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Easy & Effective Ways to Lose 10 Pounds

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Easy & Effective Ways to Lose 10 Pounds

Planning and Executing

There are many different reasons why someone may want to lose weight, but it's a pretty safe bet that almost everybody will want to at some point in their lives. Losing weight will make you feel and look better, and will increase your self confidence. An excellent place to start for most people is to set a modest goal to lose 10 pounds. As in many other aspects of life, the key to achieving your goal lies in proper planning and execution.

Everybody is different. We all have different lifestyles, schedules and abilities, and it's important that this is kept in mind when approaching your project of losing 10 pounds. Before you actually begin trying to lose the weight, you must decide on a realistic plan that is right for you. The worst thing you can do is set a plan that is difficult to achieve. If, for example, you're an extremely busy working parent, don't create a plan for yourself that entails exercising 15 hours a week, as chances are you're going to fail, which will only end up making you feel worse about yourself.

Every weight loss attempt should ideally compose both dietary changes and an increase in exercise. Depending on your situation, you may want to focus on one more than the other. If, for example, you want to lose 10 pounds but don't have time for lots of exercise, you might want to focus on your diet, which after all requires more discipline than time.

When looking at your diet, do some research and come up with some healthy meal ideas that you don't normally eat. Plan to eat these new meals on a regular basis. You want to break your plan into as many small steps as possible, so that you provide yourself with many small, achievable goals. For example, you may decide to research your new meal on Monday, buy the ingredients on Tuesday, and make it on Wednesday. Not only does this split the work up - if you leave it all to one day it's far more likely you won't have the time to do it - but it creates a constant sense of accomplishment.

Now let's say your plan to lose 10 pounds is going to be mainly through exercise. Again, don't plan to "exercise 10 hours a week" because what will probably happen is you'll put it off all week and then won't have time for it. You want to plan to exercise for an hour a day, and you want to try and incorporate that exercise into other activities.

At least half the battle with trying to lose 10 pounds is one of discipline: as anyone who has been on a diet or exercise regimen will tell you, it's easy to start a diet but hard to stick with it. The worst thing you can do when trying to lose 10 pounds is to set yourself up for failure, as this is a cycle that tends to repeat itself. By creating and executing a well thought out and realistic plan, you give yourself a huge advantage in your ultimate goal of losing 10 pounds.

Some Tips to Turn the Weight Gain Tide

Although some people find themselves dealing with more serious weight problems, most people who want to lose a little weight are relatively healthy. If you want to lose 10 pounds, there's a good chance that those pounds were gained very slowly over the course of many months – somehow they just crept up on you, most likely the result of several holiday overindulgences. Taking them off will just be a matter of exercising a bit of discipline and this will be a lot easier if you abide by the following tips:

Pick Your Time

Weight loss involves very personal issues for most people, and is closely related to their self esteem. It is crucial that you attempt to lose 10 pounds at the appropriate time - at a time where you otherwise feel good and satisfied with your life. If you try and lose 10 pounds during a period of time in your life where you have a lot of stress or other distracting things going on, you drastically increase your chances of failure, which will only make things worse.

Change Your Diet

Try as much as possible to balance your diet. This doesn't mean that you have to starve yourself -- rather make a point of getting no more the 30% of your calories from fat. Eat more fruits and vegetables and try to add as much variety to your diet as possible. Try new things, and new meal ideas.

Keep Track Of Your Progress

The problem with dieting for many people, especially in the early stages, is that even if the diet is working they can't see any results. It's hard to really notice if you lose 1 pound. For this reason it's important that you track your progress, so you can have a good sense of the accomplishments you've made. By calculating how many calories you've eaten and how much you've burned through exercise each and every day, you can track how many calories (and ultimately how much weight) you are losing.

Do It With Friends

A great and fun way to help you stick with your plan is to undertake your project of losing 10 pounds with a friend. Not only will you be able to provide support for each other and track each other's progress, but you'll be able to engage in fun exercise activities together.

