

Top 50 Creative Ways to Beat Fat

You can pick from any of the ways or habits listed below that most lean people naturally stick to:

“Daybreak Rules” - What you should do right from waking up?

1. **Wakeup Exercise:** The first thing to do when you wake up is to sit up straight without using your hands. Lean forward by keeping your knees straight to feel the tension on your back and hamstring. Then gently lower your body down to rest flat. Rest then repeat twice daily. This works wonders or strengthening the core. You can burn 10 calories.
2. **Have a Grainy Breakfast:** Next, you should go for grains in your breakfast. Experts claim that you can work oat bran or wheat germ into your breakfast for a healthy and fuller option. In addition, a cup of whole wheat cereal (low fat) with 3g of dietary fiber or roughage can work out to be a healthy and lean breakfast combination. You could save 100 calories from getting on.
3. **Cash on Proteins:** Never forget proteins because they provide numerous health benefits - repair and build tissues, produce hormones, enzymes and body chemicals, and sustain bones, muscles, skin and hair. Moreover, your hectic day can rob you of essential routine meals, thereby barring you from essential nutrients as well. Experts recommend skimmed cheese with one boiled egg to keep you full till lunch time. You could save 100 calories or more.
4. **Do the Balancing Act:** Balance on one leg at a time while brushing your teeth in intervals of about 30 seconds when you stroke the bristles of your brush in different directions. Experts opine that Balancing works wonders for brain fitness and also helps in strengthening the core muscles of the body. You can burn 10 calories here.
5. **Try the Ballerina Posture:** While the fuming coffee drips out of the machine, place one hand over the counter and stretch your leg up and out in front of you. Wait for a second then move your leg to the side then behind. Do the ballerina posture with each leg for about 5 times each. Experts say that the exercise helps in toning the thigh muscles, hips and quadriceps. You can burn 10 calories here.
6. **Skimmed Coffee:** What does an ideal cup of coffee mean to you? 1/3 cup of fat milk? Well, that could add as many as 105 calories to your weight. Coffee prepared from skimmed milk

therefore should seem like a much healthier or lean option. Don't you think so? You could save 60 calories from gotten onto you.

7. **Experiment with Bagel:** Experts claim that instead of the usual bagel with creamy cheese topping, try muffin with low fat cheese spread as a better option. You could save 300 calories.

“9 to 5 Schedule” - What you should do when you start for work?

1. **Traffic Toning:** Toning the buttocks can be some task but you can find a way out in your car itself. Experts recommend that squeezing the derrière with every pull of the brake can give you buns of steel. 15 squeezes for 10 seconds each can work wonders for toning the buttocks. You could burn 10 calories in doing this.
2. **Dressing Casually:** A recent research says that dressing casually like in a cool pair of jeans, comfy tees and soft-sole shoes can help you lose weight. How? Well, researchers claim that you can walk more with comfortable and loose clothes on than with tight-fitting clothes that restrict your movement. When you're on the move constantly, there are maximum chances of you keeping fit, lean and healthy. You could burn 25 calories here simply by moving around in comfy clothes.
3. **You Prefer to Squat?** Maybe you should now, say experts. So instead of walking up to your cabin to sit, just pretend to do so but come back up again without using arms and lowering your hips but without bending your knees. Try putting your entire weight on your heels and squat at least 15-20 times during the entire day (home or office). You could be burning 15 calories by doing this.
4. **Go Slow on Colas:** Yes, your body absorbs differently with the intake of foods and with the intake of drinks. So, instead of 2 glasses of cola or soda, water or fruit juice would work better for keeping fit and lean. You could save 300 calories from getting onto you by doing this.
5. **Talk Up:** When you get a phone call, try standing up to talk. Also keep moving on your feet. It works well to shed weight. A Mayo Clinic study suggests that on an average heavy weighing people sit at least two and a half hours more than thin people do. You can burn 50 calories or more here.
6. **Pita for Lunch:** Experts suggest that snacking on the whole wheat Pita for lunch is a better option at work than to have 2 slices of white or refined bread. You could save 70 calories here.

