

10 Effective Ways to Lose Weight

1. Eat More Protein-Rich Foods

Protein reduce craving and increase the burning of energy. High protein foods for weight loss include: Lean meats, Seafood, Beans, Soy, Low-fat dairy, Eggs, Nuts and seed.



6. Eat Less Sugary Foods

Sugary foods digest quickly. Then you get a sugar high which prompts your body to store the excess sugar as fat.



2. Eat Lots of Vegetable

Vegetables are high in minerals, fiber and water but low in calories. Such as Spinach, Broccoli, Cauliflower, Kale, Celery, Lettuce, Cucumber



7. Get Proper Sleep

Most healthy adults need 7-8 hours of sleep each day. Poor sleep increase appetite and slow down metabolism

3. Eat High Fiber, Low Carb Foods

You're less likely to overeat when you consume enough fiber since it increases feelings of fullness. Such as Oats, Quinoa, Whole grain bread, Sweet potatoes, Brown Rice.



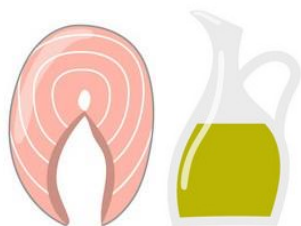
8. Reduce Stress Levels

Stress can amplify the stress hormones in your body, leading to stronger sensations of hunger and thus more weight gain.



4. Choose Good Fats

Adding "good fats" to your diet can make you feel more satisfied after a meal, reducing hunger and thus promoting weight loss. Good fats include: Fish, Nuts, Avocados, Olive oil.



9. Do Aerobic Exercise

Aerobic exercise improves your heart rate and helps burn calories. Get at least 30 minutes of aerobic exercise 5 to 7 days per week, such as Running, Swimming, Cycling.



5. Cut Down on Alcohol

Moderate alcohol use (up to 1 drink a day for women and up to 2 drinks a day for men) has health benefits. Heavy alcohol use can stop fat from being burned.



10. Perform resistance training (Weight lifting)

Resistance training helps the body builds muscle, and muscle burns more calories at rest.



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10種有效的減肥方法

1. 多吃富含蛋白質的食物

蛋白質能減少對食物的渴望並提高熱量的燃燒。利於減肥的高蛋白食物有：瘦肉，海鮮，豆類，黃豆，低脂乳製品，雞蛋，堅果和種子



6. 少吃含糖食品

含糖食品消化很快，隨後使您體內的糖分升高，促使您的身體將多餘的糖分存儲為脂肪



2. 多吃蔬菜

蔬菜的礦物質，纖維和含水量高，但卡路里低。例如菠菜、西蘭花、花椰菜、羽衣甘藍、芹菜、生菜、黃瓜



7. 適當睡眠

大多數健康的成年人每天需要7-8個小時的睡眠時間。睡眠不足會增加食慾並減慢新陳代謝



3. 吃高纖維，低碳水的食物

當你攝入足夠的纖維後，您就不太會過量進食，因為纖維能增加飽腹感。例如燕麥、藜麥、全麥麵包、地瓜、糙米



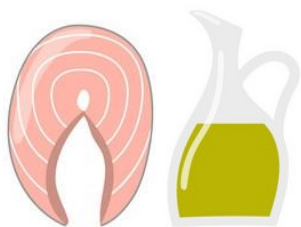
8. 減少壓力

壓力會放大體內的壓力荷爾蒙，導致飢餓感增強，從而體重增加



4. 選擇優質脂肪

在飲食中添加“好脂肪”可使您飯後有更大的飽腹感，減少飢餓感，從而促進體重減輕。優質脂肪包括：魚，堅果，牛油果，橄欖油



9. 進行有氧運動

有氧運動可提高您的心率並幫助燃燒卡路里。每周至少5至7天，進行至少30分鐘的有氧運動，例如跑步，游泳和騎自行車



5. 減少酒精攝入

適量飲酒（女性每天最多喝1杯酒，男性每天最多喝2杯酒）對健康有益。然而大量飲酒會阻止脂肪燃燒



10. 進行阻力訓練

（舉重訓練）

阻力訓練可幫助身體增加肌肉，而肌肉在休息時能燃燒更多的卡路里



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