Make Your Plan Realistic

It's important that you set achievable goals for yourself. For example, with just some basic changes in your lifestyle and eating habits, you can lose 1 pound a week. There's no need to be in a huge rush to lose weight, and trying to lose weight quickly often requires a regimen that is difficult to keep up. For most people, it is healthier to lose weight slowly than with drastic dietary changes.

Many people would like to lose 10 pounds, and almost anyone can if they follow the advice above. By avoiding a "quick fix" and sticking with long term healthy choices, you'll find your project to lose 10 pounds will leave you not only thinner, but healthier and feeling better about yourself.

Making Lifestyle Changes

Although you may be tempted to try and lose your 10 pounds as quickly as possible, unless you feel for some reason that this is absolutely necessary, it's better to take a long term approach. If you want to lose 10 pounds quickly, it's likely that you're going to have to make a restrictive and drastic diet change that will be hard to implement. This also means there's a good chance you will simply put the weight back on when you diet is over, or when you (inevitably) lapse from it.

A far better long term solution is making some lifestyle changes. Not only will this be an easier way to lose 10 pounds, but those 10 pounds will stay lost. The reason that lifestyle changes are a more effective way to lose weight is that you don't have to alter your daily routine too much. Many people find the exercise regimens and diet changes involved in quick weight loss unrealistic - you never have enough hours in the day as it is, so it's hard to make more for exercise.

The best place to start in your attempt to lose 10 pounds is to look at things you do every day. First and foremost for most people is going to work. Many people live close enough to their employers to bike, but choose instead to drive. By biking to work you will not only be getting exercise and working towards your goal of losing 10 pounds, you will be saving money and doing a good thing for the environment. Try and think of other small changes in a similar vein: take the stairs instead of the elevator, go for a walk on your lunch break instead of sitting at your desk. Although these changes may seem small and suspiciously convenient, they will go along way towards losing weight.

The other more pro-active way to lose 10 pounds through a lifestyle change is to engage in more athletic activities. Take up a sport, or go hiking on weekends. The beauty of this is that these things are entirely recreational: you're having fun at the same time that you're losing weight. It's much easier and more enjoyable to commit to going on a hike every weekend or playing tennis with a friend than it is to sit alone in gym: after all, there's a reason they call it "work"ing out.

Lifestyle changes go a long way towards losing weight, and anyone who incorporates some of the changes listed above should find themselves easily able to lose 10 pounds.

Adjusting Your Eating Habits

When people think about losing weight, the first thing that usually comes to mind is a diet. Your diet is, of course, one of the most primary influences on your overall weight, and you would be ill-advised to overlook it in your attempt to lose 10 pounds. However, rather than thinking only about your diet, you should think about your eating habits as a whole. By looking at the bigger picture you will be able to effect more permanent changes on your weight.

In some cases, and for some people, it is possible to lose 10 pounds quickly through some hard and fast dietary rules. The problem, though, is that these rules are likely going to be restrictive, so there's a good chance that they're going to be hard to stick to. Not only that, but if you do stray from the restrictions, those 10 pounds are going to come back quickly.

A much better way to try and lose 10 pounds is to adjust your overall eating habits. While it may ultimately take a little longer to lose the weight this way, the weight loss is far more likely to be permanent. To lose 10 pounds by adjusting your eating habits, you have to first give those habits close scrutiny. If you stop and think about it, you'll probably be surprised how often you eat when you are not actually hungry. For example, many people eat in front of the TV not because they are hungry, but out of habit. In the same manner, you probably eat the same amount of food at the same times every day, with little regard for your hunger.

The way you're going to lose 10 pounds, then, is to listen more closely to your body. The stomach sends very clear signals, but they are slow: it is a rule of thumb that you don't "feel" full until 20 minutes after you actually are full. This is why people get overstuffed: we've all had the experience of wanting one more helping, only to regret it 20 minutes later.

So you should make an attempt to eat your food more slowly and to savor it - this will allow your body more time to signal to you how full it is. Also make sure to stop eating when you're full - you can always save leftovers - because there's no reason to eat food simply because it's there.

Altering your eating habits is one of the most effective and easiest ways that you can lose 10 pounds. For many people, weight loss will occur simply by reducing your intake of food. This doesn't mean you have to starve yourself, it just means not eating when you're not hungry. Following the guidelines above will allow you to permanently change your eating habits, and more importantly: to lose 10 pounds, and keep it off.

