Quick Weight Loss Tips For Your Birthday

Is your birthday is just around the corner?

Are you looking to slim down before that day?

Imagine looking into the mirror and feeling great about your body…

What if all your friends are jealous of your shape…

You feel great about yourself…

But before that you need to shed those excess pounds…

Here are the simple tips that you can follow to make your dream a reality…

First you have to remember 70% 30% formula…

It simply means aim to lose 70% weight through the diet and 30% of weight through the workouts..

First avoid all the fad diets as they don’t work…

Eat only slow burning foods like whole grains…

Cut down fast foods and sugar

Shift to lean protein diets

Have a good nutritious breakfast

Watch calories and go with smaller servings

Don’t eat before the bedtime

Avoid meals at night

Do one hour strength and cardio exercises each day

After the workout hit the sauna and sweat everything out

Follow these simple weight loss tips

You will get the figure soon what you have been imagining

When your birthday comes it can celebrate with your slim down figure

If you want more weight loss tips grab my free e-book

“Go Paleo - Watch the Pounds Disappear”

It spurs up your weight loss journey…