7. **Oblige Your Feet:** Take up chores with friends sitting at huge distances away from you so that you would have to keep going up that far to deliver the files, etc. An even better option would be to take the stairs to a toilet or friend on the floor above yours. You can burn 100 calories by being on the move.
8. **Push the Walls:** Take a break from your files and push the walls instead. Stand against the wall, holding your hands out to shoulder length and keeping the weight on your toes do 3 sets of push ups 10 times everyday. It works volumes for strengthening the triceps and chest. You can burn 10 calories.
9. **Binge on Apples:** An apple or several apples at work can save you from feeling hungry through the day. Several studies support the view that 3 apples or pears can help you in losing weight remarkably. Keep biscuits and apples at hand to keep nibbling on while you turn the piles of files at your desk. You could save 100 calories by simply eating apples.
10. **Working Out on Your Chair:** Instead of dozing off over your files or yearning for a cup of coffee, try some of these simple workouts on your chair - Hold your chair against a firm wall. Placing your hands on the edges, and with knees bending at right angles, lower your buttocks towards the floor. Repeat this exercise for 2 sets of 10. This exercise helps in toning the triceps. Another simple one would be to sit back straight on the chair. Pull your knees together and up towards your chest. Do this for 2 sets of 10 to strengthen your abdominal muscles. You can burn 10 calories by way of this chair routine.

“Around the City”- What you should do when you’re outdoors?

1. **Burden Your Shoulders:** When you are grocery shopping say for an hour, consider carrying the weight on your shoulders in a backpack at least with 2-4 kilos of sugar initially. Then keep adding stuffs as you get used to the weight. This will increase your resistance and in burning more calories. You could be burning 20 calories at a go in just 1 hour.
2. **Go Easy With Treats:** Treating yourself once in a while is always good. However, you could go a little easy on the treats. For example, instead of bingeing on a large café latte and cheesy chocolate muffin, try the small café latte and the non-fat carrot muffin or the less fatty raisin muffin. You can save 340 calories here.

3. **Pump the Calves:** While you get your car filled with fuel, stand against the car and putting the weight on the balls of your feet, keep sitting down and up. This works wonders for toning and firming the calves. Imagine a SUV's tank you're waiting to fill, you could easily complete 50 raises! You can burn 10 calories.
4. **Napkin Blot:** Blot the pizza, teaspoon or tablespoon with a paper napkin to soak the oil and grease (calories) off. Helps you save 50-100 calories.
5. **Shopping to Lose Pounds:** This could require some patience and time. You needn't buy but simply try as many as 10 pants and tees or tops - this will help you know your size well, of any improvement or deterioration and at the same time can keep you moving for a while. Experts opine that you could be burning 60 calories doing this.
6. **Eat Smaller Portions:** Instead of quitting your lunch completely, just eat smaller portions. For example, order a happy meal instead of fries with the Quarter Pounder burger with lots of cheese in it. This could help save 624 calories from getting onto you.
7. **Try the Yoga Move:** Yes, say you're standing in a queue somewhere. Just stand straight with your hands held behind your back. Then squeeze your shoulders together in a way that your chest is stretched wide apart. Hold on for 10-20 seconds and breathe in and out slowly. Ensure that you take longer time to inhale. Experts opine that this Yoga exercise helps stimulate the nervous system. All at the same time 5 calories can be easily burnt.

“At Home” - What you can do leisurely and innovatively at home?

1. **Jog around:** Jog the distance to pick up a mail from your mailbox or take one lap circling your house or take the stairs up and down to shed a few pounds. You could burn 35-140 calories by doing this.
2. **Light Butter:** While preparing say cakes or potato gnocchi, use light whipped butter than the normal butter. You could be cutting down half on the calories. Helps save 30 calories.
3. **Calf Toning Stairs:** Yes, stairs can tone your calves. Just, don't speed upstairs to throw away your files and laptop after work. Have some patience and standing on the first step bend your right leg while you put your left leg at the edge of the step. Lower your heel and then rise on your toes. Do the same with each foot for about 8-12 reps and you will burn 10 calories in barely a few minutes.

