



At Home

TRAINING GUIDE

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Unlock the **Secrets** to **Better Body & Better Life**  
with **Brand new 'Weight Loss at Home.'**

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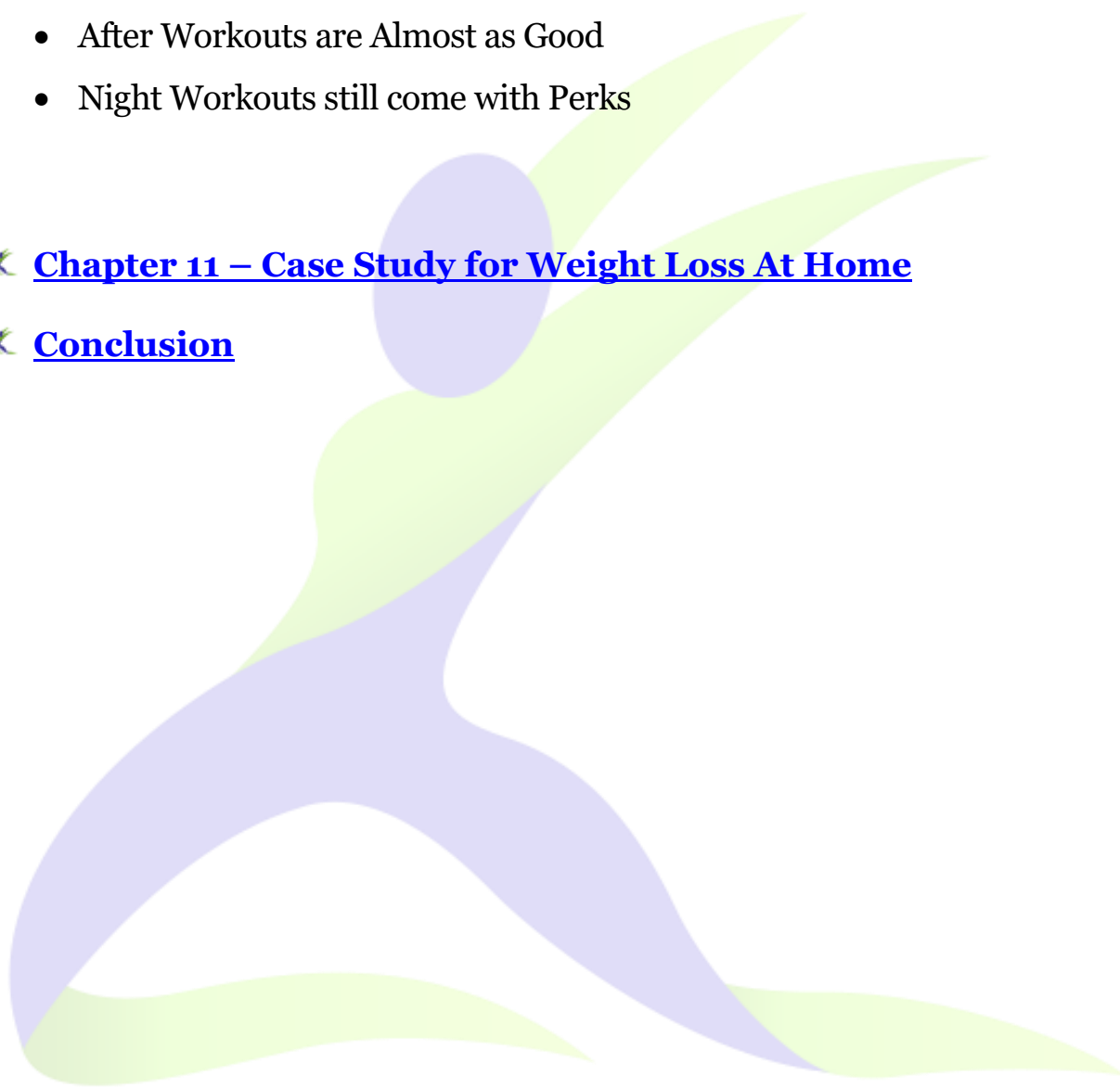
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# INTRODUCTION



# WEIGHT LOSS AT HOME



When it comes to losing weight, many of us have tried more than once to shed those extra pounds, only to be unsuccessful. Many of us have spent most of our lives being unhappy about our bodies, wishing we had a flat body or a more robust core but not knowing how to get started.

So, the question is: how can you come up with a realistic plan that you can stick to so you can finally lose that stubborn fat while at home?

In this guide, we are going to go over many ways of achieving a flawless body at home. We will explore the top fat-burning foods that aim to destroy stubborn fat that is usually difficult to lose. We will give you some powerful exercise tips to keep you on the right track while turbo-charging your fat-burning progress.

Losing weight and toning up your body will require consistency and determination. Your goal should be to make a lifestyle change that will eliminate and keep off the fat once for the rest of your life. A few minutes each day is all it takes, but you need to be persistent in your goals and stay focused. Reward yourself for the milestones you reach and then set new goals.

That's the key to a flatter, toned body.

Are you ready to get started?  
Let's begin.

# WEIGHT LOSS

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CHAPTER 01

## WEIGHT LOSS AT HOME: AN OVERVIEW

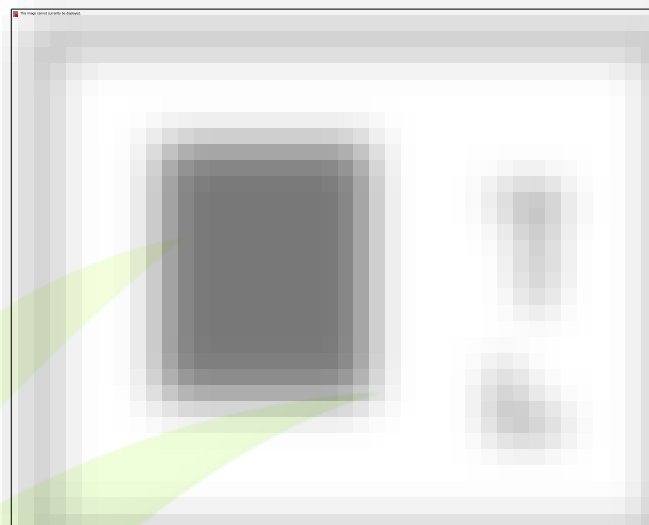






## What is Healthy Weight Loss?

**H**ealthy weight loss is slow and sustainable. It's based on long-term changes to the way you **think, eat, and move**. Many doctors advise patients to aim to lose no more than 2 pounds a week.



## The Significance of Maintenance of a Healthy Weight

The benefits of maintaining a healthy body weight are immense. For starters, it can be as simple as making you feel better and more confident about yourself. In addition, you will have more energy in reserve to function better and improve your health further. Healthy body weight also ensures the **proper functioning of your circulatory system**.





It also helps manage your fluid levels better. Besides these common benefits, a healthy weight prevents you from diseases that come with excess body weight. These include reduced risk of **diabetes, cancers, arthritis, gallstones, asthma, infertility, snoring and sleep.**

Weight loss to a healthy weight for a person's height can **promote**

**health benefits.** These include lower cholesterol and blood sugar levels, lower blood pressure, less stress on bones and joints, and less work for the heart.

## Fat Loss vs. Weight Loss



While Weight loss and Fat Loss are often used interchangeably, they have different meanings. Weight loss refers to **decreased overall body weight from stored carbs, protein, water, and fat.**

Conversely, fat loss refers to **weight loss from fat.** Fat loss is a healthier goal than weight loss, as

weight loss may include water and muscle losses. Maintaining muscle is



important for supporting healthy blood sugar levels, controlling inflammation, and maintaining your mobility as you age.

While a standard scale can't differentiate between weight loss and fat loss, you can increase the likelihood of weight loss in the form of fat by eating plenty of protein and creating a calorie deficit by engaging in more physical activity and reducing your overall calorie intake.

## Small changes to Help you to Lose Weight

Experts advise to chew food slowly for the satiety factor and don't hog on food. Instead of eating a few big portions, go for frequent smaller portions and keep a check on what you eat. It is recommended to read the labels of

the food you buy and keep a count of your calories.

There are so many options for low- carb diet that are incredibly delicious. For example, for snacks, one can munch on popped lotus seeds or makhanas that are lightly fried in olive oil. Grilled or sautéed vegetables are always a delicious meal option with a protein on the side like chicken. Plan your meals in

such a way that you can also

treat yourself to the food you love, occasionally. For example, you can have





a treat meal, once a week or once in two weeks. You're supposed to lose weight, not torture yourself.



Allow your body to be flexible with what it wants while maintaining control over it.

While a hot water bath cannot be the sole method, it does aid to lose weight by burning calories. It is not wise to expect a drastic change within a week or ten days. It is unnecessary to put so much pressure on your body and make it a chore

instead of a learning experience,

particularly with the pandemic still looming over our heads. It is important to also be kind to our bodies and not hate ourselves for just gaining some weight. There are plenty of food options for those trying to lose weight. For example, lentils are rich in protein and fibre which helps in the satiety factor, that is its ability to make us feel full with just a little amount. Oats are extremely rich in high soluble fibre and can be used in various recipes.

Cooking your food in olive oil also aids in weight loss and is considered a healthier alternative. Apart from these, almonds and walnuts can be mixed in salads, and they help to curb craving and aid in weight loss. Another favourite ingredient for weight loss is beans which can be used to make soups and stews.



# WEIGHT LOSS

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## CHAPTER 02

# WAYS TO LOSE WEIGHT AT HOME & LIVE A HEALTHIER LIFE





## Effective Ways to Lose Weight At Home

There are two primary ways to lose weight. They are good physical activity and diet. When done together, these deliver better results.

### Physical Activity

A big reason for the current crisis of being overweight is insufficient physical activity. The leading cause of this is the sedentary nature of most occupations. Doing sufficient physical activity ensures that calories burn and the weight remains under control. You can do different kinds of physical activities to lose weight. These include:



- Yoga
- Zumba
- Weight training
- Bodyweight movements
- Jogging
- Running
- Swimming

All these physical activities help you burn calories. You can choose any form of physical activity if your goal is to lose weight fast. However, what matters



is consistency. If you perform any of these physical activities over a long period, the results will come.

