

Don't Skip Breakfast

A morning meal can help you lose weight.

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Here are some slim-down tips:

- Eat before drinking coffee.
- Split your lunch into two portions.
- Cut out carbs in the evening.
- Space out your meals every two to three hours.
- Eat six small meals a day. This will increase your metabolic rate and help you burn more calories throughout the day.

Craig Ramsay is a fitness expert, an author and the winner of season 8 of The Amazing Race Canada. Follow him on Instagram at @craigramsayfit.