A Diet to Lose 10 Pounds

When looking to lose 10 pounds, it's important to understand that your dietary habits are just that: habits. In other words, there's probably not only a lot of things that you eat that you don't give much thought to, but also a lot of ways that you eat that you don't think about. By changing your dietary habits you will not only lose weight, but you will be able to keep that weight off.

Before you look at specific diets to lose 10 pounds, think about your eating routines. It's important to eat a wide variety of foods, and to eat in proportion. A sure sign that you need to incorporate more variety and balance into your diet is if you can only think of a few "standard meals" that you cook for yourself, or if you can only name a few

vegetables that you like. Not only will adding more variety to your diet help you lose those ten pounds, it will provide you with an opportunity to expand the range of meals you can cook.

The other thing to consider when trying to lose ten pounds is your eating habits themselves. We all naturally fall into routines, and there's a good chance that you eat roughly the same amount of food at the same time every day. While this is convenient, it's not necessarily what your body desires. When you eat, make a point of eating slowly and of stopping when you're full.

As simple as it sounds, many people eat what they prepare, when they prepare it, regardless of whether or not they are hungry. By learning to understand how your body is relating to the food you put in it, you'll be able to make permanent dietary choices that result in weight loss without being very restrictive.

Now, in some cases you're going to want to lose 10 pounds fairly quickly. If you find yourself in this position consider the following small dietary changes:

- Stop eating cream cheese: while you probably already know that cream cheese isn't healthy, you might not know that a toasted bagel can taste great without it.
- Remove Chicken Skin: A simple way to reduce fat is to get in the habit of removing the skin from chicken breasts. You'll find this easy to do by scraping a sharp knife perpendicularly across the surface of the breast.
- Skip Salted Peanuts: Peanuts are a great and filling snack when you're hungry, but try switching to the salt-free variety. You'll be surprised how quickly you get used to them - in fact you'll soon find salted peanuts unappetizing.

These are just some of the small changes you can make to your diet in order to lose 10 pounds. But Remember: if you want to keep the weight off, you'll have to make some of the more permanent dietary changes listed earlier as well.

Stick to a Routine

As anyone who has tried it knows, one of the hardest things about a weight loss regimen is just that: the regimen. The reasons most diets and exercise routines fail is simply because they are difficult to stick to. One of the best things you can do to avoid this pitfall is to come up with a realistic plan before you attempt to lose 10 pounds, and to incorporate that plan into your daily routine.

It's important that you do your own research to come up with a plan that works for you, but as an example let's consider the following: let's say to lose 10 pounds your plan calls for 30 minutes of exercise 5 days a week, and to cook 3 new and healthy meals a week.

None of these things should be particularly cumbersome, but if you fail to plan and organize them into your routine it will be easy for them to fall by the wayside.

Let's start with the exercise. If you want to exercise 30 minutes a day, when are you going to do it? Don't just say to yourself "whenever I can squeeze it in" as that is a guarantee that it will get squeezed out. Depending on your job and family responsibilities, it's going to be best for you to either exercise before work, at work, or after work. Exercising before or after work could entail using a stationary bike while watching TV, while exercise at work could be taking a brisk walk during your lunch hour.

Whatever choice you make, make sure you stick to it. In order to lose 10 pounds you have to think of this exercise as part of your daily routine, as regular as anything else you do throughout an average day. If you don't do this, the exercise will become an "extra" thing you do, and will be the first thing dropped from your agenda when you get busy.

Now let's look at the diet in this example. You're going to lose 10 pounds by making 3 new meals a week. Again, this has to be planned and part of your routine. Decide what days you're going to cook them, decide what (earlier) days you're going to plan them and shop for them. If you fail to do this you'll find that you simply don't have the time for 3 new meals a week. And the problem, of course, is that most of us really don't "have time" for anything, so unless we make the time, it's not going to happen.

To lose 10 pounds is not as difficult as many people may think, and be careful to not get completely wrapped up in the ideas of diet and exercise. While these things are the fundamental tools to losing weight, they won't work if not properly incorporated into your daily routine.