## Best Diet Plans

It is possible to lose weight by just making a few modifications to your diet. If you want to lose weight, the game is all about the calories you take in and the calories you burn. When you limit the number of calories you take in, your body has to search for other ways to produce energy.



So, if you are at a calorie deficit or eating fewer calories with balanced nutrition than you used to, you are well on your way to losing weight. Your body will now use the existing fat to release the energy needed to perform day to day functions. Over time, this will help you shed body fat and lose weight.



## Modified Food Plans to Lose Weight Fast

Although several food plans can help you lose weight, some of these can help speed up your weight loss journey. However, it is best to seek an expert's assistance while following any of these modified food plans. That is because everybody is different, and their bodies have different demands.



In addition, a healthy weight loss journey demands customised plans that are specially created as per various factors, including your age, gender, body type, needs, medical conditions etc. Below are some common weight-loss food

plans that can help you lose weight.



## Conventional Hypocaloric Diets (Calorie-Deficit Food Plans)



It is one of the most common and efficient ways to lose weight. Studies suggest that traditional hypocaloric diets typically aim at reducing daily energy intake by 500–750 kcal. The recommended calorie intake for the energy restriction happens by diets of 1200–1500 kcal/d for females and 1500–1800 kcal/d for males.

The idea is to consume fewer calories so that the body can use excess fat and use it as an alternate source of energy. In the process, you start burning more fat for energy, ultimately leading to weight loss.



Reducing daily energy intake by 400–500 kcal can lead to a modest weight loss of approximately 0.5 kg per week or 2 kg per month.

However, research shows that such weight loss is usually seen only in the first months because the

rate of weight loss can slow down due to hormonal adaptations resisting weight loss.





Hence, choosing a customised food plan based on your weight loss goals is essential.

## Intermittent Fasting



Intermittent fasting is when you **fast and eat in cycles**. There are two popular methods of intermittent fasting. One is using the 16/8 rule. You limit your calorie intake to 8 hours per day in this scenario. Whatever you want to eat, you must eat it in those 8 hours only. The remaining 16 hours are for fasting.

Another popular method is the 5:2 method. You need to take as little as 500-600 calories per day twice a week per this method. In both methods healthy meals and moderate activity improves weight loss.

**Intermittent fasting** is safe. Most healthy adults can do it. Evidence suggests that intermittent fasting can reduce weight by 0.8-13% when done consistently and adequately.



Another conclusive study shows that intermittent fasting could improve fat burn rate while



maintaining muscle mass. Further studies in the field suggest that the benefits of intermittent fasting are immense. These

include increased

insulin sensitivity, reduced inflammation and anti-ageing effects.

## Plant-Based Diets

It involves limiting food intake to just plant-based products. Veganism is a popular version of this type. It eliminates even dairy products from the diet.



Other benefits of a plant-based diet include reduced risk of illnesses like heart disease and diabetes.

However, plant-based diets have some downsides too.

The most important is that the body loses essential

nutrition from animal products. Iron, vitamin B12, vitamin D, calcium, zinc and omega-3 fatty acids are some important ones, so experts can help here to plan a diet wisely.



## Low Carbohydrate Diets



Low carbohydrate diets are the most popular ones adopted for losing weight. They are helpful because they limit carbs consumption. At the same time, they substitute the lost carbohydrate for protein. When the carbohydrate content in the diet goes very

low, the body starts using fatty acids for energy requirements. The fatty acids get converted into ketones.

Evidence suggests that a low carbohydrate diet is even more effective than a low-fat diet for reducing weight. However, a possible downside is that it can cause digestion problems in some people.

## Paleo Diet



A paleo diet essentially advocates eating whole foods, fruits and vegetables. It forbids the consumption of processed foods, sugars and grains. Paleo diet proponents effectively support eating a





diet similar to our hunter ancestors.

Various studies prove that paleo diets can help reduce weight. In addition to reducing weight and belly circumference, a paleo diet can also have other benefits. These include lowering high blood pressure, cholesterol levels and triglyceride levels.

## Low-Fat Diets

A low-fat diet essentially means that you have to reduce your fat intake to 20-30% of your total calorie intake of the day. However, this is because fats have double the number of calories per gram compared to proteins and carbohydrates. So, a low-fat diet limits calorie intake and hence helps in reducing weight.



A possible downside of a low-fat diet is that restricting too much fat can lead to many health problems. Fats are responsible for hormone production, cell health and nutrient absorption in the body. You may inhibit these

processes if fats reduce beyond a certain level.

## The Bottom Line

Maintaining a healthy weight is essential for a variety of reasons. It helps you in functioning well in day-to-day life. In addition, it prevents chronic





conditions like high cholesterol, obesity, diabetes and so on. However, being overweight is a problem, and you should urgently deal with it. Since



you make these modifications in your routine, the body starts losing weight and you can see initial changes in your weight quickly.

This can make you more confident and motivates you to continue with your weight loss goals efficiently. Avoiding a sedentary lifestyle and going for a workout at least four days a week can deliver good results.

Complementing physical activity with the right type of diet is further helpful. Taking the proper diet will also help you shed extra fat from your body.

# WEIGHT LOSS

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## CHAPTER 03

# WEIGHT LOSS TIPS FOR MEN & WOMEN



## Do Males & Females Lose Weight Differently?

The amount of weight a person loses and the speed at which they lose it varies from person to person and can involve various factors. However, generally, males tend to lose weight differently from females.



Males typically lose weight faster than females. One possible reason for this involves the amount of lean muscle mass in males compared with females. The more muscle a person has, the more calories they burn. Since males typically have more lean muscle, they burn more calories than females and tend to lose weight

faster.

Males and females may lose weight differently, in part because males tend to have more muscle mass and therefore burn more calories. However, weight loss can sometimes be a challenge for people of any sex.

The best method for maintaining moderate weight is to focus on making appropriate diet and exercise changes. The most effective eating programs comprise high protein, Mediterranean, or vegan diets. The most effective





exercise routines incorporate strength training to increase muscle mass and boost metabolism.

There is no supplement or pill that scientists have proven effective in inducing weight loss. However, factors that can help a person achieve their weight loss goals include getting enough sleep, eating plenty of fibre, and staying well-hydrated.

## **Proven Tips for Weight Loss for Both Men & Women**

Our anatomy is different; physiology is distinctive, and so are our actions. But is this difference also reflected in our capacity to gain or lose weight? If you answered yes, you are correct.

It should suffice to say that a woman's body deposits fat differently than a man. For example, women tend to store fat around their thighs and hips. While men tend to have more significant abdominal fat. By knowing this, we can target the weight loss areas.







Men have a higher total muscle mass, while women have a more considerable total body fat than their counterparts. To exemplify, a woman will have more fat than a guy for the same BMI (body mass index). Men and women differ even at healthy body fat levels.

## **Proven Tips of Weight Loss for Men**

### **Best diets**

When considering weight loss for males, there is no one specific diet that works best for all. However, the following diets may be helpful.



### **High Protein**



A high protein diet generally involves eating high protein foods and low carbohydrate foods. These foods can help a person feel fuller for longer and reduce overeating.

High protein foods include:

- Chicken
- Fish
- Eggs
- Dairy
- Legumes
- Nuts and seeds
- Whole grains





Research from past indicated that male participants who followed a high protein diet were more likely to maintain their weight loss compared with those on a lower protein diet.

## Vegan Diet

A vegan diet involves avoiding all animal products and consuming only plant-based foods.

Foods to avoid when following a vegan diet include:

- Dairy
- Eggs
- Fish
- Meat

Foods to consume when following a vegan diet include:

- Fruits
- Vegetables
- legumes
- Nuts and seeds
- Whole grains
- Plant-based proteins, such as soy and tofu
- Plant-based milk





## Mediterranean Diet

The Mediterranean diet generally consists of the following:

- a large proportion of plant-based foods, such as:
  - vegetables
  - legumes
  - whole grains
  - nuts and seeds
- the following foods in moderation:
  - dairy
  - seafood
  - poultry



Additionally, the diet only recommends the occasional consumption of red meat and sweets.

It is also investigated the optimal diet for safe, effective, and sustainable weight loss among adults who were overweight or obese. The researchers noted that a Mediterranean diet is as effective as a low carbohydrate diet in maintaining weight loss and boosting overall health.

## **Best Exercises**

Exercise helps promote and maintain weight loss, and some of the most suitable exercises for maintaining a moderate weight are below.



## Strength Training



Strength training helps build muscle. In general, the more muscle a person has, the higher their metabolism and the more calories they burn.

Strength training or resistance training is any exercise that causes the muscles to work against an external weight or force.

Examples include:





- Weightlifting
- Exercises involving the use of resistance bands
- Exercises that require a person to use their own body weight

A recent meta-analysis investigated the effect of resistance training on body composition in healthy adults. It found that resistance training alone led to a reduction in the following:

- Body fat percentage
- Body fat mass
- Visceral fat, which is fat that surrounds the internal organs





## High Intensity Interval Training (HIIT)

High intensity interval training (HIIT) workouts involve alternating between short, intense spurts of exercise and low intensity exercise. It is an alternative to moderate-intensity continuous training (MICT).

However, in recent study compared the effectiveness of HIIT and MICT among adults with obesity. The researchers found that the two methods induced similar levels of weight loss. However, the HIIT had links to a greater increase in cardiovascular fitness over a shorter time period. As such, HIIT may be the better option for people looking to maintain a moderate weight and improve overall health.



## Proven Tips of Weight Loss for Women



Diet and exercise may be key components of weight loss for women, but many other factors play a role.

In fact, studies show that everything from sleep quality to stress levels can have a major

impact on hunger, metabolism, body weight, and belly fat.

Fortunately, making a few small changes in your daily routine can bring big benefits for women when it comes to weight loss at home.

## 1. Cut Down on Refined Carbs

Refined carbs undergo extensive processing, reducing the amount of fiber and micronutrients in the final product.





