



7 Easy Ways To Cutting 250 Calories

In a quest for weight loss, 250 calories doesn't seem like a significant number, does it? Could this teeny number really help you drop pounds? Yes, it can. **The truth is that dropping as little as 250 calories each day can result in almost 30 pounds shed over 12 short months.**

Think of it this way: 1 pound is made up of 3,500 calories, which holds 250 a total of 14 times. When you cut 250 calories off the top of your daily caloric tally, the result will be a pound lost every 2 weeks. **In other words, you will drop up to 2 pounds every month.**

Are you still with me? I know that we live in a world filled with “no sweat” plans to “easily” drop 30 pounds in a month, and I’m talking about losing that much over 12 months—but hear me out.

While your emotions may be stirred by a compelling advertisement for expedited weight loss, the truth is that gradual weight loss has been proven to not only be healthier, it also is more likely to stay off.

You see, by gradually cutting 250 calories out of your daily tally, you are doing something very powerful and necessary towards the successful achievement of your goals. You are improving your *lifestyle*. And **that is the key to fitness and weight loss success.**

Incorporate one of these activities into your daily life, and enjoy healthy long-term weight loss:

1. Drink plain coffee instead of a frappuccino

Flavored coffee drinks may be delicious, but did you know that they are bursting with calories? Whenever you find yourself in line at the coffee shop, stick with plain coffee or tea instead of sugar-filled “dessert drinks”.

2. Pass on a doughnut or pastry

A single doughnut may seem innocent enough, besides *everyone* is eating them at the office meeting, why shouldn't you? The truth is that doughnuts and pastries, though a workplace favorite, are hidden goldmines of fat and calories. For each doughnut you refuse to eat consider the 250 calories falling off of your waistline, and smile to yourself.

3. Jog for 30 minutes

Want in on a little secret? The hardest part about a simple 30 minute jog is the act of getting your shoes on and walking out the door. It's true. Once you are halfway down the street you will realize that jogging is actually fun—add to that the fact that you are burning calories and you have yourself an all around good deal.

4. Exchange 20 oz of regular soda for water

By now you know that soda pop is not good for you—so why are you still drinking it? Every time you crave an ice cold cola picture swallowing spoonfuls of white sugar. Yikes, talk about a set up for weight gain. Stick with water and kiss those extra calories goodbye.

5. Swim laps for 30 minutes

If your response to my jogging suggestion was *'I have bad joints'*, then you are in luck. Swimming is one of the best aerobic activities you can do, and it is impact-free. When you swim you recruit your entire body, a process which requires lots of energy—AKA calories.

6. Eat an apple instead of a cookie

If you are like most people I know, then you probably get a hankering for something sweet after dinner. While your first instinct may be to reach for a cookie or a bowl of ice cream, why not consider what nature has to offer? Fruit is sweet, natural and lower in calories than baked goods.

7. Clean house for 60 minutes

Don't think that all calorie burning has to take place in a gym. Vacuuming, dusting, folding laundry and doing dishes—they all require a little elbow grease, which results in calories burned. The next time your house needs a polish, don't grit your teeth—this means free calorie burning for you.

And if you really want to kick it up a notch and stoke those flames – hire a personal trainer who can take you from start to finish in less time than you think. Want to find the best personal trainer in town?