Cum Sa Pierzi in Greutate Dupa Varsta de 40 de Ani

Un articol de Calin Petru Barbulescu

Varsta de 40 de ani este una dintre cele mai importante frontiere din viata, pentru ca organismul trece printr-o schimbare majora.

Pentru a trece cu bine de acest prag, este necesar sa urmati cateva sfaturi pentru a va reduce greutatea si pentru a va mentine sanatosi si frumosi!

Daca ati ajuns la varsta de 40 de ani si doriti sa pierdeti in greutate, trebuie sa fiti foarte atenti la ceea ce mancati, pentru ca metabolismul este de acum inainte diferit iar arderea grasimilor se desfasoara mai CITESTE IN CONTINUARE

Sursa: http://www.secretele.com

Arde grasimile in 14 zile cu o bautura uimitoare – rezultate excelente intr-un timp foarte scurt!

Sunt sigur ca marea majoritate a oamenilor, in timpul lunilor

de iarna, acumuleaza tesut adipos, datorita activitatii fizice reduse si a meselor copioase. Rezultatele acestor obiceiuri pot fi dezastruase asupra organismului. Nu se intampla nimic altceva decat o ingrasare rapida si o degradare a calitatii vietii.

Problema este ca noi devenim constienti de acest lucru in special atunci cand incepem sa punem pe noi haine mai subtiri si asta ne supara, de cele mai multe ori.

Tocmai pentru a CITESTE IN CONTINUARE

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Top 9 Ways to Lose Weight

For those who finally decided to do something about their weight, this would be a very useful article. Maybe you wonder why you can’t get rid of those few kilograms even though you go on and on with your diet. Sometimes diets don’t work because you are not picking the right diet for your body type. Eating organic food is not enough if you have negative mind, if you skip your daily activity or if once you finish your diet, you go back to eating junk food all over again. Read below several tips on how to lose weight successfully.

#1. No salt

When you are at the supermarket just pass by the aisle with potato chips and snacks that contain too much salt. They do

taste great, but the amount of salt they contain is no good in your battle with the kilograms. Also, too much salt is terrible for your heart and the cellulite.

Image Source: http://www.epicurious.com

#2. Don’t skip your breakfast

Whoever told you that eating one meal a day is the best way to lose weight was wrong. Skipping breakfast is the worst thing you can do to your body, because it is the most important meal of the day, and if you have a reasonably rich breakfast (like a scrambled egg or a bowl of cereals) it would keep you full till lunch and you won’t think of food in between meals.

Image Source: http://www.alive.com

#3. Working out

Physical activity is crucial, but it won’t work unless you do. You can starve yourself for days and lose some weight but you would still look the same. That’s why because you are losing body mass and the fat remains there. So hit the gym, go out running or simply start doing a few light workouts at home. Once you set your rhythm you would never want to stop working out.

Image Source: http://www.thinkhealthydiet.com

#4. Get rid of bad habits

You love your beer or cigarettes? Time to quit. Alcohol and cigarettes are only harming your health and that is not what you want. Even if you eat healthy and even if you work out,

what is the point when you take your cigarette package and light one? Start slowly and once and for all quit your bad habits.



Image Source: http://bloggless.com

#5. Don’t buy unhealthy foods

This is a hard step if you have roommates or kids who will always crave some ice creams or candies. Some people say that it is silly to force others to have the same diet as you, but it won’t harm you or the people who live with you to eat healthy snacks. So instead to shop candies, chips, ice creams, fill the fridge with fruits and veggies, dried fruits and organic dairy products.



Image Source: http://www.straitstimes.com

#6. Running

This is probably the most effective physical activity of all. No, this doesn’t mean that you have to go and run a marathon, but you can start running smaller routs in your neighborhood. You will notice how your body will strengthen up, you will lose some weight and you will feel more energized than ever.



Image Source: http://www.quickanddirtytips.com

#7. Eat smaller meals

If you still feel hungry after you had your lunch, don’t get more. You gave yourself enough food. Scientist say that the brain gets the impulse that your stomach is full a bit slow in comparison to other impulses (for pain for instance). That’s

why you still feel hungry. Having less food on your plate is a good start, if you don’t wish to try strict diets that forbid almost every food you like.

Image Source: http://fitness.makeupandbeauty.com

#8. You can have your dessert

If you are eating more fruits and veggies, and less junk food and red meat, your body can take a chocolate bar. Don’t worry it will not harm your diet. For extra caution, you can eat dark chocolate that is really great for your health and is recommended as a good sweet.