These foods spike blood sugar levels, increase hunger, and are associated with increased body weight and belly fat.

Therefore, it's best to limit refined carbs like white bread, pasta, and pre-packaged foods, opt for whole-grain products like oats, brown rice, quinoa, buckwheat, and barley instead.

## **2. Add Resistance Training to Your Routine**

Resistance training builds muscle and increases endurance.

It's especially beneficial for women over 50, as it increases the number of calories that your body burns at rest. It also helps preserve bone mineral density to protect against osteoporosis.

Lifting weights, using gym equipment, or performing body-weight exercises are a few simple ways to get started





### 3. Drink More Water

Drinking more water is an easy and effective way to promote weight loss with minimal effort.

According to one small study, drinking 16.9 ounces (500 ml) of water temporarily increased the number of calories burned by 30% after 30–40 minutes.

Studies also show that drinking water before a meal can increase weight loss and reduce the number of calories consumed by around 13%.



### 4. Eat More Protein

Protein foods like meat, poultry, seafood, eggs, dairy, and legumes are a significant part of a healthy diet, especially when it comes to weight loss.

One small 12-week study also found that increasing protein intake by just 15% decreased daily calorie intake by an average of 441 calories, resulting in 11 pounds (5 kg) of weight loss.



Studies suggest that getting enough sleep may be just as crucial to losing weight as diet and exercise.





Multiple studies have associated sleep deprivation with increased body weight and higher levels of ghrelin, the hormone responsible for stimulating hunger.

Furthermore, one study in women showed that getting at least seven hours of sleep each night and improving overall sleep quality increased the likelihood of weight loss success by 33%.



## 6. Do More Cardio

Aerobic exercise, also known as cardio, increases your heart rate to burn extra calories.

Studies show that adding more cardio to your routine can result in significant weight loss — especially when paired with a healthy diet.



For best results, aim for at least 20–40 minutes of cardio per day, or around 150–300 minutes per week.



## 7. Keep a Food Journal

Using a food journal to track what you eat is an easy way to hold yourself accountable, and make healthier choices.

It also makes it easier to count calories, which can be an effective strategy for weight management.

What's more, a food journal can help you stick to your goals, and may result in greater long-term weight loss.



## 8. Fill up on Fiber

Adding more fiber to your diet is a common weight loss strategy to help slow the emptying of your stomach and keep you feeling fuller for longer.

Without making any other changes to diet or lifestyle, increasing dietary fiber intake by 14 grams per day has been associated with a 10% decrease in calorie intake and 4.2 pounds (1.9 kg) of weight loss over 3.8 months.

Fruits, vegetables, legumes, nuts, seeds, and whole grains are all great sources of fiber that can be enjoyed as part of a balanced diet.





## 9. Practice Mindful Eating

Mindful eating involves minimizing external distractions during your meal. Try eating slowly and focusing your attention on how your food tastes, looks, smells, and feels.

This practice helps promote healthier eating habits and is a powerful tool for increasing weight loss.

Studies show that eating slowly can enhance feelings of fullness and may lead to significant reductions in daily calorie intake.



## 10. Snack Smarter

Selecting healthy, low-calorie snacks is a great way to lose weight and stay on track by minimizing hunger levels between meals.

Choose snacks that are high in protein and fiber to promote fullness and curb cravings.

Whole fruit paired with nut butter, veggies with hummus, or Greek yogurt with nuts are examples of nutritious snacks that can support long-lasting weight loss.



## 11. Ditch the Diet

Although fad diets often promise quick weight loss, they can do more harm than good when it comes to your waistline and your health.

For example, one study in college women showed that eliminating certain foods from their diet increased cravings and overeating.

Fad diets can also promote unhealthy eating habits and lead to yo-yo dieting, both of which are detrimental to long-term weight loss.





## 12. Squeeze in More Steps

When you're pressed for time and unable to fit in a full workout, squeezing more steps into your day is an easy way to burn extra calories and increase weight loss.

In fact, it's estimated that non-exercise-related activity may account for 50% of the calories your body burns throughout the day.



### 13. Set Attainable Goals

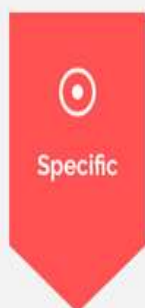
Setting SMART goals can make it easier to reach your weight loss goals while also setting you up for success.

SMART goals should be specific, measurable, achievable, relevant, and time-bound. They should hold you accountable and lay out a plan for how to reach your goals.

For example, instead of simply setting a goal to lose 10 pounds, set a goal to lose 10 pounds in 3 months by keeping a food journal, going to the gym 3 times per week, and adding a serving of vegetables to each meal.



# SMART



## 14. Keep Stress Under Control

Some studies suggest that increased stress levels can contribute to a higher risk of weight gain over time.

Stress may also alter eating patterns and contribute to issues like overeating and bingeing.

Exercising, listening to music, practicing yoga, journaling, and talking to friends or family are several easy and effective ways to lower stress levels.





## 15. Try HIIT

High-intensity interval training, also known as HIIT, pairs intense bursts of movement with brief recovery periods to help keep your heart rate elevated.

Swapping cardio for HIIT a few times per week can amp up weight loss.

HIIT can decrease belly fat, increase weight loss, and has been shown to burn more calories than other activities, such as biking, running, and resistance training.



## 16. Use Smaller Plates

Switching to a smaller plate size may help promote portion control, aiding weight loss.

Although research remains limited and inconsistent, one study showed that participants who used a smaller plate ate less and felt more satisfied than those who used a normal-size plate.

Using a smaller plate can also limit your portion size, which can reduce your risk of overeating and keep calorie consumption in check.



## 17. Take a Probiotic Supplement

Probiotics are a type of beneficial bacteria that can be consumed through food or supplements to help support gut health.

Studies show that probiotics can promote weight loss by increasing the excretion of fat and altering hormone levels to reduce appetite.

In particular, *Lactobacillus gasseri* is a strain of probiotic that's especially effective. Studies show that it can help decrease belly fat and overall body weight.





Studies show that practicing yoga can help prevent weight gain and increase fat burning.

Yoga can also decrease stress levels and anxiety both of which may be tied to emotional eating.

Additionally, practicing yoga has been shown to reduce binge eating and prevent preoccupation with food to support healthy eating behaviours.



## 19. Chew Slower

Making a conscious effort to chew slowly and thoroughly can help increase weight loss by cutting down on the amount of food you eat.

According to one study, chewing 50 times per bite significantly decreased calorie intake compared to chewing 15 times per bite.

Another study showed that chewing food either 150% or 200% more than normal reduced food intake by 9.5% and 14.8%, respectively.



## 20. Eat a Healthy Breakfast

Enjoying a nutritious breakfast first thing in the morning can help start your day off on the right foot and keep you feeling full until your next meal.

In fact, studies find that sticking to a regular eating pattern may be linked to a reduced risk of binge eating.

Eating a high-protein breakfast has been shown to decrease levels of the hunger-promoting hormone ghrelin. This can help keep appetite and hunger under control.





## Other Weight Loss Tips for Men & Women

### Other Weight Loss Tips for Men

Some additional methods that may help with weight loss include:

- **Getting enough sleep:** Insufficient sleep may stimulate the hormones that affect hunger, encourage overeating, and affect overall weight loss. The Sleep Foundation says that getting quality sleep is an important part of a weight loss plan.



- **Staying well hydrated:** Sometimes, a person may mistake thirst for hunger and consume food instead of drinks. Staying well hydrated can help individuals avoid overeating.



- **Getting enough fiber:** Fiber-rich foods take longer to digest and can help a person feel fuller for longer. This, in turn, may cause them to consume fewer calories. High fiber foods include berries, whole grains, and legumes.



- **Eating a variety of foods:** People should aim to eat a rich variety of nutritious foods. Limiting a diet to only a few food choices is hard





to sustain and may eventually lead to overeating.



•

## **Other Tips of Weight Loss for Women**

### **21. Experiment with Intermittent Fasting**

Intermittent fasting involves alternating between eating and fasting for a specific window of time each day. Periods of fasting typically last 14–24 hours.

Intermittent fasting is thought to be as effective as cutting calories when it comes to weight loss.



It may also help enhance metabolism by increasing the number of calories burned at rest.



## 22. Limit Processed Foods

Processed foods are typically high in calories, sugar, and sodium — yet low in important nutrients like protein, fiber, and micronutrients.

Studies show that consuming more processed foods is associated with excess body weight — especially among women.



Therefore, it's best to limit your intake of processed foods and opt for whole foods, such as fruits, vegetables, healthy fats, lean proteins, whole grains, and legumes.



## 23. Cut Back on Added Sugar

Added sugar is a major contributor to weight gain and serious health issues, such as diabetes and heart disease.

Foods high in added sugar are loaded with extra calories but lacking in the vitamins, minerals, fiber, and protein that your body needs to thrive.

For this reason, it's best to minimize your intake of sugary foods like soda, candy, fruit juice, sports drinks, and sweets to help promote weight loss and optimize overall health.





# WEIGHT LOSS AT HOME



## CHAPTER 04

# BENEFITS OF WEIGHT LOSS EXERCISES



## Benefits of Weight Loss Exercises At Home

The relevance of exercise and regular physical activity is well-known. While busy lives, and lack of time leads to many of us not being able to work over regular exercise in our daily lives. Workouts play an crucial role to be more flexible and energized. This is where weight loss exercises come in.

Humans were a pastoral race for generations, travelling long distances on foot, for food and shelter. Our bodies were designed to be mobile. For this reason, a sluggish lifestyle is more harmful to us than we can anticipate. It can lead to the advancements of many health ailments and lags as we begin to age.



Most people don't have the time or a hefty amount to spend on a gym membership. They can practice weight loss exercises at home and invest in their health. You can find plenty of exercise routines online.

If your goal is to lose weight, exercise plans sewn for your weight and body type will yield you the results that you desire.

Unlike fad diets, weight loss exercises are healthy for your body. If followed right, they can help maintain your body weight feasibly in the long term.

