

[HOW U CAN LOSE WEIGHT FAST](#)



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Regardless of how busy you are, it is essential that you make time to exercise each day if you actually want to lose weight and keep it off. Even little things like walking instead of driving to the store can affect how quickly you lose weight. Before you begin, use a measuring tape to measure your waist, hips, and bust. If you are gaining weight but these measurements are going down, it means that you are gaining muscle and losing fat.

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5 Ways to Fast to Lose Weight wikiHow

Determine how long the fast should take. This weight loss fast needs to be performed for at least five days to be effective in the long-term. But it should not be performed for longer than 20 days. You can repeat this fast more than once, but you should have 10 day breaks (at least) in between.

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These are the most fattening things you can put into your body, and avoiding them can help you lose weight (18, 19). Drink water a half hour before meals.

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When examining the rate of weight loss, people lost about 0.55 pounds (0.25 kg) per week with intermittent fasting, but 1.65 pounds (0.75 kg) per week with alternate-day fasting .

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How To Lose Weight Fast and Safely WebMD

So ask your family and friends to support your efforts to lose weight. You might also want to join a weight loss group where you can talk about how it's going with people who can relate.

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