**58 actual life hacks for losing weight and getting rid of fat without physical exertion and stress. Tested in real!**

Losing weight is difficult, but slimming down to stay healthy is even more difficult. If you don’t have a strict weight-loss deadline, you can gradually develop useful habits and lose weight without damaging your health.

The book contains 58 life hacks, how to slim down, from which you can choose the best and develop your weight-loss plan.

Even though the effectiveness of many methods is scientifically proven, they are not suitable for everyone. Try the most interesting and decide what is right for you.

**These recommendations are taken from various sources and personally verified by the author.**

**Nutrition tips**

One study found that the amount of food eaten is primarily influenced by our consciousness rather than the feeling of hunger. Two groups of students participated in the experiment. They were given the task to put as many chicken wings as they wanted to eat and then return for the supplement.

After the first serving, the waiters took plates with bones from half the tables, on the other tables left everything as it was. After that, the students were offered to take a supplement. The participants who saw the number of bones from the eaten wings put themselves less food than those who sat next to empty plates.

It proves that our consciousness affects the size of the portion in the first place. Some students saw that they had eaten enough, and their consciousness was sending a signal that it was time to finish the meal, unlike others who were sitting at empty plates and, therefore they hadn’t filled up yet.

Many tricks that you will see below are based on the psychological characteristics of a person, while others are based on purely physiological processes.

**1. Use blue objects**

Blue dishes suppress appetite because blue is the least combined with the color of most products. The study shows that the more attractive and harmonious your food looks on a plate, the more you eat. It is a small but useful trick.

**2. Eat more frequently**

If you skip a snack during the day, it doesn’t necessarily lead to weight loss, because the delayed metabolism can make its case. Eating less than three times a day can be useful for those who are obese; however, skipping meals during the day can turn into gluttony at night.

Besides, uneven meals are fraught with insulin level spikes, which increase the risk of «earning» diabetes. So it’s better to eat three times a day and have a snack between meals to maintain a stable level of insulin.

**3. Increase the perimeter**

Next time you need to go to the store, go around the mall in a circle. This is not necessary to slowly approach products, but will not be fallen for shop tricks. All useful products, as a rule, are located closer to the walls and further, and in the most accessible rows “treats” are placed, which are not very useful for the figure.

**4. Stock the fridge**

On the day off, go to the store and fill your fridge with useful products. Let fresh fruits and vegetables always be at hand, and in the freezer there are frozen berries and vegetarian mixtures. Probably after work, you will not go for another harmful goody, but use what you have in the fridge. As a result, you will consume fewer calories and more vitamins.

**5. Eat in the morning**

Skipping breakfast to maintain your appetite for dinner is not the right strategy. However, you need to think through your menu. One study showed that the amount of calories you consume in the morning greatly affects the size of your dinner and lunch. So you can calculate how many calories you would like to get from lunch and dinner and make up your breakfast according to that.

**6. Distribute stocks in your pantry**

Put closer useful products: beans, nuts, whole grain products. Each time when opening the fridge, you will, first of all, see healthy foods and use them in your diet. At the same time, you will have no feeling that you are limiting yourself to something, which means that there will be no breakdown of harmful snacks.

**7. Eat far away from pots and pans**

If you eat next to a salad bowl, a frying pan, and a baking sheet, from which you can always take supplements, you cannot resist. Therefore, put yourself a serving that suits you, and remove the remaining food from your reach – at least from the table.

After you have finished eating one serving, wait 10-15 minutes, and then decide if you want supplements. Saturation comes a little later than you finish eating, so by that time you will exactly feel full and will not overfeed.

**8. Use small plates**

This is another psychological trick. If you have a large plate, a normal portion will look unconvincing on it, so you will always lay yourself more food.

Try to take a small plate: two times smaller than usual, the portion will seem like a real feast on it, so your consciousness will notice that this is enough.

