

# 10 Effective Ways to Lose Weight

## 1. Eat More Protein-Rich Foods

Protein reduce craving and increase the burning of energy. High protein foods for weight loss include: Lean meats, Seafood, Beans, Soy, Low-fat dairy, Eggs, Nuts and seed.



## 6. Eat Less Sugary Foods

Sugary foods digest quickly. Then you get a sugar high which prompts your body to store the excess sugar as fat.



## 2. Eat Lots of Vegetable

Vegetables are high in minerals, fiber and water but low in calories. Such as Spinach, Broccoli, Cauliflower, Kale, Celery, Lettuce, Cucumber



## 7. Get Proper Sleep

Most healthy adults need 7-8 hours of sleep each day. Poor sleep increase appetite and slow down metabolism

## 3. Eat High Fiber, Low Carb Foods

You're less likely to overeat when you consume enough fiber since it increases feelings of fullness. Such as Oats, Quinoa, Whole grain bread, Sweet potatoes, Brown Rice.



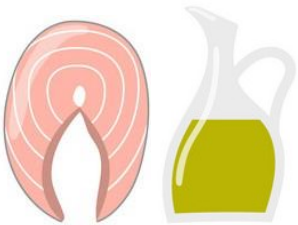
## 8. Reduce Stress Levels

Stress can amplify the stress hormones in your body, leading to stronger sensations of hunger and thus more weight gain.



## 4. Choose Good Fats

Adding "good fats" to your diet can make you feel more satisfied after a meal, reducing hunger and thus promoting weight loss. Good fats include: Fish, Nuts, Avocados, Olive oil.



## 9. Do Aerobic Exercise

Aerobic exercise improves your heart rate and helps burn calories. Get at least 30 minutes of aerobic exercise 5 to 7 days per week, such as Running, Swimming, Cycling.

## 5. Cut Down on Alcohol

Moderate alcohol use ( up to 1 drink a day for women and up to 2 drinks a day for men) has health benefits. Heavy alcohol use can stop fat from being burned.



## 10. Perform resistance training (Weight lifting)

Resistance training helps the body builds muscle, and muscle burns more calories at rest.



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