## Exercise and Weight Loss

A research paper broadcasted in 2019, states the effectiveness of home-based weight loss exercises and programs. The burning of calories plays a



key aspect in weight loss. Exercise helps you burn these calories that, in turn, lead to weight loss.



For example, burning 3500 calories a week will help you lose one pound (about 0.45 kg). Therefore, working out enough to lose 3500 calories will help you lose 0.45 kg that week.

Care must be taken to plan your workout routine as per your own fitness goals. An individual stretched towards to lose more weight would be required to burn more calories, and hence follow a more intense workout routine.





You could take the dietary route to carry out this, but just that will not be enough since restricting calorie intake could backlash. Trailing a diet plan and no workout routine in a bid to lose

weight could possibly lead to one losing muscle mass, which is not endorsed. However, if you pull out this diet plan with sufficient weight loss exercise at home, you could achieve your desired goal.

Muscle is more metabolically active, and so muscle loss is not suggested as part of your weight loss program. Once any amount of weight has been lost, your metabolic rate drops substantially. Losing weight becomes more difficult. Proactively preventing muscle loss can aid in neutralizing this slide in your metabolic rate.

The significance of exercise lies in the fact that it not only helps lower body weight but upgrades upon your body composition, metabolic health and overall fitness.

At times, you may notice that weight loss exercise at home may not be contributing to reducing your body weight. However, there is no reason to worry. Even if it is not lowering your body weight, it helps scale down your



body fat and build muscle. The waist size and body fat measurements can be used to tell the unified story, which scales may sometimes fail to depict.

## Top Benefits of Weight Loss Exercises

Exercise benefits both our body and mind. Some of the ways in which regular exercise is beneficial to us are:

### 1. Improves Sleep

Harrowing to fall asleep? Maybe, your body isn't tired enough. Exercising can help you sleep better, deeper and for longer. Be thoughtful not to exercise very close to your bedtime, though; the adrenaline released while challenging physical activity could keep you from falling dormant.

Moderate exercising 1-2 hr. hours previous to bedtime can lift your mood and help you relax, thus reassuring sleep.





## 2. Increases our Energy Levels



Exercise boosts our endurance and muscle strength. It is equally impressive in improving lung and cardiovascular function. It boosts the body's ability to circulate oxygen and blood into the

body.

Better lung and heart operating directly translate to more energy to follow through with our daily chores. Regular exercise escalates the creation of essential hormones like catecholamines (an organic compound that helps the body cope with stress), testosterone, etc. in the body that enhances metabolism and provides energy.

## 3.Improves Muscle health

When you lead an active lifestyle, with a requisite amount of physical activity thrown in, your muscles strengthen and your tendons, ligaments and joints allow for easier movement and slighter chances of injury.





Your  
coordination  
and balance  
shape up. Also,  
the correct  
joint alignment  
influenced by  
strong muscles  
and ligaments  
protects against

the joint and lower backache.

Negating the misbelief that cardio is just meant for weight loss, studies claim to establish, cardiovascular activities can help in muscle growth. High-intensity cardio sparks the release of anabolic hormones which enhances muscle mass.

#### **4.Reduces Risk of Chronic Disease**

The lack of regular physical activity is known to be a primary element of chronic disease. Regular exercise helps to cultivate insulin sensitivity, body composition, and cardiovascular fitness while lowering blood pressure and blood fat levels.



A deficit of regular activity can lead to a significant increase in belly fat. This, in turn, enhances the risk of type 2 diabetes and heart diseases. It is, therefore, suggested that one remain physically active and exercise regularly in order to avoid these diseases. An average adult can execute 150 minutes of moderate-intensity workout or 75 minutes of intense aerobic activity per week to keep one healthy.

## 5. Pain Reduction

Exercise can also help reduce chronic pain. While it was suggested to get rest whenever in pain, studies have now found that exercise can asset chronic pain.

According to several studies, exercise also helps to check pain associated with various health conditions. This includes chronic lower back pain,



chronic soft tissue shoulder disorder, among others. In addition to that, physical activity also aids raise tolerance to pain.



Aerobic exercises stretching, yoga, Functional training and balance training and strength-training are associated with diminishing Fibromyalgia Pain (a condition that causes chronic pain in the body).

## 6. Improves Skin Health

The supply of oxidative stress in the body can affect your skin. This occurs when the body's antioxidant defences are unfit to completely reconstruct the damage caused by free radicals to cells. This damages their structure and deteriorates the skin.



While intense physical activity contributes to oxidative damage, proper moderate exercise increases the body's natural antioxidant production, thus helping protect cells.

Similarly, exercise can also vitalize blood flow and induce skin cell adaptation. This helps delay the appearance of skin ageing.

## Other Benefits besides Weight Loss for Women

### Brain Power

Exercise boosts both short- and long-term cognitive function. The CARDIA study found that higher fitness levels are associated with better executive function, verbal memory, thinking skills, and psychomotor speed. Even one 20-minute burst before an exam can improve scores. This could be because it causes positive changes in the brain that help attention span, focus, and memory. A 2012 study found that the exam performance boost best occurs with a regular routine plus a pre-test workout session.



### Improved Memory

Those brain benefits extend into late life as well. Exercise is fast becoming an effective therapy for dementia and Alzheimer's as research has found





that it slows the decline in cognitive function. Older adults who follow a regular exercise program demonstrate better thinking skills. Focusing on strength training in particular can improve memory and stave off symptoms of Alzheimer's Disease.

## Boosts Immunity

Getting adequate exercise reduces your chances of developing many illnesses and diseases, from heart disease to diabetes to osteoporosis and many others. It's even an important therapy for boosting immune function in cancer patients. But did you know that a regular fitness routine also helps defend against infections like the common cold and flu? The fitter you are, the less likely you are to suffer seasonal sickness—up to 43 percent less likely, according to one study. And if you do get sick, it'll be less severe.



## Endorphins

The stress relief + endorphin release from exercise can help fight depression and anxiety. Long-term exercise has been proven comparable to



psychotherapy and drug therapy. Not only can it help improve a bad case of blues, but a continued routine can prevent further episodes. It may seem like the last thing you want to do if you're feeling down and out, but once you get in the habit, you wouldn't imagine life without it!

## **Boosts Confidence**

It's no wonder this would happen. With a better mood, more energy and reduced stress along with increased strength, speed and likely fat loss, you're sure to have a greater sense of self-esteem. You'll feel good about your body, your outlook, your future, your goals, etc. The positive effects tend to bleed into all areas of your life!



# WEIGHT LOSS AT HOME



## CHAPTER 05

# WEIGHT LOSS MAINTENANCE STRATEGIES





What are Dietary and Lifestyle Tips that may Help prevent Weight Regain?  
Developing and maintaining healthy dietary and lifestyle habits are the keys to preventing weight regain.



Some dietary and lifestyle tips that may help prevent weight regain:

- **Engage in self-monitoring behaviors like tracking your diet and exercise.** Tracking your calorie intake and exercise increases self-awareness of your behaviors and how those behaviors affect your weight loss goals.





- **Find an activity you enjoy.** Exercise comes in different forms, such as biking, walking, swimming, taking the stairs, or playing outdoors with your kids. Find an activity you enjoy and do it often.





- **Have healthy foods like fruits and vegetables available at home.** If you have more healthy foods like fruits and vegetables at your home instead of highly processed snacks like chips and soda, the decision to eat healthily is already made for you.



- **Prioritize sleep and reduce stress factors you have control over.** A lack of sleep and many of life's stressors can sabotage your weight loss goals. Establish healthy sleep habits and try to learn ways to ease your worry about things you can't control.



- **Fill your plate with whole foods.** Choose whole and minimally processed foods like fruits, vegetables, whole grains, and lean meats. These foods can help keep you feeling full and provide your body the necessary nutrients to support weight loss and your health.





# WEIGHT LOSS AT HOME

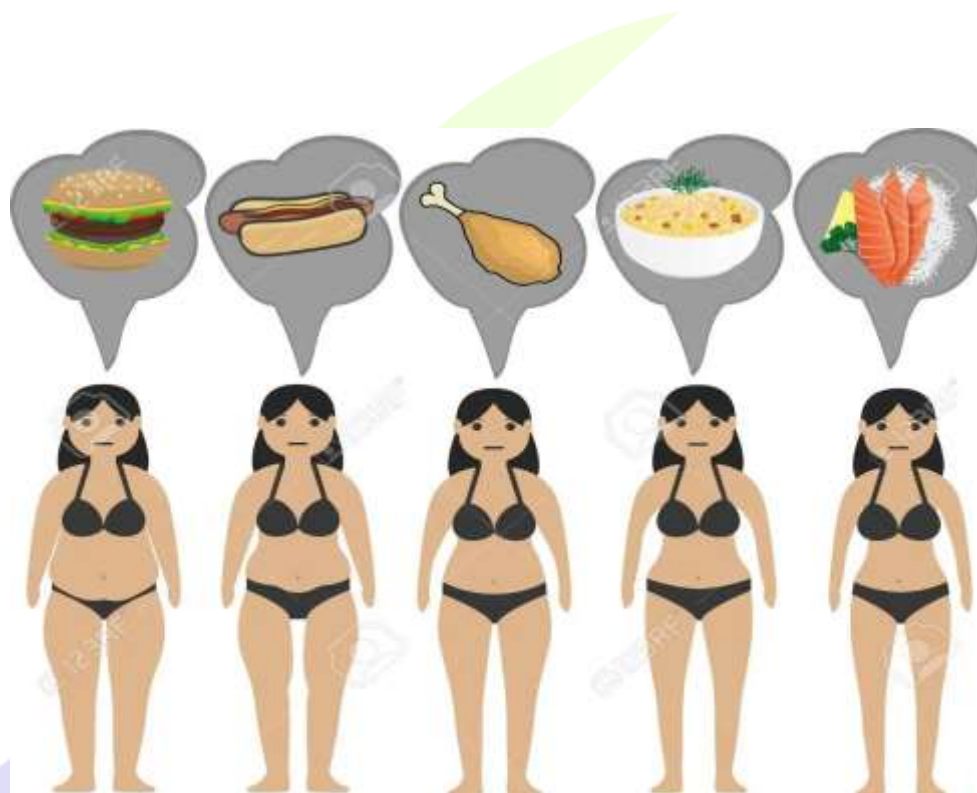


## CHAPTER 06

# THE DIFFERENT STAGES OF LOSSING WEIGHT

## Stages of Weight Loss

**W**eight Loss generally occurs in two stages — an early, rapid weight loss stage followed by a slower, longer period of weight loss.