4. **Start With Clear Soup:** Instead of going for the salad dipped soup with a lot of mayonnaise dressing, just prepare clear soup for yourself. This could save you twice as much calories and at the same time can keep you full and satisfied for a longer time. Helps save 100 calories that could be getting on you.
5. **Playing Footsie:** While you are still sitting on the dining table after dinner; lift your leg up and down. Hold in the up position for about 5 seconds then lower your leg. Do this with each leg at least 5 times to sculpt your quadriceps. You can also burn 10 calories in just about a minute.
6. **Healthy Pasta:** Instead of making the whole wheat pasta, try making pasta with semolina (inner and granular endosperm of wheat which is not yet ground into flour). A small portion will make you feel a lot full. Helps save 50 calories.
7. **Climb to Lose:** Experts opine that climbing the stairs for 20 minutes 5 days a week can help you shed the same number of calories as a 20-minute walk can help you lose. Helps burn 100-140 calories.
8. **Fruit for a Pie:** Instead of the pie, just snack on fruits like apples, pears and cherries and microwave for a minute. It is an amazing substitute for a pie. You can save 275 calories without eating the sweet-filled pie.
9. **Food Cake for Dessert:** Experts opine that the angel food cake is simply packed with air and contains less than half the calories contained in pound cakes. You can save 70 calories here for dessert with the angel food cake.
10. **Relaxed Evenings:** For instant relaxation, hold your wrist of the other hand above your head to lengthen the spinal chord. Hold onto the position for 20 seconds while you inhale and exhale slowly. Take longer time to exhale and you'd see that it doesn't help you to just relax yourself but helps burn 5 calories too.
11. **Go Slow on Candies:** Experts opine that a yet better option than the sweet candy bars would be a low-calorie chocolate pudding with whipped cream which can help save 185 calories. You can savor the taste by eating with a small spoon.
12. **Walk to the Remote:** Keep the remote control away from you if you're watching the television while lying down or on a couch. Crunch on healthy snacks while your get back on

your feet to switch the channel to watch your program. Reaching out for the remote can help tone your abs and can burn as much as 24 calories.

13. **Lift the Hips:** Before going to bed, lie down straight on the floor with your legs up on the bed or chair. Then bending your knees, slowly try lifting your hips off the floor. Hold on for 5 seconds then repeat the move for about 10-12 times. This exercise can not only strengthen the core and hamstrings but can also help you burn 10 calories.

“During the Weekend” - How you can spend a healthy weekend?

1. **Singing Calories Away:** Spend every Sunday morning singing aloud at the church service to burn 70 calories in each service.
2. **Bacon for Dinner:** Instead of sausage, order 3 slices of crisp bacon and ensure that all the cheese and grease are tapped off if you're dining out during the weekend. This bacon dinner can help you save 90 calories.
3. **Quit Being a Benchwarmer:** While your kids play a game of ball, get up from the benches and take a lap around the field or gym. 4 to 5 times can be enough to cover almost 2 kilometers which means you are burning 75 calories at that rate.
4. **Healthy Movie Trips:** It is reported that people eat 45 % more popcorns from large containers than smaller ones while watching movies. Switch to a small ones and bring along seasoned salt to add more flavor. You could save 350 calories here at the movies.
5. **Orienting Yourself:** If Chinese is on the menu this weekend, then be careful of what you are ordering. For instance, any food item that says General Tao or Crispy means that it is fried. Ensure that you just eat the filling of an egg roll and not the shell. You can save 400-500 calories here.
6. **Frisbee:** Simply a game of Frisbee with your kid can help you burn 90 calories.
7. **Cheeseless Pizza:** Order pizza with half the cheese or without cheese to save 100 calories that could have gotten onto you.
8. **Rethink Your Drink:** Consider beer or wine instead of frozen drinks like the strawberry daiquiri that contains 300 calories and the margarita which contains 340 calories against beer

with 140 calories and wine with 126 calories. You could save 150-200 calories with a bottle of beer or wine.

9. **Substitute for Chocolate Ice Cream:** Experts opine that it would be a better option to indulge in chocolate sorbet than in chocolate ice cream to save 125 calories.
10. **Tussle for Ice Cream:** You could switch from a bowl of ice cream at bedtime to tussle to burn 300 calories.

Think it over. These tips aren't just easy but simple ways to get back to shape. Try the above creative habits and you will beat fat in no time.

You could start with a comprehensive plan of slashing 100 calories in 1 day to maybe lose about **5 kilos in one year**, or **250 calories per day to shed 11 kilos in one year** or **500 calories in one day to shed 22 kilos in a year**. As good as it sounds; this is based on a 70 kilo person. The calories lost or gained actually depend on your age, weight and gender.