# A Simple Instruction on How to Lose Weight in 5 Easy Steps

Everybody knows that today people struggle for healthy food and long living period. You cannot feel good and enjoy life if you suffer from excess weight that makes you experience certain difficulties while doing your everyday things. How to lose weight fast? This is the most often asked question on the Internet and offline. There have been discovered new ways and secret methods. Nevertheless, the key isn’t something new. It is as old as the Earth. Here are 5 simple steps to change your life and become a slim and successful lady.

1. Change your timetable. Don’t go to bed late. If you do it at 22:00 o’clock, you save your body from extra food. Just imagine, it is 02:00 and you experience hunger. You go to the fridge and eat, eat, eat. Then you gain weight. Therefore, the first step is to change your life, your timetable.
2. Change your food. Avoid fatty, fried and fast foods. Eat more fruits and vegetables, prefer porridge to macaroni and oatmeal to manufactured yogurts. Choose low-fat cottage cheese and soups, drink coffee and tea without sugar or add as little as possible. Drink more water and green tea. Consume nuts instead of pastry, confectionery and starch foods. Donuts are tasty, but a cup of strawberry mousse is even tastier.
3. Change your speed of life. It means that you should go in for sport. You will see that your life becomes faster. You will work more quickly and try to do more things a day than usually. Choose active sport, go to the gym, walk more, avoid using lift and cars. Play ball games like football, basketball or tennis. You can also dance. Dancing is a good thing in losing weight. Moreover, it brings much pleasure. And you can meet some nice boy to date.
4. Change your habitual environment. Breathe fresh air, spend more time outdoors. Don’t hang on your PC. Forget about Facebook, forums and sites full of informational garbage. Live your life. Live your dreams, not dream your life. You should have a hobby. It brings much pleasure and helps to follow your dream. Walk to the nearest park, forest or river. Spend sever hours there walking, making photos, breathing the air and admiring the nature. Perhaps, you will even find new friends who also lead the healthy lifestyle.
5. Change your world. Watch pictures of nice people, read wise books, enjoy lovely music. You should be inspired. Read the success stories of other people. They can be your friends or authors of books. Do what they recommend, use their tricks and techniques. There are lots of stories that can inspire you. Moreover, you can write your own one and become the idol of someone. Work on yourself!

These simple steps will help you not just lose weight but reach harmony and become a well-balanced person. You will see that losing weight isn’t the main thing in fact. You will become slim as it will be fat burning in fact. You will lose excess weight and gain a great number of useful things for you. Wish you good luck and good results.