**9. Chew slowly**

The slower you chew, the more useful the food becomes for the body. Well-chewed food is better digested, and you help your stomach absorb all the useful substances. Besides, the slower you chew, the less you eat. While you are chewing food, saturation will come, and you will not need a supplement.

**10. Remove food far away**

Make sure that the remains of your lunch that "did not fit" stay until the next snack in the fridge, not on the table. Otherwise, you eat them in half an hour, and not out of hunger, but rather from a feeling of incompleteness.

**11. Take a stroll**

After dinner, it’s better not to stay in the kitchen, and even better to go for a walk. It takes about 20 minutes for your body to realize that you are full. During this time, glucose enters the bloodstream and the feeling that you need supplement passes.

**12. Have a snack before dinner**

If you have a little snack just before dinner, for example, eat a glass of yogurt or some fruit, your hunger will decrease slightly, and you will not rush on food.

Here, again, your mind is of great importance. Feeling severe hunger, you are likely to eat more than you need to satisfy it, and only then, rising from the table, you will realize that you have overeaten. Starting to eat without severe hunger, you eat as much as you need for satiety.

**13. No news**

If you eat in front of the TV or behind a book, you have every chance of gluttony. When you receive information, you don’t notice when you are full, you don’t feel the taste and smell of food.

Besides, it becomes a habit, and you will constantly chew something behind watching movies or reading.

**14. The only fruit on the table**

Remove from the table a vase of sweets, and from the office table – with lollipops. Hide cookies away, for example, in the lowest drawer on the table. At home, leave only healthy foods, such as fresh fruit, on the table. So you can have a snack when you want, and at the same time do not gain extra calories.

**15. Lots of protein**

Protein helps to gain healthy weight (muscle mass), so there are many protein diets. Vegetarians can get protein from lentils and soy.

**16. Fats are also needed**

Vegetable oil or butter is a lot of calories, but there are other products with high-fat content. For example avocado, banana, apple puree. Fats should be present even in the diet, because we need them to process and absorb vitamins such as A, D, E, and K. Besides, they help us feel full. So include avocados, fish, nuts, and seeds in your ration; moderately, of course.

**17. Stay away from simple carbohydrates**

The feeling of hunger depends on blood sugar levels, and simple carbohydrates, which are contained in sweets, pastries, and white bread, quickly remove the feeling of hunger but contribute to fat accumulation. Instead, try to eat more whole grain products, including pasta, rye bread, various cereals. Complex carbohydrates break down for a long time, do not contribute to fat accumulation, and provide a stable level of sugar in the blood, which means a feeling of satiety.

**18. Add vegetables to different dishes**

To reduce the number of calories, you can replace half of your dish with vegetables. For example: instead of cheese, add vegetables to pasta, add them to omelets, casseroles, and porridge. Vegetables contain a large amount of fiber, due to which you feel full longer. Besides, you will eat the same amount of food, but you will get fewer calories.

**19. Replace high-calorie products**

If you can’t give up your favorite foods, you can at least reduce their calorie content. For example, instead of fat mayonnaise and sour cream, add lighter dressings to the salad or make light homemade mayonnaise.

**20. Spicy sauces**

Cayenne pepper and red spicy sauce can not only accelerate metabolism but also protect against the desire to eat something fried, sweet, or salty. Some studies even suggest that spicy foods help to better absorb fats and use them as fuel for the body.

**21. Chewing gum**

If you chew sugar-free gum during cooking, every third piece will not go into your mouth. Research shows that gum can reduce the craving for sweet and salty dishes and reduce appetite between meals.

**22. Less juice, more fruit.**

Modern juice seems to contain more sugar instead of pure juice and 100% juice is expensive. In any case, it is better to eat a real fruit, in which there is no artificial sugar, but a lot of fiber.

**23. Do not forbid, distract**

Craving for food is normal, so do not strictly forbid you to eat and scold for every breakdown. This only makes it worse: you feel guilty and seize a feeling of guilt.