### Stage 1: Rapid Weight Loss

The first stage of weight loss is when you tend to lose the most weight and begin to notice changes in your appearance and how your clothes fit. It usually happens within the first 4–6 weeks.

Most of the weight loss in this stage comes from carb stores, protein, and water and to a lesser extent, body fat.



Weight loss tends to occur more rapidly in people who follow a low carb or keto diet than those who follow a low fat diet, as they deplete their body's carb stores faster, along with water.

However, in the long term, the research remains mixed as to whether a low carb or keto diet offers an advantage for overall

weight loss over a low-fat diet.

Factors other than diet, including your age, sex, starting weight, and physical activity level, can also influence your rate of weight loss. For example, men are more likely to lose weight quicker than women, and older adults may lose weight quicker than their younger counterparts, although some of this weight loss may be muscle.

At the same time, you're likely to lose weight quicker if you have a higher starting weight and exercise more frequently.

## Stage 2: Slow Weight Loss

Weight loss in the second stage occurs at a much slower rate, but it primarily comes from body fat, generally after 6 weeks and beyond.





At times, you may experience a weight loss plateau during which you experience little to no weight loss.

Weight loss plateaus can occur due to metabolic adaptations that decrease your metabolism and the number of calories you burn while exercising.

However, weight loss plateaus more commonly occur because many diets are overly restrictive and hard to follow, causing people to deviate from them.

As such, it's important to follow a dietary pattern that fits your lifestyle and preferences so that you can stick with it long term.

In either case, there is need to make adjustments to your diet and lifestyle over time to reach the goal.



# WEIGHT LOSS

■ AT HOME ■



## CHAPTER 07

SIGNS OF PROGRESS ON  
YOUR WEIGHT LOSS JOURNEY



## What are the Signs of Losing Weight?



When you start your weight loss journey at home with a decision to get fit, you will begin to observe changes or signs of progress. Staying motivated is the only key to success in a long-term healthy weight journey. As long as the number on the scale drops, you can tell your diet and exercise plan are

working, but what other signs can let you know you're on the right track? Because maybe the number that is dropping on the weight scale could be because of an unhealthy diet or routine.

The signs of progress during the Weight Loss Journey are

- ✓ Your sense of well-being improves
- ✓ You're noticing some muscle definition
- ✓ You're not hungry all the time
- ✓ Your clothes fit differently
- ✓ Your chronic pain improves
- ✓ Your blood pressure is coming down
- ✓ Your mood improves
- ✓ You're going to the bathroom more or less often
- ✓ You feel more active





- ✓ Getting rid of unhealthy practices

## 1. Your Sense of Well-being Improves

Losing weight can lead to an all-around improvement in your overall well-being. You start to feel nice, and your mindset becomes more positive. You feel calmer and possess a hold on your body. If you're not feeling these emotional benefits yet, don't give up because every person's body reacts differently to changes. Or maybe there are chances that you're losing weight unintentionally due to stress, depression, and illness.

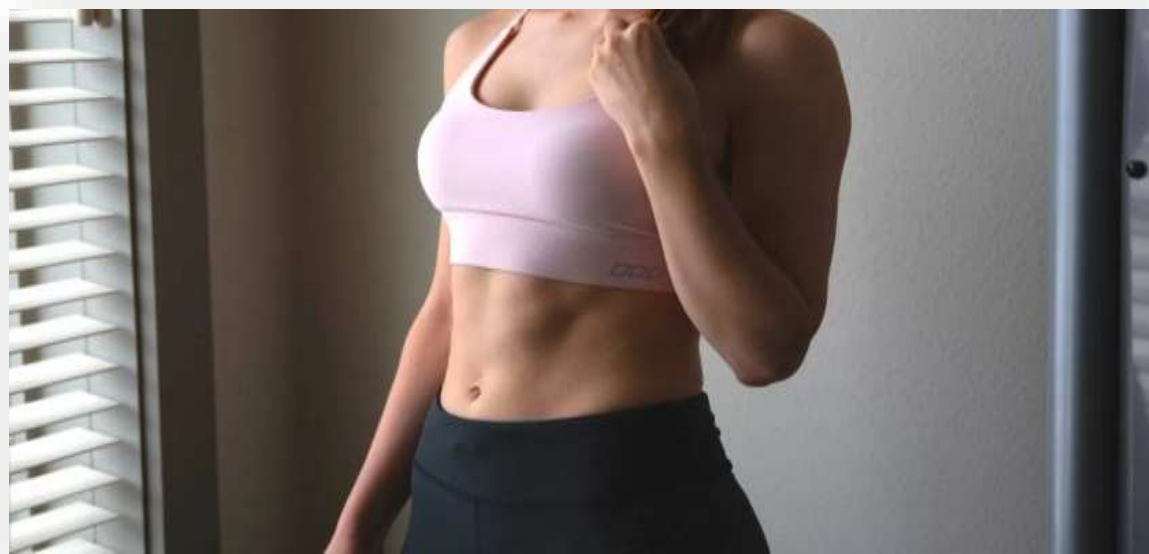


## You're Noticing Some Muscle Definition

This change will take time to get into easy visibility. Because it happens after working out for weeks and months, when you build strength and your body gets toned, you will be able to see cuts and curves in your body. If you want to keep building muscle along with losing weight, then you need to take the proper amount of protein and do resistance exercises to help your



body keep building more strength.



## **You're Not Hungry All the Time**

Usually, we all feel hungry when we are free and not doing anything. And in that heat and idea of hunger, we tend to eat any food we get, and most of the time, it's fast food. So, when you start the weight loss journey, you change your diet to include more proteins and fewer carbs and fat, and you may notice that you feel full faster. It's because the amino acids in protein send a signal to your brain, which makes us feel satisfied and that signal isn't sent by eating the same number of calories in fat or carbohydrates.



## Your Clothes Fit Differently

You will notice these small changes that your clothes are getting a bit loose on you. Your body was attaining some curves, but you might wonder why it isn't the number going down on the scale. Well, that condition means that your body is under metabolic recompositing in which you lose inches, but your number on the measurement scale will take time to go down.





## Your Chronic Pain Improves

If you conduct a survey asking people how many people tend to have chronic pain issues in their body, such as back pain and joint pain; Then you will find out that an estimated 20.4% out of 50.0 million U.S. adults had chronic pain and 8.0% of U.S. adults (19.6 million) had high-impact chronic pain, with higher prevalence of both chronic pain and high-impact chronic pain reported among women, older adults. Weight loss can help decrease pain, especially in areas of the body where most weight is contained, like the lower legs and lower back.



## Your blood pressure is coming down

Overweight people tend to attract diseases, and they become vulnerable to the diseases like heart attack, diabetes, blood pressure, etc. One way to reduce your blood pressure is to lose weight with a healthier diet and more movement. If you're losing weight, you're reducing the strain on your heart and beginning to normalize your blood pressure.





## Your mood improves

People who work out tend to be observed. And why is that? It's because when you work out, A hormone named endorphins gets released in your body which is a mood lifter and makes you happy. It boosts your mood and gives you a feeling of satisfaction from within, and you feel productive. Making healthy changes to your eating habits can lead to a better mood and more energy. If your food choices are causing fewer peaks and valleys in your blood sugar, you're probably feeling some of the emotional and psychological benefits of weight loss. Because you first opt to eat all the junk under the feeling of hunger and then regret it, which affects your mental health.



## You're going to the bathroom more or less often

Changing what you eat may affect your bowel movement patterns. If you're concerned about the differences in your bowel movements or if they're interfering with your productivity, it may be a good idea to talk with a





nutritionist or healthcare provider about tweaking your plan to improve your gut health. So, you see how everything is connected to your eating habits. Eliminating meat and adding more leafy greens and vegetables to your diet can improve constipation, whereas adding more animal protein to your diet (as many paleo and keto diets do) can make some people more prone to constipation.



## **You feel more active**

A healthy body weight improves your overall health and well-being in many ways. But the utmost benefit you will think is that you will feel more alive and active. You will become more productive with time. Your whole life will start to change as your mindset becomes more positive. If you've changed your diet and exercise habits intending to lose weight, there's more to measure than just the number on the scale. Some of those indicators are



external, like the fit of your clothes and the curve of new muscle. Other measures are internal: less pain, lower blood pressure, better sleep, and a more profound sense of well-being, to name a few.



## Getting Rid of Unhealthy Practices

Gradual weight reduction will make you feel lighter, active, and more focused at work. A nutritionally rich diet and suitable exercise will improve stamina and muscle strength and decrease fat mass. And with time, you will become flexible, won't feel tired quickly, and can do any task more efficiently. So even if you are trying to lose weight and your energy level is high, you are on the right track.



If you're like most other people, you may be eager to know when you can expect to see results after embarking on your weight loss journey, but patience is the key to a long-term and effective transformation. At the same time, you may also want to know whether the weight you lose comes from fat rather than muscle or water. And fat loss is followed by weight loss.

Weight loss is when you tend to lose the most weight and begin to notice changes in your appearance and how your clothes fit. It usually happens within the first 4–6 weeks. Most weight loss in this stage comes from carb stores, protein, and water — and to a lesser extent, body fat.





Weight loss tends to occur faster in people who follow a low-carb or keto diet than those who follow a low-fat diet, as they deplete their body's carb

stores more quickly, along with water; that's why people need to understand the difference between starving themselves of healthy carbs and fats and eating the right amount of healthy carbs and diet.

