

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.
- Exercise more-wherever, whenever. To increase your heart rate, take the stairs instead of an elevator.

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<http://beta.docker.realhealthmag.com/article/weight-no-diet-16203-9475>