

# 8 Easy Steps To Weight Loss

---

 [askmen.com/algo.html](http://askmen.com/algo.html)



© Getty Images

## Speed Up Your Weight Loss In 8 Easy Steps

---



[Amy Schlinger](#)

Share

Tweet

0

Shares

We'd be lying if we said that weight loss is easy. If it was, then no one would have any issues with it—we'd all be lean and ripped, right? Everyone is looking for the fastest or easiest way to lose weight. The truth is, you really have to look at your overall lifestyle first. Weight loss is about perspective, and if everything that you try doesn't line up with your habits and goals, chances are you may not succeed.

But if you're willing to take responsibility for some unwanted pounds you may be carrying around, you can become empowered to start making better food and diet choices to help you lose weight, explains Noah Neiman, co-founder of [Rumble-Boxing](#) in New York City and member of [AskMen's Flex 50, a list of the fittest men of 2016](#) "If you excitedly embark on the

journey to recondition your body, and develop healthier routines, and stay committed through the growing—or losing—pains of getting healthier; that commitment can change your whole life,” he says. “It requires self motivation to push yourself through circuits hard enough to spawn change in your body, and it takes willpower to make the proper choices to recondition your body’s eating habits.”

Here are some expert-backed lifestyle changes you can make to help you lose weight:

## Drink more water

---

□

### ADVERTISING

Forego the sugary sports drink during and after every workout. Instead, be sure you’re drinking water all day, every day. “Most people, especially active ones, run around with their H2O tanks near E,” says Neiman. “Water helps to keep your body optimize, your cells hydrated, your skin healthier, and it can help you grind harder in the gym. On a hard training day, Neiman suggests consuming at least a gallon of water.

Related: [Drinking Water Can Cut Up to 205 Calories Per Day](#)

## Change the look of your plate

---

□

We’re talking literally. Try using a smaller plate and switching over to glass. Why? “This way less will look like more on your plate,” says Leslie Bonci, MHP, RDN, owner of [Active Eating Advice](#). Then change what’s on it. “Increase the protein and produce to provide that full factor, and to help keep you fuller longer,” says Bonci. “Aim for 40 percent protein, 40 percent product and 20 percent grains.”

Related: [The Best Protein Powders You Can Buy](#)

## Skip the long jog and opt for weights instead

---

□

When you envision that lean body look you so badly want to achieve, it’s important to note that you aren’t just looking to lose weight, but also increase muscle mass or visibility.

“Cardiovascular based weight training is akin to a hamster spinning a wheel—you go nowhere fast,” says Neiman. “In weight loss and improved body composition, strength training reigns supreme and should be the priority.” His recommendation? Try full body strength training at least three to five times a week.

Related: [Can You Handle This Monster HIIT Workout?](#)

## Don’t eat mindlessly

---

□

This is where you want to slow things down. If you generally eat lunch while checking email and dinner while watching television, it's time to switch it up. Try going into an office or conference room for lunch, and instead of having dinner in your living room, sit at your kitchen or dining room table with no TV on. This will let you focus and enjoy the food you're about to eat. "Take the time to chew and swallow, and try putting your utensils down between each bite," says Bonci. "You'll eat less and enjoy more."

## Cardio isn't evil—just overrated

---

At least in Neiman believes so. "If you're going to do it, train like a predator and not prey," he says. Meaning? "I like the word and mentality of conditioning over cardio. Conditioning is high intensity. Shorter intervals, that get your heart rate and body amped up, dumping hormones to help keep your body explosive and lean." How can you incorporate it into your regimen? Lots of different ways—sprints, battles ropes, jump rope, heavy bag, rower...pick your poison! Go hard for 30 to 45 seconds, then rest for 30 to 60, says Neiman.

Related: [16 Cardio Moves For Guys Who Hate Running](#)

## Try metcon

---

It stands for metabolic conditioning and can involve many different kinds of exercises. The goal is to help you burn the most calories during and after your workout (also known as your "afterburn"). "My favorite focuses on full body lifts, performed at eight to 12 repetitions at a moderate weight and combined with any of the conditioning tools mentioned above.," says Neiman. "You have to train hard if you want a hard body—and that can be the hardest to do." Want to try it? Here's Neiman's favorite metcon workout:

5 Rounds Of:

Deadlifts: 135-225 pounds (8-12 reps)

Toes to bar (12 reps)

Push-ups (12 reps)

3 minute round on heavy bag

## Clean out your pantry

---

"If your pantry is a buffet, you may have more trouble helping extra weight go," says Bonci. And she's right. Yes, you want to vary your produce, but it's important to keep the calorie dense foods to fewer choices. Try having just one type of cereal, one type of cracker, one type of nut, and so on. "The less temptation, the more likely you are to have success," says Bonci.

## Don't stock up on beer

---

□  
Unfortunately — or maybe fortunately — this may be a reason to think twice about hosting Sunday football. Because that means stocking your fridge full of beer that likely won't be finished entirely by friends. And chances are, if it's left there, you'll be tempted to drink it. "The more you have, the more you'll drink," says Bonci. So avoid the excess alcohol by avoiding the booze all together.

Making all of these healthy changes to help you lose weight doesn't mean it's going to be simple. You may face challenges and a bad day, or two, here and there. But don't let that hold you back. "We all have them—it's just about perspective and how you deal with the challenge," says Neiman. "It's hard at times, but find comfort knowing it is always worth it. It will show you far greater things than just a smaller waistline and some number drops on the scale as well, though who doesn't like that, too?"