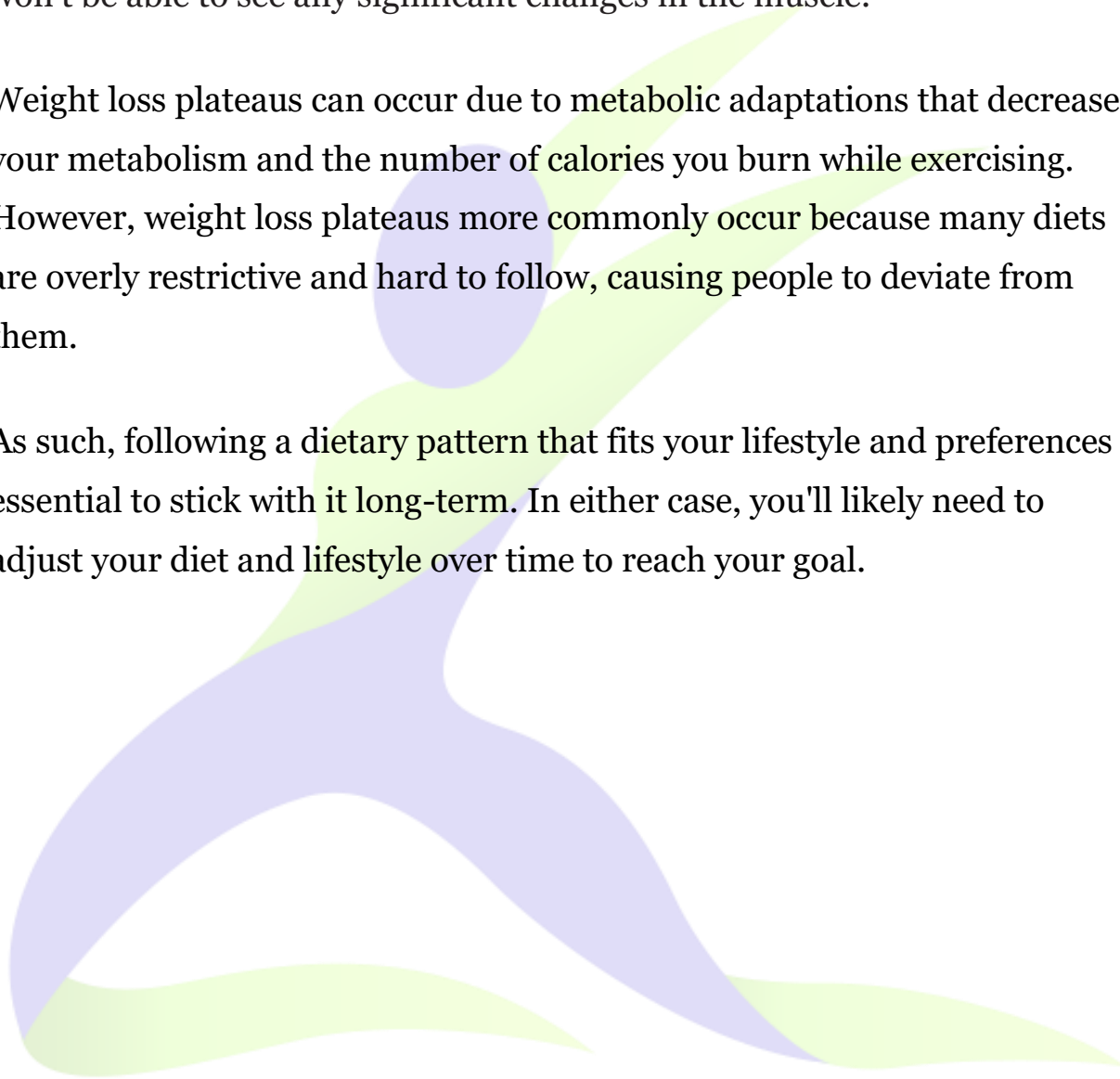
Factors other than diet, including your age, sex, starting weight, and physical activity level, can also influence your rate of weight loss. For example, men are more likely to lose weight quicker than women, and older adults may lose weight faster than their younger counterparts, although some of this weight loss may be due to muscle. At the same time, you're likely to lose weight quicker if you have a higher starting weight and exercise more frequently. So, it's all about consistent efforts. Because in the diet thing you our metabolism matters the most and every person is different with different metabolism.



As it happens in stages, you will start to lose weight very quickly at a higher pace, but after some time, you will reach a point where your body will stop reducing weight. At that time, you will have to maintain your metabolism, cut out on calories, and increase the weights you're lifting. Otherwise, you won't be able to see any significant changes in the muscle.

Weight loss plateaus can occur due to metabolic adaptations that decrease your metabolism and the number of calories you burn while exercising. However, weight loss plateaus more commonly occur because many diets are overly restrictive and hard to follow, causing people to deviate from them.

As such, following a dietary pattern that fits your lifestyle and preferences is essential to stick with it long-term. In either case, you'll likely need to adjust your diet and lifestyle over time to reach your goal.



# WEIGHT LOSS AT HOME



## CHAPTER 08

HOW LONG DOES IT TAKE  
TO LOSE WEIGHT?





## How Weight Loss Occurs?

Weight loss occurs when you consistently consume fewer calories than you burn each day.

Conversely, weight gain happens when you consistently eat more calories than you burn.



Any food or beverage you consume that has calories counts toward your overall calorie intake. That said, the number of calories you burn each day, which is known as energy or calorie expenditure, is a bit more complicated.

Calorie expenditure is composed of the following three major components:

- **Resting Metabolic Rate (RMR).** This is the number of calories your body needs to maintain normal bodily functions, such as breathing and pumping blood.



- **Thermic Effect of Food (TEF).** This refers to the calories used to digest, absorb, and metabolize food.



- **Thermic Effect of Activity (TEA).** These are the calories you use during exercise. TEA can also include non-exercise activity



thermogenesis (NEAT), which accounts for the calories used for activities like yard work and fidgeting.



If the number of calories you consume equals the number of calories you burn, you maintain your body weight.

If you want to lose weight, you must create a negative calorie balance by consuming fewer calories than you burn or burning more calories through increased activity.

## **Factors Affecting Weight Loss**

Several factors affect the rate at which you lose weight. Many of them are out of your control.





## Gender

Your fat-to-muscle ratio greatly affects your ability to lose weight.

Because women typically have a greater fat-to-muscle ratio than men, they have a 5–10% lower RMR than men of the same height.

This means that women generally burn 5–10% fewer calories than men at rest. Thus, men tend to lose weight quicker than women following a diet equal in calories.



For example, an 8-week study including over 2,000 participants on an 800-calorie diet found that men lost 16% more weight than women, with relative weight loss of 11.8% in men and 10.3% in women.

Yet, while men tended to lose weight quicker than women, the study didn't analyse gender-based differences in the ability to maintain weight loss.

## **Age**

One of the many bodily changes that occur with aging is alterations in body composition — fat mass increases and muscle mass decreases.

This change, along with other factors like the declining calorie needs of your major organs, contributes to a lower RMR.



In fact, adults over age 70 can have RMRs that are 20–25% lower than those of younger adults.

This decrease in RMR can make weight loss increasingly difficult with age.

## **Starting point**

Your initial body mass and composition may also affect how quickly you can expect to lose weight.

It's important to understand that different absolute weight losses (in pounds) can correspond to the same relative (%) weight loss in different individuals. Ultimately, weight loss is a complex process.

The National Institutes of Health (NIH) Body Weight Planner is a useful guide to how much you can lose based on your initial weight, age, sex, and how many calories you take in and expend.





Although a heavier person may lose double the amount of weight, a person with less weight may lose an equal percentage of their body weight ( $10/250 = 4\%$  versus  $5/125 = 4\%$ ).

For example, a person weighing 300 pounds (136 kg) may lose 10 pounds (4.5 kg) after reducing their daily intake by 1,000 calories and increasing physical activity for 2 weeks.



## Calorie Deficit

You must create a negative calorie balance to lose weight. The extent of this calorie deficit affects how quickly you lose weight.

For example, consuming 500 fewer calories per day for 8 weeks will likely result in greater weight loss than eating 200 fewer calories per day. However, be sure not to make your calorie deficit too large.

Doing so would not only be unsustainable but also put you at risk for nutrient deficiencies. What's more, it might make you more likely to lose weight in the form of muscle mass rather than fat mass.



## Sleep

Sleep tends to be an overlooked yet crucial component of weight loss. Chronic sleep loss can significantly hinder weight loss and the speed at which you shed pounds.



Just one night of sleep deprivation has been shown to increase your desire for high-calorie, nutrient-poor foods, such as cookies, cakes, sugary beverages, and chips.

One 2-week study randomized participants on a calorie-restricted diet to sleep either 5.5 or 8.5 hours each night. Those who slept 5.5 hours lost 55% less body fat and 60% more lean body mass than those who slept 8.5 hours per night.

Consequently, chronic sleep deprivation is strongly linked to type 2 diabetes, obesity, heart disease, and certain cancers.



## Other Factors

Several other factors can affect your weight loss rate, including:



- **Medications.** Many medications, such as antidepressants and other antipsychotics, can promote weight gain or hinder weight loss.



- **Medical conditions.** Illnesses, including depression and hypothyroidism, a condition in which your thyroid gland produces too few metabolism-regulating hormones, can slow weight loss and encourage weight gain.





- **Family history and genes.** There is a well-established genetic component associated with people who have overweight or obesity, and it may affect weight loss.



- **Yo-yo dieting.** This pattern of losing and regaining weight can make weight loss increasingly difficult with each attempt, due to a decrease in RMR.

# WEIGHT LOSS

# AT HOME

## CHAPTER 09

# BEST DIET FOR WEIGHT LOSS







## What's the Best Diet for Natural Weight Loss?

Weight loss and gain revolve around caloric consumption and expenditure. Simply put, you lose weight when you consume fewer calories than you expend and you gain weight when you consume more calories than you sweat.

To drop those extra kilos, all you need to do is eat within your calorie budget and burn the required number of calories. So, a combination of the two works best suggested experts.



## Best Diet for Weight Loss

With innumerable weight loss diets available — all promising impressive and quick results, it can be confusing to know which one is best.



