

Ultiself Weight Loss Routine

Check this routine to learn the two basic and most effective components of every weight loss program. Implement highly effective habits to build the body you want.



Caloric Restriction - Restricting the number of calories consumed prevents you from gaining weight.

ACTION - Replace calorie-dense food with nutrient-dense alternatives.



Exercise - Exercise increases the amount of energy you spend even if you are at rest.

ACTION - Exercise at least 4 times a week for 40-60 minutes.



Set and Review Goals - Goals are highly effective elements when you want to change behaviors.

ACTION - Set a % of weight you want to lose and determine a timeframe. Track and review the goal regularly.



Minimize Sugar Consumption - Less sugar intake helps you maintain your weight in the long-term.

ACTION - Decrease your consumption of packaged foods, candies, and sodas as much as possible.



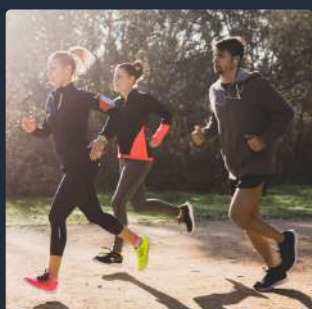
Avoid Unhealthy Fats - Less unhealthy fats mean fewer calories and less disease risk.

ACTION - Avoid trans fats and moderate the consumption of saturated fats.



Don't Eat After 7 pm - Nighttime eating is related to overweight and other health problems.

ACTION - Don't eat after 7 pm if possible.



Running - Running increases fat loss and calorie expenditure.

ACTION - Go for a run at least 3 times per week for 20-40 minutes.



Capsaicin - Capsaicin increases the feeling of satiety, which leads to a lower intake of calories.

ACTION - Get a capsaicin supplement and consume it according to the manufacturer's instructions.