

A photograph of fitness equipment on a wooden deck. In the foreground, two teal dumbbells are positioned diagonally. Behind them, a clear water bottle with a black cap and a glass of water are visible. To the right, a person's legs and feet in white sneakers are shown, with hands adjusting the laces. The background features a green lawn and a modern building under a clear sky.

101 Fitness Tips

By: Danny Cortes

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100 Fitness Tips

1. Determine the reasons why you are not fit.

One of the best ways to get fitter is to determine the reasons why you are overweight. It could be that you are ignoring service size whenever you eat, you lack exercise, you love to watch television while eating, and more. Once you are able to do that, you can begin making up a plan that can help you lose weight and achieve your fitness goals.

2. Be determined in achieving your fitness goals.

If you are not determined enough in achieving your goals of losing weight, then you may be wasting your time in it. Losing weight is something that is achieved only with hard work and determination. Thus, you should be willing to do all the necessary things, even if it means sacrificing certain things for it.

3. Build up your motivation in losing weight.

To be able to have the drive to exercise and become more cautious in your diet, you should have the motivation for it. To achieve that, it is best to list down all the possible negative effects of becoming overweight. By making up a list, and referring to it from time to time, you will constantly remind yourself of the consequences if you won't lose weight soon.

4. Be inspired.

Inspire yourself to lose weight by watching people who are fit. You can do this by regularly checking out the sports channel, or visiting stadiums to watch athletes play. When you do that, you would have the desire to become just like them, which would help you in doing things to achieve your goals.

5. Learn to love fruits and vegetables.

If you don't love eating fruits and vegetables, then you should teach yourself to love them. Do not do it in an abrupt manner. What you can do is to introduce the fruits and veggies in a slower pace, such as just adding a serving of them each day. Once you get accustomed to that, which may take a week, you can gradually increase the amount of fruits and veggies in your diet, in order to become healthier.

6. Become more conscious on your food portions.

One of the things that one can do to gain more weight is to super size his food portions. Thus, it is important that you become more conscious on your portions from now on. To do this, you can remind yourself that you may have to purchase more larger clothes if you continue eating large quantities of foods.

7. Drink more water.

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