



7 weight loss tips for the summer without starving

I'll tell you my personal weight loss tips and show you which really help



Summer . Sun . Summer dress.

Do you feel the first warm sunbeams on your skin? Do you feel like the winter stiffness slowly gives way and you have a desire for airy summer dresses and short skirts?

After the long pants and thick jacket months, you don't feel confident in your skin when you think about short summer clothes?

This summer, are you determined to reach your feel-good bikini body? Then I have some weight loss tips for you that really get you moving-n-grooving!





In winter it is easy to hide a few extra pounds.
Nobody notices that under a thick sweater.

However, as soon as the sun comes out in late spring, it's time for you to shed the thick sweater and deal with your winter body. With that in mind, the weight loss motivation is high.

But do you really want to lose weight through starvation?

For you, your first thought could be: "I have to get rid of a few pounds and eat less." Then you go on a diet for a week or two, the scales are showing more friendly numbers and you start eating "normally" again, just like before the diet.

Before you know it, the pounds are back with a few extra love handles on top.

With my weight loss tips I can help you get rid of those annoying pounds. Show you the real magic sauce to weight loss, and how to keep it off!



Hi, I'm Kerstin

I'm a Personal Trainer and Healthy Lifestyle Coach.

I have supported (mostly) females in reaching their health and weight goals for more than 20 years.

You are not alone, believe me, there are many like you! I have already helped hundreds of women to successfully integrate sports and a healthy lifestyle into their busy everyday lives. With success!

In this E-book, I'll tell you my personal weight loss strategies that I always share with my clients.

E-Mail me at kerstin@livefit-dubai.com and tell me which of my tips you could easily implement into your day to day life and if they helped you.



Good habits vs. bad habits

I need to tell you one important thing in the beginning, no matter how annoying it might be for you. Without changing your habits and some long-term dedication, your healthier lifestyle will not succeed in the long run.

Even the best weight loss tips will not help - whether with or without diet - if you stop them after a few weeks.

My appeal to you:

- X Stop starving
- X Stop being on diets
- X Stop thinking only about short-term success

Rather:

- * Start eating healthier
- * Start moving more
- * Start thinking about your health long-term

MY GOAL:

To give you
7 weight loss tips for the
summer without starving.

With these 7 tips you not only
manage to look and feel
prettier in a summer dress,
but achieving something
towards your health for
the long-term.

Tip # 1: Chew your calories

With calories it can be fluid or firm. The liquid variety could consist of cappuccinos, cola, and milkshakes, to name a few. For the firm think breakfast, lunch or dinner. What gives you more satisfaction?

Fun Fact: Half a liter of cola has 210 calories and I'm not a fan of counting calories, but that's a lot! To get rid of those extra calories, you need to cycle for half an hour or spend 20 minutes on the elliptical!

But in most cases you're not just satisfied with the coke, and that's the problem. You add those calories to your daily intake, and you do not save for the food side and that leads logically to a surplus of fat on the hips.

Same with smoothies. If you drink one in addition to your meal, it's extra calories. If you drink them in the afternoon instead of eating cake, it's a great healthy substitute. Otherwise you're better off eating a salad with the same ingredients.





Tip # 2: Eat green and colorful instead of white and yellow

Look closely at your plate. What colors are on it?

For your slim summer figure and your healthy body, prefer foods that are green, red, purple, in all sorts of colors.

Avoid anything that is whitish or yellowish. By that I do not mean the yellow corn-on-the-cob or the yellow peppers, but the Alfredo sauce or the white noodles, the baked cheese on top of the casserole, the donut with icing, and white toast or ciabatta bread.

All these white carbs or yellow fats are unhealthy. Many people talk about eliminating carbs from their diets, but these are the ones you should skip as much as possible.

Everything that is not fresh and colorful usually has useless calories and makes your summer body look and feel uncomfortable.

Tip # 3: Byeing Alcohol

In the summer months is a cold beer irresistible? Is cool white wine spritzer in the evening your favorite relaxation ritual? Think again before you reach for the glass next time.

With alcohol, you can ruin all your achievements, because alcohol inhibits fat burning and slows down your weight loss.

Consider alcohol as something special that you enjoy moderately when you are invited to dinner with friends or cocktail night with your girlfriends. Always enjoy them moderately (or even better, decide the non-alcoholic version).

