Winter Weight Loss Tips for 2012 - Judith Ripka by JIMMYRICHARDS

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Judith Ripka it is easy to gain weight in winter. With fewer daylight hours and cooler weather. People tend to hibernate in the house. Watching tv, playing on the computer and snacks. The winter blues actually have a name - disorder called sad or seasonal affective disorder. Extreme fatigue and cravings for carbohydrates often leads to increased appetite and weight gain. Judith Ripka the weight gain often leads to depression. Findings published in the journal of clinical psychology: science and practice. No connection between obesity and depression. Suggesting that people who are obese may be more inclined to depression. Converse is also true that people who are depressed often become obese. That is why during the winter.

Judith Ripka

The blue is more important than ever to manage diet and exercise. Here are some tips for you through the winter marasmo: get out of the house every day. No matter the weather. At least 5 minutes or less. According to some reports that your body makes vitamin d when skin is exposed to ultraviolet b (uvb) rays in sunlight. Depending on where you live. Judith Ripka you will have 5-30 minutes of contact with the skin on the face. Arm or back of your legs. (some of it without sunscreen - i have to burn the skin) a few times every week. Do not eat endless. Measure the snack 100 calories and restrict yourself to just that while watching tv.

Try cucumbers, celery sticks. Judith Ripka or even a low-calorie healthy snacks. Frozen grapes are a handful of bowl cutting. Is still hungry for more than 100 calories. Go for a walk. Two 15-minute walk or 30 minutes a day. Try to sneak into. Judith Ripka so that your body moving and burn some calories. Snow piled up outside? the temperatures too cold? many shopping centers now have the beginning of the opening times for hikers to walk around the long corridors. However, shops and other facilities are generally not open in the early hours of this distract you from your walk. Mall walkers and the toilets are easy to appreciate a comfortable indoor climate is. Once you finish with your feet. The coffee kiosk can be open and you can reward yourself with a coffee with skim milk. Judith Ripka try loading vegetables. Fill your plate with vegetables 50%. For both lunch and dinner. Split the other half with protein and healthy carbohydrates. For example, brown rice or quinoa. Drink green tea. Green tea is loaded with anti-oxidants and less caffeine than other teas. Avoid sugary sodas and juices that are loaded with empty calories and wasted. Judith Ripka green tea tastes wonderful hot or iced. Try to get within 4-8 glasses a day. The tea you hydrated and flush toxins from the digestive system. Only adherence to these 5 simple tips will help you. The required daily dose of sunlight. Which keeps the blues. A bit of exercise motivates you to eat healthy and burn calories. Keeping weight in check and last but not least. A healthy calorie conscious meals will help you to maintain a healthy weight of winter.

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