

Wanna hear a pretty nutty way to lose weight? Eat more nuts! You may be thinking, Nuts are high in calories and fat, so wouldn't eating nuts make me gain weight, not lose it? Think again. Foods that supply healthy fats actually help keep your appetite in check longer. That means you'll avoid the spikes and dips in blood sugar that come from eating junk food and processed snacks from the vending machine. By keeping your blood sugar steady, you'll stave off hunger longer, which in turn means you'll crave less naughty foods. End result? You eat fewer calories overall. And that's why we say Get nutty! Nuts supply the good kind of fat, unsaturated, and many are rich in heart-healthy omega-3 fatty acids. You can also eat nuts on-the-go, which makes for a very convenient snack. Add plain or roasted nuts to your cereal and salads. Finely chop macadamia nuts, and use them as a delicious crust for baked halibut. Blend up some homemade pesto made with fresh basil, garlic, olive oil, and pine nuts (also called pignolis). Incorporating nuts into your diet is easy. So for your heart and your waistline, get a little nutty! *(LifeScript)*

DID YOU KNOW that eating smaller, more frequent meals helps keep hunger at bay since you aren't waiting four, five or even six hours in between meals? Additionally, you'll eat less overall because you won't be starving by the time you finally sit down to eat. Aim for five or six smaller meals a day instead of three large meals. Start out with breakfast, have a snack a couple of hours before lunch, eat a smaller lunch, have a snack before dinner, and eat a smaller dinner. You don't even have to give up your breakfast-lunch-dinner routine, just eat less at these three main meals, supplement with snacks, and you'll keep your metabolism revved up all day long. *(LifeScript)*

Why is losing lean muscle bad? Because lean muscle burns fat. That's right, lean muscle controls your resting metabolism, affecting how many calories you burn when you perform sedentary activities, such as resting on the couch, driving your car, sitting at the computer, even when sleeping in your bed. In fact, each pound of muscle burns approximately 50 calories every day just doing nothing. Lose just five pounds of muscle and your metabolism burns 250 calories less a day; in the course of just one year that will equal 26 pounds of new fat. So to maximize your calorie-burn, you should add more lean muscle tissue to your body. Doing just three sessions of moderate strength-training a week can help build at least one additional pound of lean muscle tissue. So what are you waiting for? *(LifeScript)*