# Don’t Like Dieting?

5 easy ways to get fit and lose weight

February 27, 2009 By Kat Noel

- Eat fewer processed foods. It’s proven; whole foods are healthier and more satisfying.
- Watch your sugar intake. Eat whole fruit instead of drinking the juice. Cut back on carbonated beverages; opt instead for water with a bit of lemon juice.
- Burn calories and raise your energy level. Take a brisk 20-minute walk each day.
- Focus on portion control. Save half your lunch or dinner.
- Excercise more-wherever,whenever. To increase your heart rate, take the stairs instead of an elevator.

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.realhealthmag.com/article/weight-no-diet-16203-9475