Image Source: http://www.perugina.com

#9. Forget about night snacks

We have all been there, craving food in the middle of the night. Just don’t do it. The diets can be hard but they are a test of your patience. If you feel like you can’t fall asleep if you don’t eat anything, get a glass of warm tea or a glass of milk (if you diet allows you to eat dairy products), but don’t indulge in chips, candies, sandwiches or midnight cooking of your favorite meals. Once you get used on this non-eating-after-midnight habit, you would be surprised how you don’t even think of food in that time of the night.

Image source: http://matrixworldhr.files.wordpress.com

Sursa: http://trendingpost.net

Sursa foto principala: http://lifecaretips.com

Cum sa slabesti mancand orice poftesti

Paul McKenna, autor al volumului „Freedom From Emotional Eating”, a descoperit 4 reguli de aur ce te vor ajuta sa scapi de kilogramele in plus fara sa te infometezi, ci, din contra, mancand tot ce iti pofteste inima.

Acum **15 ani**, **Paul McKenna**, autor al multor carti de auto-ajutorare, a sugerat pentru prima oara ca dietele sunt o pierdere de timp si ca secretul pierderii kilogramelor se afla in fiecare dintre noi. Acum, o armata de specialisti in nutritie ii sustin afirmatia.

Cercetatorii au dovedit ca aproximativ **70%** din oamenii care incep o dieta ajung sa cantareasca chiar mai mult decat cantareau inainte de a porni la acest drum anevoios. Iar recent, un alt studiu arata ca obezitatea ar trebui tratata ca o problema de comportament.

De ce? Pentru ca oamenii aflati la dieta isi numara permanent caloriile, evita carbohidratii si asa mai departe, iar in momentul in care dieta ia sfarsit, organismul asimileaza totul mult mai repde, incercand sa recupereze tot ce a pierdut de-a lungul regimului. Pe scurt, dieta incetineste metabolismul si ne intoarce propriul corp impotriva noastra.

De curand, **Paul McKenna** a dezvoltat un sistem bazat pe **4 reguli** importante, care, spune el, vor ajuta pe oricine vrea

sa slabeasca intr-un mod sanatos.



Atunci cand ti-e foame, manaca!

Nu esti sigur daca ti-este sau nu foame? Atunci inseamna ca, cel mai probabil, nu iti este! Senzatia adevarata de foame creste gradual. Este clara, persistenta si se simte la nivel fizic. Nu se aseamana nici pe departe cu sentimentul acela pe care il ai atunci cand treci pe langa o cofetarie sau un restaurant ademenitor. Nici nu este o reactie la suparare, teama, plictiseala, nervi sau rusine. Asadar, mananca doar atunci cand esti sigur ca ti-este cu adevarat foame!



Mananca ceea ce corpul iti cere!

Animalele salbatice cauta sa manance ceea ce au nevoie pentru a ingera vitaminele, mineralele, sarurile, proteinile, grasimile si carbohidratii necesare organismului. Nu se gandesc prea mult la asta, ci pur si simplu isi urmeaza instinctul. Corpul omenesc are aceleasi instincte, dar, din pacate, procesul de gandire le incetineste si uneori chiar anihileaza. Daca treci pe langa o poza cu un hamburger si dintr-o data ti se face foame, aceasta senzatie nu este decat reactia creierului la vederea acelei imagini.



Savureaza fiecare imbucatura!

Principiul de a manca constient a reprezentat material de studiu in ultimii ani pentru numerosi oameni de stiinta. S-a dovedit astfel ca reduce cantitatea de mancare consumata. In plus, este important sa te bucuri din plin de fiecare imbucatura in parte, fara a te lasa distras de alte activitati precum privitul la televizor, cititul unei carti sau vorbitul la telefon. Pur si simplu mananca si atat! Vei observa in timp ca o sa ajungi sa mananci mai putin, iar mancarea va deveni mai savuroasa. Mesteca fiecare imbucatura de 20 de ori!



Opreste-te atunci cand esti satul!

Senzatia de satietate este modul organismului de a-ti spune ca a ingerat destula mancare. Insa, mancatul emotional nu este controlat de foame sau satietate, ci este o activitate menita sa-ti mascheze emotiile. Asa ca, din cand in cand, ia o pauza, iar daca, dupa cateva minute, inca iti va mai fi foame, mananca in continuare, iar daca nu, opreste-te!

Sursa: www.agentiadepresamondena.com