is the basis for people's extremely high expectations. Well, false promises and the human desire to want instant gratification.

So, if you're asking yourself "how can I lose weight fast", firstly replace weight with fat, and replace your current idea of fast with something along the line of 2lbs a week, or 1% of your body weight a week.

Losing

belly fat at a quick rate isn't overly difficult; here are two easy things to help you:

1)
Eat
more frequent smaller meals

Portion

control is very important and many people over eat just because there is too much food on their plate. If you start cooking your own meals this will be much easier, aim for portions of your protein and carbs to be about the size of your fist. As for veggies, you can have as many as you like.

As

for more frequent meals, instead of eating the standard three square meals a day it's better to eat 4-6. You should shoot for three meals and three snacks. Eating every two to three hours allows the body to have a constant supply of food to keep the metabolism burning. You will find often that you're not really hungry after three hours rolls around but eating anyway will help keep you from letting yourself get to hungry and then binge eating.

2) Stay consistent with your cardio

Most

people go really hard for a week, going to the gym and running everyday and end up burning themselves out. Don't be one of these people. Losing weight fast requires a smart approach, and more importantly consistency. Now there is different types of cardio like hitted or steady state, for this article we will be talking about moderate intensity steady state. I personally like to do my cardio after my weight training that way my heart rate is already up – then I just hop on the bike and ride for about 20 minutes at 60-70% of my max heart rate. If your max heart rate is about 200 bpm then you will want to be between 140-160 bpm.

Apply

these two simple tips to your life and you can see results very quickly. Keep in mind, quickly could be 2 weeks, or it could be 6 months.

To
help speed up your results and make sure you're doing everything right visit

Ripped Abs for killer nutritional techniques and abdominal exercises.