

A Dozen Simple Ways To Burn Fat *FAST**

*From people who have done it!



Here are some simple ways you can lose weight - as much as 10, 30 or even 50 pounds. These are simple lifestyle changes that will see you burn fat easily, safely and quickly . . . I guarantee.

- Susie Whitney - BurnFatPlan.com

Real Changes . . from Real People

It's a familiar story: You pledge to honor a daily elliptical routine and count every last calorie. But soon, you're eating cupcakes at the office and grabbing happy hour mojitos, thinking, *Oops, diet over.*

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 Lippert, RD, author of *The Cheater's Diet*.

In fact, we talked to those who have actually made easily-implemented, simple lifestyle changes that saw them lose fat fast.

Some knocked off 10, 25, even 60 pounds with some easy tweaks. Borrow their slim-down secrets to transform your body the real-world way.

Swap your go-to order

You can cut back on your eating out - which obviously saves you BIG money - but it will also save your waistline. And when you do go out, you can order more carefully - a grilled chicken salad rather than that bowl of pasta.

Believe me, making that money- and waist-saving change will see you really burning fat.

Watch the salt

Salt

"I reached my goal weight after I stopped routinely buying snacks at the grocery store. If I wanted a bag of chips or a candy bar, I had to walk to the store to get it. That inconvenience usually made me ignore my cravings."

The 300 Calorie Breakfast

"I used to skip breakfast, but now I never go without. I always eat about 300 calories of a healthy mix of protein and whole grains. My go-to meal: a sandwich with natural peanut butter and apple butter. It [keeps my hunger down](#) so I snack less throughout the day. In a little over a year, I've shed 65 pounds."

5 Minute Fitness



Exercising doesn't have to be the gym-going routine, but rather squeezing in the appropriate exercise during the day - walking, skipping, stair-climbing, stretching - so that you can actually tone yourself and shed pounds by building 'micro exercise' and the like as part of your daily routine.

"I try to fit in small bouts of exercise whenever possible, like doing jumping jacks or crunches during television commercials or dancing while washing dishes. This burns extra calories and keeps me from mindlessly munching in front of the TV. Now my clothes fit way better, and I'm [more toned than ever](#)."

Purge the Pantry



Simply cleaning the pantry out of all that accumulated food that doesn't fit our diet regime is a great idea and can really help you avoid the 'snack trap'. Go do it.

"I totally cleaned out my pantry. Once I replaced the foods I used to overindulge in, like ice cream, with lower-cal snacks, such as roasted sunflower seeds or Special K Chocolatey Delight cereal, I began making better choices automatically. Now, I'm slimmer than I was before I had my two kids!"

Fire Up The Fitness



Studies show that athletes can associate a specific piece of music with the optimum state of mind for exercise over time. In fact, some sporting organisations fear that music is so potent it can give an edge over other competitors. It can certainly help - hugely. And it makes all that exercise that much easier and more fun, too.

"I loaded my iPod with jams that make me look forward to going to the gym. They energize me, allowing me to pick up speed on the elliptical—and because I want to hear my entire playlist, my workouts are longer now. Two months later, I'm down 13 pounds and have killer legs."

Load the Veggies



Believe me, veggies will get you losing weight - and becoming more healthy.

Using vegetables for losing weight is a smart idea – they are low in kilojoules/calories, contain vitamins and minerals, and fill you up with their fibre and water. They have what nutritionists call a low kilojoule density so while there’s a lot to eat on your plate they have fewer kilojoules in each bite. They’re key to losing weight.

"By adding vegetables to the foods I love—like eating pizza topped with arugula and green peppers instead of pepperoni—I became so full so quickly that I no longer had room to eat things like chips or super-rich desserts. I said good-bye to four dress sizes!"

The Yoga Effect



Yoga really can do a great deal more than just relax and provide its numerous well documented benefits. It can also let you burn fat.

The Fred Hutchinson Cancer Research Centre in Seattle studied 15,000 adults in their 50s and who practiced yoga at least once a week for four or more years, finding they lost an average of five pounds. Those who did not practice packed on an average of 13.5 pounds - a 20 pound difference!

"Yoga has become the best thing for my relationship with food and my body. From practicing it several times a week, I'm now more in touch with my hunger cues—so I eat intuitively and stop when I'm full. I've gone down a jeans size, and my cellulite has disappeared!"

Avoid the Super Size Portion



The super-size portions so many of us are used to receiving - or eating - are one of the major problems that we face with the weight and obesity issues today.

"When going out for fast food, I used to get the large-size value meal. Now, I satisfy a craving by ordering just one item: a small order of fries or a six-piece box of chicken nuggets. So far, I've shaved off 16 pounds in seven weeks, and I'm on track to being thinner than my high school self for my 10-year reunion later this year."

Preserve Dessert



Desserts need not be something from the past when you're burning fat - you can discipline yourself so you still provide yourself with the the treats which can not only help provide you with the fun of desserts, but actually help you lose weight too.

"I budget for the treats I love. By eating healthy snacks like carrots and hummus, I have calories to splurge on a piece of chocolate and glass of wine each night. And I've still managed to lose 20 pounds in three months."

Watch the Nights



Snacking can be the enemy of the successful dieter, but eating at night in front of TV or generally is something that can pile on pounds. You will generally snack on fatty foods anyway so let's make some changes here . . . here's a key tip.

"Each time I needed to lose the baby weight, I stopped eating after 6:30 p.m. five nights a week. The other two evenings were reserved for nights out. Most of what I'd eat at night was junk food anyway, so it took only two months to get my pre-baby body back."

Walk the Dog



Believe me, walking is still one of the best forms of exercise - and weight loss - that you will ever undertake. It's been proven to provide a multitude of health benefits, apart from giving you time to think, de-stress and get fit.

Oh, and lose weight. Here's a simple testimonial . .

"My dog and I go for a walk every day, even if it's for just 10 minutes around the block. When the weather is horrible, her enthusiasm gives me the incentive to get out when I wouldn't dare lace up my sneakers otherwise. All the walking adds up: I've lost more than 50 pounds this past year."