Instead, admit that this is normal, and while craving for food, try distracting yourself with something, such as your favorite occupation. Do creativity, go to the gym, take a walk with friends or alone - there are a lot of ways to forget about food.

**24. A half of a portion**

Try such a trick: put yourself the usual portion, and then divide it in half and remove a half. Eat slowly, concentrating on food rather than TV or book. You will probably feel saturated before you think, "What the hell? A half definitely will not be enough for me to get saturated. "

There is another plus of this technique – you will have to cook twice less often because the remains of your portion can always be eaten the next time.

**Drink Tips**

**25. Green tea**

Green tea promotes fat splitting and accelerates metabolism by helping to lose weight.

**26. More water**

Water reduces hunger and accelerates weight loss. With enough water in the body, calories are burned faster and salt and toxins are washed out of the body.

**27. Drink before meals**

Drink a glass of water before eating. Your stomach will get involved and be ready for the fast digestion of food. Besides, it will help you get fed up faster.

**28. Avoid couples**

Milk and cookies, orange juice and French toast, wine, and cheese – some products simply require a liquid partner. However, you should avoid such drinks, especially if they contain sugar, which, like any fast carbohydrates, increases the level of fat in the body.

**29. Dilute with water**

If you can’t imagine your morning without a glass of juice, try diluting it with water. So you get the right amount of fluid and reduce the calorie content of the sweet drink.

**30. Tall and narrow glasses**

People have been proven to consume less liquid from tall and narrow glasses than from wide and low. So pour your sweet drinks into tall and narrow crockery. The same applies to alcohol.

**31. Less alcohol**

There are enough calories in alcoholic drinks, besides, it reduces your self-control. Under the influence of alcohol, you are more likely to eat pizza, chips, and other harmful snacks late in the evening without taking care of the figure at all.

And later, due to poor health, you will miss your gym class.

**Behavior tips**

**32. Brush your teeth**

Brush your teeth immediately after eating. This will help you not only maintain healthy teeth but also ensure freshness after eating. You are unlikely to want to eat anything else after you have brushed your teeth, and you certainly will not crunch snacks while watching evening programs or films.

**33. Set real goals**

So tempting, eating up a huge pizza, to promise yourself that tomorrow you will go on a fierce diet and fit into your favorite jeans in three days. But such plans only serve to calm you and reduce guilt. Better set realistic goals: for example, lose weight by 3-4 kg in 3 months of healthy nutrition and exercise and maintain weight.

**34. Stay positive**

Many weight-losing people simply hate certain foods and scold themselves for not being able to refuse them. Instead, stay positive: "I can control my eating," "I am proud that I ate healthy foods today."

**35. Think about it**

How we feel a few hours after a meal does not depend on how much we have eaten, but on what we think about how much we have eaten. Pay attention to your food, including "eat with your eyes".

**36. Write reminders**

Place the so-called mantras on weight loss and health in your apartment: pictures with slender people, motivating reminders. They will remind you of the goal and strengthen your determination every day.

**37. Get rid of stress**

Many people seize up their stress and because of this become fattening. Learn to cope with stress without food: through meditation, communication, sports, your favorite activity.

If you are constantly experiencing stress, any diet will not help you, you will gain weight simply because of psychological reasons. So, before you starve yourself, get rid of psychological problems and constant stress: change jobs, deal with family relationships, and so on.

**38. Add instead of refusing**

Instead of focusing on giving up soda, sweets, fatty products, it is better to focus on acquiring useful habits.

Eat more fruit, do sports, drink more water. After a while, you will notice how good habits displace harmful dependencies from your life.

**39. One habit**

Instead of "from Monday" trying to change all your bad habits, you should implement them gradually, one at a time. Leave all your old habits except one, and concentrate your attention on it. When a useful habit will have completely entered your life and been executing almost at a subconscious level, change the following one.

**40. Visualization**

Take some time to imagine the results of your changes. Thoughts materialize, and the more you think about weight loss (positively and with patience, without "I want it now! God, why am I so fat?"), the more you lose weight.

