STUDY NOTES · BASIC CONCEPT

What can be the practical, sustainable steps for weight loss that work long-term?

Art & Culture

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What can be the practical, sustainable steps for weight loss that work long-term?

1. Fix Eating Habits

- Eat slowly and mindfully
- Control portions; avoid second helpings
- Prioritise protein, fibre, and vegetables
- Reduce sugar, fried food, and ultra-processed snacks

2. Improve Meal Timing

- Avoid late-night eating
- Maintain a 12–14 hour overnight gap between dinner and breakfast
- Eat at regular times to stabilise hunger hormones

3. Move Daily

- Walk 8,000–10,000 steps
- Add strength training 3–4 times/week
- Include light activity after meals (5–10 min walk)

4. Sleep & Stress Control

- Sleep 7–8 hours
- Manage stress with breathing, yoga, or meditation

5. Hydration & Awareness

- Drink enough water
- Track meals occasionally to avoid unconscious overeating

6. Be Consistent, Not Extreme

- Avoid crash diets
- Focus on habits, not quick results

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