



Week 2 Health Tip:
Not-So-Secret Weight Loss Secrets



While shedding pounds isn't always easy, it doesn't have to be complicated either. Keep it simple with these suggestions for trimming panna (weight) the healthy way:

- **Load up.** Jumpstart your metabolism by eating breakfast — and we're not talking about a malasada (pastry). Try to cover multiple food groups — like a bowl of whole grain cereal and nonfat milk topped with berries or the cherry-like tropical grumichama fruit and sliced almonds *or* vegetable juice and whole grain toast with a lean protein, like egg whites.
- **Flush out.** Make H2O your primary hydration source. Trade in sodas and rich coffee drinks for a small glass of 100% juice, low-fat milk, or tea when you crave a little variety.
- **Scale down.** You could count calories and cut carbs, but [studies](#) show that simply curbing portions may reduce your pants size. Use small plates at home, pack half of your plate lunch in a take-out box at restaurants, and read nutrition labels to make sure you're having only a single serving.
- **Get moving.** Cardiovascular activities like hula dancing, hiking, walking, surfing, and swimming help expend calories and burn stored fat. Research suggests that aerobic exercise also helps curb weight gain by [balancing blood sugar levels](#) and [suppressing appetite](#).
- **Pump iron.** To enhance the metabolic benefits of aerobic exercise, incorporate strength training into your fitness routine. Increasing muscle mass helps your body burn calories faster, even when you're not working out.
- **Write it down.** For best results, keep a food diary, which a [Kaiser Permanente study](#) found may double the weight you lose.