

Do These 6 Things Every Day to Lose Weight

Summary: *Consistency is important to losing weight. If you do these 6 things every day you will greatly increase your chances of losing weight successfully.*

Do you ever feel like you're putting in the effort to lose weight but it never seems to get you anywhere? Or you try for a week and then stop because it's frustrating, you don't see results or you just start forgetting?

One of the biggest keys to weight loss is consistency. If you're consistent about doing things every day that improve your health and fitness you will see a change, you just have to be patient and persistent. Another important factor is remembering to add in good habits, rather than focusing on what you're taking away. For example, don't dump carbs, but instead focus on eating 5-6 servings of vegetables a day. You'll naturally eat less carbs or other foods in general because you're filling up on vegetables.

If you're ready to commit to your health and see results, here are six things you can do every single day that will help get you started on the weight loss you're looking for.

1. **Eat breakfast.** I know many people choose to skip breakfast because it's an easy meal to skip and it saves you calories, but getting in a well-balanced breakfast gets your metabolism going and keeps you from overeating later in the day.
2. **Move every day.** Whether it's an hour at the gym or a light yoga session at home, commit to moving your body every day. Soon it will become such a habit that you'll miss it if you don't have the time.
3. **Have at least one veggie-packed meal.** A lot of people say to eat a salad every day, which is great, but you can also do something like a homemade veggie-filled stir-fry or soup, especially when the weather is cold.
4. **Make water your go-to drink.** You don't have to completely cut out other things, but make sure water is the first thing you're reaching for when you're thirsty and consider things like soda or wine a treat. Water helps your digestion, your brain function, gives you energy and makes your skin glow.
5. **Get plenty of sleep.** Each person requires a different number of hours to sleep every night, so learn what works best for you and stick to it. Getting enough sleep and keeping stress down are vital to a healthy body.
6. **Take pictures of your food.** I know this sounds a bit crazy and, no, you don't have to post them to social media, but taking pictures of everything you eat will make you think twice about grabbing an extra snack after dinner when you're not really hungry.