Yet, though creators and proponents deem their programs superior to the rest, there's no single best weight loss diet.

For example, low-carb diets like keto may help you lose more weight initially, but studies find no significant differences in weight loss in the long term.

What matters most is your ability to stick to a healthy, reduced-calorie eating pattern. However, following a very low-calorie diet for long periods is difficult for many people and the reason why most diets fail.

To increase your chances of success, only moderately reduce your calorie intake, individualize your diet according to your preferences and health or work with a registered dietitian.

Combine diet with exercise, including both aerobic and resistance training, to maximize fat loss and prevent or minimize muscle loss.

By eliminating highly processed foods and incorporating more healthy, whole foods, such as vegetables, fruits, whole grains, healthy fats, and proteins, you can further promote weight loss and your overall health.



## Weight Loss Exercises At Home

It is a common grievance among the working public that there is not enough time for one to go to the gym and workout. However, exercise is a bottom-line of anyone's fitness journey, and should not be ignored. Here are a few exercises that one can do at home to attain their fitness goals.

### 1. Squats Exercises

Squats are great as it engages and strengthens the lower body and core muscles. It also aids weight loss with enhancing in the production of anabolic hormones.





- Stand with your feet hip-width apart and your toes facing straight ahead or angled slightly outward.
- Slowly bow your knees and squat, sending the hips back behind you, while keeping your torso straight and your abs pulled in tight.
- Keep your knees behind your toes. Make sure all thing's pointing in the same direction.
- Squat as low as you can, and push into your heels to stand up.

### **Squat Variations:**

- Squat with one dumbbell
- Squat with dumbbells
- Barbell squat
- Wide leg squat
- Front squat



- Wall sit
- One-leg squat

## 2. Planks Exercises

The plank is one of the best exercises that help you intensify your core, spine, arms, back and shoulders. In other words, it helps you engage all the body muscles between the shoulders to your toes. Helps in tensing our mid-section.

- Lie face down on the mat with your elbows resting on the floor next to your chest.
- Push your body off the floor in a push-up post with your body resting on your elbows or hands.
- Contract the abs and keep the body in a straight line from head to toes. Hold for 30 to 60 seconds and repeat as many times as you can.
- For beginners, do this move on your knees and gently work your way up to balancing on your toes.

## 3. Lunges Exercises

Shaping and strengthening your lower body is needed to lamp calories for weight loss.



- Stand in a split-stance (one leg forward, one leg back).
- Bend your knees and lower your body into a lunge post, keeping the front knee and back knee at 90-degree angles.
- Keeping the weight in your heels, push back up (slowly!) to starting post.
- Never lock your knees at the top and don't let your knee bend past your toes.
- Mutations include front lunges, back lunges, and side lunges.
- Do this exercise two to three times per week for 12 to 16 reps.

#### **4. Push Ups (Inclined) for Beginners Exercises**





Working on your chest and core can be constructive for weight loss and inclined push-ups can at least burn 7 calories per minute.

- If you're a beginner or don't have as much upper body strength, this is a good step to start with.
- Start on all fours with hands a bit wider than the shoulders.
- Walk the knees back a bit in order to slender your weight on the hands and flatten the back from the head down to the back of the knees.
- Pull the abs in and, keeping your back straight, bend the elbows and lower body toward the floor until elbows are at 90-degree angles.
- Push back up and repeat for 1 to 3 sets of 10 to 16 reps.

## **Meal Plan for Weight Loss At Home**



## Meal 1- Breakfast

It is truly spoken, "Eat like a king in the morning (breakfast), like a middle-class man in the afternoon and like a beggar in the night." When we rise up, a heavy breakfast helps to revitalize our body glucose levels which is requisite for our brain functions. A good breakfast is like an instant boost of energy that helps the body to function throughout the day, non-stop!





## Benefits of Having Healthy Breakfast

- Breakfast kicks start the metabolism.
- Fire may burn you down, but body 'fire' must keep burning to stay alive!
- Breakfast lessens your appetite!
- Breakfast helps in retaining the memory power of your brain.
- Reduced risk of Obesity.

A healthy breakfast can be Toast of bread with cheese and avocado, Porridge, toast with veggies and mushrooms, etc.

## Meal 2- Brunch

Brunch food can be enjoyed whenever the time for brunch is **generally between the late morning and early afternoon**. It's considered as much of a social experience as it is a meal, and it's the perfect way to unwind with some indulgent food after a hectic workweek.





## Benefits of Having Healthy Brunch

- Satisfy the hangry side
- Sleep now, eat later
- Sun's out, workout
- Take time to socialize

Various egg dishes, pancakes, and waffles are major components of brunch menus. Perhaps one of the most well-known brunch dishes is the eggs benedict.

## Meal 3- Lunch

Eating equitable lunches that include vegetables, a lean protein source, and other health-promoting foods can aid weight loss.



We interpret that having a healthy lunch is not always easy, especially if you're busy at work or on the go during the day.

That's why it's meaningful to have a list of go-to lunch ideas on hand. This way, you can stay prepared and avoid skipping meals or relying on fast food and other less healthy options.



## Benefits of Having Healthy Lunch

- Raises your blood sugar level in the middle of the day.
- Gives you energy for the rest of the day.
- Enables you to focus and concentrate on the rest of the afternoon.

Here are healthy lunch ideas for weight loss, including choices for plant-based, low carb, diabetes-friendly, and paleo diets.



For ex- Lentil soup, Cauliflower rice bowls, Paleo Greek meatballs with tzatziki sauce, Hearty hamburger soup, etc.

## Meal 4- Snacks



A snack is a small portion of food generally eaten between meals. Snacks come in a variety of forms including packaged snack foods and other processed foods, as well as items made from fresh ingredients at home.

## Benefits of Having Healthy Snacks

- Snacks prevent you from feeling overly hungry.
- Snacks prevent overeating at bigger meals.
- Snacking helps boost your nutrient intake.

Healthy snacks can be Apple slices topped with almond butter or cheese, Homemade smoothie or lassi, etc.

## Meal 5- Dinner

Dinner usually refers to what is in many Western cultures the largest and most formal meal of the day, which is eaten in the evening.





## Benefits of Having Healthy Dinner

- Linked to good sleep
- Greater resilience to stress
- Stable blood sugar and lower anxiety

Here are some go-to simple dinner recipes that can help you get a healthy meal on the table quickly.

For example, Grain bowls, loaded brown rice pasta, sheet pan meals, Veggie loaded frittatas, etc.



## CHAPTER 10

# WHAT'S THE BEST TIME OF DAY TO EXERCISE?







## Strategic Timing for Powerful Results

**E**xercise is a vital part of weight loss. One must focus on following a workout routine planned as per your goals and specifications. Ideally, consult a certified fitness trainer to plan out this workout routine. That said, one's weight loss goals is reliant on the right kind of eating habits as well.



It takes a consolidation of a good workout routine and a proper diet plan to assure weight loss. Thus, get started on your fitness journey with a healthy meal plan, and a workout routine that includes

the exercises mentioned above.

Finding time to exercise can be challenging, and the most important thing is to squeeze in any amount of it whenever you can. But if you want to optimize your workouts to get the widest range of benefits, you might want to try exercising in the morning.





## Morning Workouts Have An Edge

Working out in the morning especially on an empty stomach is the great way to burn stored fat, making it ideal for weight loss journey at home. That's largely because the body's hormonal composition in the morning is set up to support that goal.



But if you're really not a morning person, don't force it. You may be exercising, but it may be at such a low intensity level that you're really not expending a lot of energy.

## Afternoon Workouts are Almost as Good



Morning workouts are ideal for burning fat and losing weight, but afternoon workouts may give your performance a boost, since you'll have eaten a meal or two by the time you get going. Any time you eat, your blood sugar levels rise.



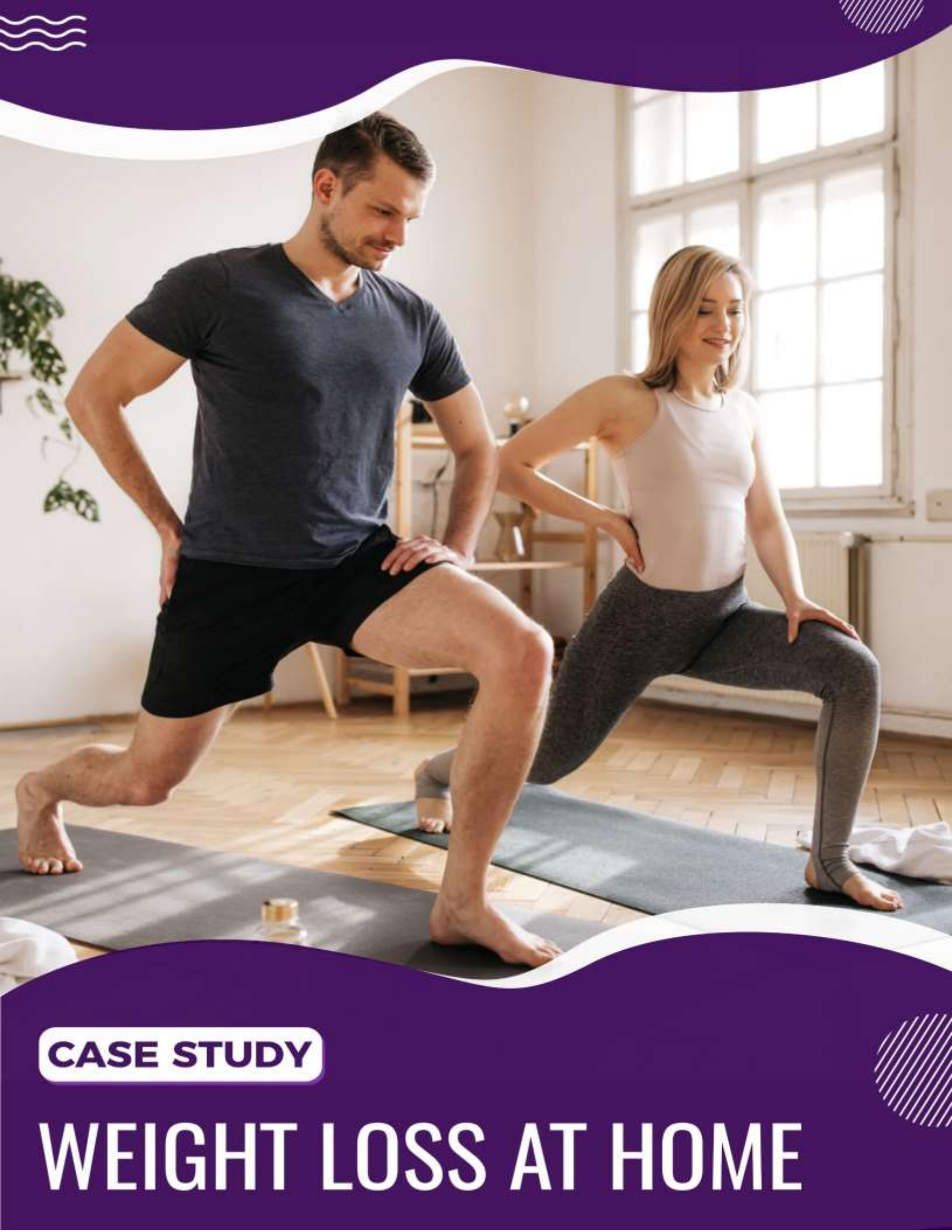
## Nighttime Workouts Still Come with Perks

