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There is a better way: Swap the all-or-nothing approach for one or two healthy switch-ups in your daily routine.

"Doing this can lead to more weight loss than you ever imagined," says Marissa

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Although it s way more fun to take up a tolerable activity (i.e., watching Netflix on the elliptical) than it is to drop tasty foods from your diet, exercise won t help you lose weight in

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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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How To Lose Weight Fast And Safely HuffPost Australia

With all this in mind, if you do want to lose weight fast, here's how to do it relatively safely. Remember, seek advise from a healthcare professional before starting any diet.

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