**41. Healthy sleep**

It helps to get rid of stress and depressive moods. Besides, it affects blood sugar levels and metabolism.

If you go to bed at 10–11 in the evening, not a single insidious cookie gets into your mouth, and in the morning you can have a healthy breakfast.

**42. Communicate**

There are many social resources where people talk about their figures, consult, describe their achievements. You can communicate there, find support from people with similar problems and simplify your weight loss task – you will be pleased to tell your friends on the Web about your achievements (this is an additional motivation).

**How to monitor the process and results**

**43. Food diary**

You can use different applications to record your diet and count calories: for example, "Calorie Counter" for iOS or Android. Many prefer a traditional pen and notebook. In any case, you will know how much and when you ate, and you will be able to change your eating habits.

**44. Applications are more effective**

Recent studies in the field of weight-loss show that people lose weight faster and more efficiently through applications. Calculation of daily activity, the required number of calories, rewards, and incentives – in applications you seem to play weight loss, and this is interesting and motivating.

**45. How much do you move**

Some wearable devices and applications monitor the amount of activity during the day, and not just in the gym. With their help, you will find out how many calories you need for a normal lifestyle and how much activity you need to burn the usual calorie rate.

**46. ​​Take photo**

If you keep an electronic diary, you can supplement it with photos of food. Make a habit of photographing your portions, and you will always have a clear picture of what you ate on what day. Besides, the pursuit of a more aesthetic and pleasing picture can help you reduce portions and add more healthy foods.

**Exercises**

**47. Make a list of music**

Studies show that a faster rhythm of the music helps speed up your workout and do more. Besides, optimistic music you like distracts from debilitating stress and helps to maintain a supply of vivacity and positive.

**48. Avoid Injuries**

Do not neglect the warm-up and do not overload yourself. It is clear that you want to do more and lose weight faster, but excessive loads will not help. You simply lose the desire or, worse, get injured, which will close access to the gym for a while.

**49. Functional exercises**

Perform functional exercises from natural movements. This will help not only improve health, develop flexibility and strength, but also facilitate daily routine activities, such as climbing stairs with a heavy bag.

**50. Some caffeine**

Some caffeine before training supports your strength and provokes the use of fat primarily for energy production.

**51. You can do it at home**

To exercise, you do not have to buy a treadmill. You can make an excellent gym at home and use your body weight for training.

**52. Find a partner**

A new study by Michigan State University showed that we demonstrate the best results in running and cycling if we perform them with a partner: friend, relative, or acquaintance.

So drag a friend to the gym or stadium and train together. If none of your friends agree to train, you can find a like-minded person on the same social networks.

**53. Do not rely on a simulator monitor**

Often the exercise monitor displays too many calories burned, and, if to believe this, after a workout you can afford a hearty lunch.

**54. Training with dumbbells**

Lifting weights (within reasonable limits) accelerates metabolism, helps build muscle, provides an excellent mood and self-confidence.

**55. Interval training**

Interval workouts with high exercise intensity have been proven to burn fat best. They accelerate metabolism, and due to intervals the duration of training significantly increases, so that the period of accelerated metabolism and fat burning also grows.

**56. Have sex**

Active sex burns up to 144 calories in just half an hour. Besides, sex reduces stress levels and lowers blood pressure.

**57. Work standing**

Sitting work has been proven to often lead to obesity, back pain, and other problems. If you have the opportunity, get up or go to the air more often. Besides, there are already office tables, behind which it is convenient to work standing. Of course, while you are standing, calories are burned more than in a sitting position.

**58. Walk more**

This applies not only to sports but also to regular movements throughout the day. Make a habit of going upstairs on foot (if you live on the 16th floor, go up to 10 by elevator, and then go on foot), get out of transport to a stop far from home, go for lunch in a distant cafe, and go for a walk on weekends. Generally, make a conscious decision to walk more.

**That's all!**