

Fitness ebook

Chapter One

Ways to Stay Fit With Minimal Effort

Getting fit is not an easy task. It can take weeks or even months of hard training and paying attention to what you eat. Staying fit can be even harder. It is very common to see people meet their fitness goals and then quickly fall off their new healthy lifestyle leading to them reversing all of that progress that they worked so hard for. While staying fit can be hard, there are little things we can do to make the process easier. Try some of these tips for maintaining your fitness level with little effort!

1. Fasting

Fasting is the restriction of food for a set period of time. Fasting can be a great way to increase your fat burn and stay lean! Try intermittent fasting by skipping breakfast and eating lunch as your first meal.

2. Go for a Walk

Taking a break or two during the day to go for a short walk can be a great way to burn some extra calories. This is especially important if you have a desk job!

3. Cutting Carbs

Low carb diets are extremely popular for weight loss and for good reason. Studies have shown that low carb dieting can be a great way to lose weight. It can also be a great strategy if you are worried about gaining weight back.

4. Play a Sport You Love

If you stop being active it will be hard to stay fit. You may not want to spend a couple of hours running on a treadmill, but picking a sport you love like basketball or ice skating can be a great way to stay active while doing an activity you love.

5. Get a Standup Desk

If you are stuck at a desk all day it can be hard to stay in good shape. If your office allows it, try a standup desk. You may be surprised at how much this can benefit your overall health just by standing and using your leg and core muscles to stay fit.

6. Try HIIT Cardio

HIIT or high intensity interval training can be a great way to burn a ton of calories without having to put a ton of time in the gym. Studies have even found that HIIT cardio can allow you to burn more calories over the course of the rest of the day.

7. Split up Your Exercises

If you are burned out on exercising, try splitting up your exercises in the morning and evening. This will allow you to spend less time in the gym per session!

8. Try Lower Calorie Desserts

Everyone wants to enjoy dessert, but if you are trying to stay fit some of these high calorie creations can be a problem. Look online for low calorie desserts so you can indulge guilt-free.

9. Switch to a Ketogenic Diet

The ketogenic diet has been shown to improve metabolism by allowing for more fat burning. This diet allows you to eat bacon and stay fit!

10. Take the Stairs

This is a small change that can make a big difference. Rather than taking the elevator, try taking the stairs a couple times a day. It will only take a few extra minutes and can play a big role in keeping you fit.

11. Drink Water before Your Meal

If you are coming off a diet, hunger tends to be much higher. This can lead to overeating which will make maintaining your fitness that much harder. Try drinking a big glass of water before your meal to help you feel fuller and prevent you from overeating.

12. Eat a High Protein Breakfast

Studies have found that those eating a high protein and higher fat breakfast burn more fat during the day compared to those consuming carbs. Reach for some eggs rather than that banana!

13. Eat More Fiber

Fiber can be another great way to make you feel fuller and prevent yourself from overeating. One of the best ways to get fiber is through vegetables or fiber supplement like Quest bars.

14. Get a Good Night's Sleep

This is an often overlooked aspect of health and fitness. Not getting a good night's rest can wreak havoc on your metabolism making it much easier to gain weight.

15. Use a Step Counter

Using a step counter can be a great way to see how active you are. Shoot for a step goal hit it every day to maintain your fitness.

16. Fit in 20 Minutes of Activity

Life can be busy which makes staying in shape that much harder. If you set aside time every day to be active, even for just 20 minutes, you may find that staying fit is that much easier.

17. Use a Ball Chair

Using a ball chair can help you work your core during the day while working at your desk. This way you can train your abs and still get your work done.

18. Take Your Phone Calls on the Go

If your job entails many business calls, try taking your business calls while taking a walk. A thirty-minute conference call can turn into a 30-minute walk and that can help you stay in shape!

19. Don't Pair Carbs and Fat

Plan your meals so you aren't eating a lot of carbs and fat at the same time. Research has found that this can lead fat storage which will not be beneficial for staying fit.

20. Try a Little Caffeine

Caffeine can be a great way to not only give you more energy but also burn a few more calories. If you find yourself feeling lethargic and sedentary, drink some coffee to wake up and start moving!