

Download How To Lose Weight Effectively Before A Wedding

Breakfast is the most important part of a meal. It is always good to consume a high-protein breakfast between 6 AM to 10 AM when trying for weight loss. Losing weight can seem overwhelming—you have to figure out how to eat healthily and fuel your body properly, plan an exercise regimen that works for you, get plenty of sleep, and ultimately make hundreds of choices each day that will either bring you closer to your goal or throw you completely off track. Well, it seems like I will just be telling you what I did in my summers. My age is 21 years old. I was about 80kg with 171cms height, I was quite overweight, I used to pant after walking a while, there was so much fat I was fed up! I was a foodie I... Those struggling to shed kilos know what a big ordeal it is to shed that stubborn fat! We are often told eating right and exercising is the key to losing weight. We agree, but there are many other ...