Don't drink alcohol on weekdays or if you're alone. Instead treat yourself to a nice refreshing smoothie or some freshly squeezed juice and drink it from your wine glass. A healthy reward in the evening.





What would a summer be without ice cream, frappuccino or strawberry cake? I also like to enjoy ice cream when it's hot outside. But does it have to be a large sundae with three scoops, whipped cream, chocolate sauce and brownies, or is it enough to enjoy one scoop of sorbet?

Keep your sugar intake in balance. The more you reduce it, the better you will feel in your summer clothes.

Another tip is when you stand in front of an ice cream parlor thinking about what you should order: imagine how incredibly good you will feel walking along the beach on your upcoming vacation. Create a picture of yourself in your mind. What will you wear? How do you want to feel walking along the seashore?

If you're a sugar craving girl, it is, however, not realistic to eliminate ALL sugar from your diet. The likelihood that you will consume twice and three times more brownies later on is quite high. As with everything: enjoy in moderation.

And remember point #1: if you're sugar loving, then eat the calories and don't drink them.

Tip # 4:
Sugar, no thanks!

Tip # 5: 25x on the right, 25x on the left

No time to chew?

Do you often eat something quickly when you're in a hurry or at your desk at work?

This has several problems.

First, you often eat unhealthy fast food, which is usually high in fat and sugar or white and yellow, and secondly, you eat more than you would consume in a normal situation.

Your food takes time to arrive in your stomach and to satisfy you. Only after about 20 minutes, the feeling of satisfaction begins. So if you're an adult and you still consume food like you have to eat faster than your big brother, you're not doing your scales any favors.





What do you snack on between your main meals? If you nibble on unsalted nuts, energy balls or baby carrots, then you're ahead of the game! These choices will fill your body with nutrients and is a light, healthy snack.

However, if you're best friends with croissants, chocolate muffins and snickers, then snacking is a different thing for you. Stay away from such belly fat contributors if your bikini body is important to you.

Some of my weight loss tips are: in the afternoon, drink a green smoothie (homemade with frozen spinach, water and fruit) or stick to natural yoghurt with fruit.

My tip for ice cream: freeze freshly squeezed juice in ice cube trays or popsicle molds and snack on those when it's hot outside. Wonderfully colorful and so refreshingly delicious.

Tip # 6: Healthy snacks

Tip # 7: Fidget yourself slim

When I talk about "fidgeting", I do not mean that you should restlessly move around in your chair and constantly pick at your blouse. Rather, fidgeting means for me that you incorporate as much exercise as possible in everyday life.

I know you may not like it, but exercise helps you lose weight. You do not have to run to the gym four times a week.

Do what you enjoy or what you can integrate well into your everyday life. Every little movement has an impact on how you feel and how your body changes.

Take the stairs, walk to your colleague in the next room, go for a walk with your girlfriend instead of eating out, stand while you're on the phone and do a few calf raises.

I'm sure you can come up with many more ideas how to fidget and move during the day.

Fidgeting = IN

Sitting = OUT





Get started!

Now it's up to you to implement these tips and tricks, because only when you turn my tips into action you will reach your goal(s) successfully.

Which of the **7 weight loss tips for the summer without starving** is the most important one for you?

Start with that tip and put it into action TODAY. Do it for a few days and then add a second tip. The more of the seven tips you can maintain long-term, the more you will be pleased with your new healthy and glowing body.

A word of caution at the end. If your diet or sports program needs a lot of improvement, please don't change EVERYTHING right now. Changing 27 things at once will not work out for you, I've unfortunately seen it too often in similarly motivated women. Progress, step by step!

Get started, but take your time.

Have patience, but don't stop.

So, what are you waiting for!?



Do you want to know more about me and how I can help you achieve your healthy lifestyle?

In English:

Website: <https://livefit-dubai.com>

Instagram: <https://www.instagram.com/livefitanywhere/>

Facebook: <https://www.facebook.com/livefitdubaip/>

In German:

Website: <https://livefit-anywhere.com>

Facebook: <https://www.facebook.com/livefitanywhere/>

Podcast: <https://livefit-anywhere.com/podcast/>

Pinterest: <https://www.pinterest.de/livefitanywhere/>

YouTube: Fitness videos:

<https://livefit-anywhere.com/youtube>

I hope you have loads of fun getting into the best summer version of yourself ever 😊. If you have any questions, reach out to me via E-Mail at kerstin@livefit-dubai.com

Kerstin