For many people, exercising is most convenient after work. But there's a common belief that evening exercise perks you up so much that it's difficult to fall asleep later.



If he had to pick a best time to exercise, morning would win. Early workouts make the most of your biology and psychology, potentially leading to better results and adherence over time. But there's really no bad time to exercise, and the most important thing is finding the time to do so, whenever works for you.





**CASE STUDY**

# WEIGHT LOSS AT HOME



So many people wish to achieve that ideal body type they always imagine. But only few people succeed in attaining that. And one of those people are Olivia Woods. She is a 30-year-old woman. In childhood, she used to get bullied in school a lot because she was chubby and obese.

She had a weight of 187 pounds. In family, nobody ever supported her and pushed to get better anyway. She realized that she was gaining weight rapidly, she decided to do something about it. Instead of taking the regular gym route, she decided to work out at home and see the results.



## The Turning Point



The society is judgmental but never tell us the solution. So, she figured it out on her own that she is the only one who can shut everyone's mouth. Accepting our bodies and self-love is one thing but never stop getting better. Keep improving yourself every day.

So, she started working out at home itself. She started waking up early and went for a walk and built strength slowly and then moved towards running. She suggests that you can start from sprints of 30 seconds. Cardio helps a lot in reducing weight. She showed enormous dedication and chose to work hard every day.

## Steps That She followed

- Have breakfast every day- She ate a healthy, nutrient-dense breakfast — one that includes protein, whole grains and fruit that helped her to keep her insulin level steady all morning and prevent her from overeating later on.
- Drink more water- She drank a plenty of water which also helped her in reducing weight.
- Embrace whole grains- Whole grains are a major source of not only vitamins and minerals but also fiber, and the AARP-NIH study shows they have extraordinary health benefits as well. That's why she gave preference to whole grains.
- Include low-fat dairy foods- Dairy foods are a rich source of calcium and vitamin D: Fully 30 percent of women over 50 are deficient in this bone-building vitamin. Plus, consuming low-fat dairy products can lead to weight loss. So, she included low fat dairy products in her diet.





- Be wary of 'diet' foods- I can't tell you how many patients have actually gained weight on foods labeled as "low fat" or "fat free" and pointed out these things to be aware of.
- Don't eat out for two weeks- Olivia suggested that we're not aware of how many patients have actually gained weight on foods labeled as "low fat" or "fat free." That's why do not get fooled by these labels.
- Snack often- Data show that people who snack twice a day lose more weight than those who eat three large meals. One snack should be between breakfast and lunch; the other, between lunch and dinner. (No eating after 8 p.m.) and she followed this rule exactly as it is.
- Chew gum- Chewing gum can help keep the weight off. And for a reason you may not have realized: Chewing gum releases hormones that signal your brain that you're full. So, Olivia also has this habit of chewing gums.

## Tips She Taken

Always go for sugar free gums because sugared gums promote tooth decay. She uses to perform these abs exercises and some cardio. And below mentioned are the exercises she performed and explained for others-

1. **Tummy-toning moves:** This exercise targets rectus abdominis muscles and the transverse abdominis (the deepest ab muscles that wrap around the spine and help stabilize your core).
2. **Pilates:** Pilates targets your core muscles, working your abdominals in repetitive exercises.



- 3. Planks:** Planks targets the tightening of your tummy. The classic plank pose involves lying down on your stomach, then raising all your body weight up on your toes and forearms or hands in a “plank” position.
- 4. Bicycle crunches:** The bicycle motion works both sets of ab muscles. This exercise can help carve out a toned midsection when done with proper form. Be careful not to strain your neck when doing it.

And many more things. So, everyone creates their own journey that's why hurry up start yours today!

## Lessons learnt from Weight Loss Journey

Her weight-loss drive came at a point in her life where her weight was something she faced every day and led her to a constant state of depression," she says. "Through the battle, she withstood during her journey, she came to realize that the most difficult road had led to the most beautiful journey of her life.

A woman with dark hair in a ponytail is performing a squat exercise in a home environment. She is wearing a green sleeveless top, green leggings, and white sneakers. She holds two green and blue dumbbells in front of her. The background shows a wooden floor, a grey rug, and a yellow wall. The image is framed with geometric shapes and a yellow plus sign in the top right corner.

# CONCLUSION WEIGHT LOSS AT HOME



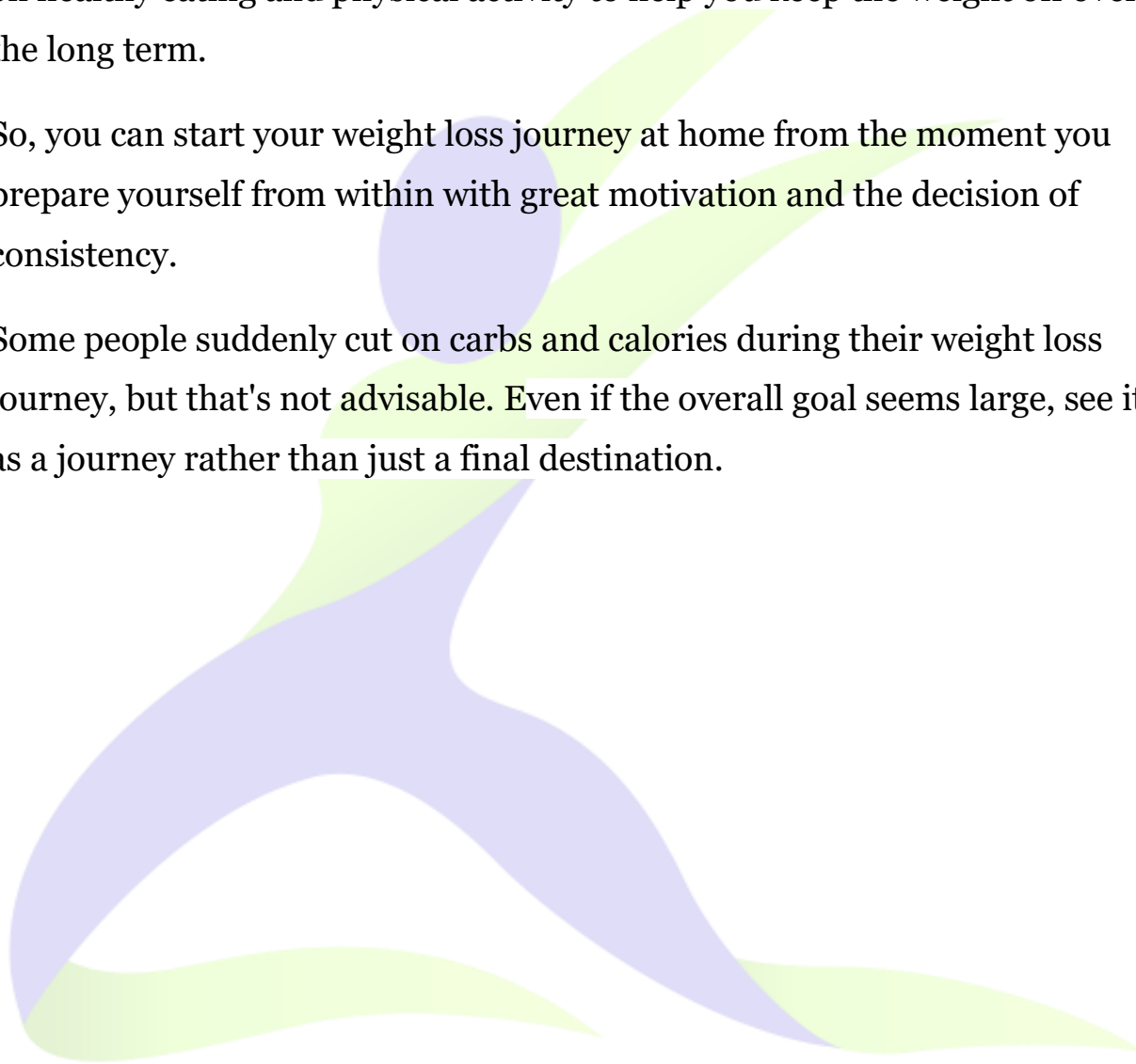


Weight loss is a slow and steady process that takes time; if you want long-lasting, Effective, and beneficial results, it requires constant effort and dedication.

Once you've achieved a healthy weight, you will have to follow up on healthy eating and physical activity to help you keep the weight off over the long term.

So, you can start your weight loss journey at home from the moment you prepare yourself from within with great motivation and the decision of consistency.

Some people suddenly cut on carbs and calories during their weight loss journey, but that's not advisable. Even if the overall goal seems large, see it as a journey rather than just a final destination.





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