How To Lose 10 Pounds by Exercising

Before beginning your attempt to lose 10 pounds, sit down and take a look at your lifestyle. Are you active? Do you watch a lot of TV? Do you spend your day in an office in front of a computer? Most people don't get nearly the amount of exercise they should be getting, and although this is a bad thing, it also means that your body will respond quickly to an increase in exercise.

The reason exercise seems difficult to most people is that it can seem like more work than it actually is. A lot of people who want to lose 10 pounds by exercising immediately think of a gym, and a regimen that they don't have time for. While there is no doubt that going a gym is one of the best ways you can exercise, it is far from the only one.

Most of us live very inactive lives. Think about it: you probably drive to work, sit for 8 hours, and drive home. Once you get home you're tired enough that you simply want to "relax." It may seem difficult to work exercise into this routine, but you'll find it's not

that hard at all. By simply acquiring an exercise bike, Stairmaster, or the like, you can watch TV or listen to music while you're exercising. This is a great way to "wind-down" after a day of work - plus if you're going to be watching TV anyway, you're not losing any time, you're simply doing two things at once.

Another good idea is to try and get some exercise while you're at work. Think how often you end up staying in your office on your lunch break. Instead, why not take a walk? It may not seem like much, but if you did that every day, you'd be walking 5 hours a week, which is a pretty great start towards getting some more exercise. On the weekends and in the evenings, take up a sport or an active hobby like hiking. The key is to find ways that you can get exercise while also doing things you enjoy.

You can lose 10 pounds fairly quickly by starting a serious exercise regimen, of course, but that's not necessarily the best way to do it. If you make your exercise like work, it'll start to feel like work, and it will become tempting to put it off and avoid it. If you incorporate exercise into your daily routine, however, it won't seem like work at all - it will be fun. And the best part of all is that the more you exercise the more energy you'll have: instead of being tired when you come home from work, you'll feel like doing something active. Before you know it that 10 pounds you lost might become 20.

Getting Up Early

There are two main reasons why you can more easily lose 10 pounds by exercising in the morning. The first has to do with the fact that it is much easier to build into your daily routine. One of the keys to losing weight by exercise is to do it regularly, which many people find difficult: it's always hard to find time. So a great reason for exercising in the morning is that you'll have very little distraction. In many ways, you are literally "making time" for the exercise by starting your day earlier.

Now, in terms of your goal to lose 10 pounds, morning exercise will be more effective because you will be burning calories from fat already in your system. This principle is based, of course, on the idea that you don't eat before you exercise. The way you're going to lose 10 pounds is by burning fat, and when you exercise your body normally burns both fat and carbohydrates. Now it gets a little more complicated: your body's main and preferred energy source is carbohydrates, so when you exercise you will (more or less) burn carbohydrates first, and then your body will dip into its fat reserves.

Carbohydrates come from your meals, so when you exercise at a normal time of the day your body will have plenty of carbohydrates to burn. In trying to lose 10 pounds, however, you're hoping to burn fat. If you exercise in the morning on an empty stomach, you're burning energy at a time when your body's carbohydrate levels are the lowest, and therefore more fat will be burned with the same amount of exercise. There have been studies that suggest over 250% more fat is burned when you exercise in this state.

There is never any immediate way to lose 10 pounds - ultimately, losing weight requires smart dietary decisions and a well thought out routine of exercise. By exercising in the morning, however, you will be giving yourself a distinct advantage in that battle to lose 10 pounds - you will be privy to not only a physiological advantage, but also the practical one of conducting your exercise at the beginning of the day without distraction.

Lose 10 Pounds by Jogging

Depending on who you talk to, jogging is considered the best exercise to lose weight. The reason is because the high intensity of jogging burns a lot of calories. If you're looking to lose 10 pounds, there are a lot worse things you could try than a half-hour jog a few times a week.

Jogging is also preferable for many people because it incorporates exercise in a more interesting way: trying to lose 10 pounds by going to the gym 3 times a week isn't a whole lot of fun. It will certainly feel like "work" as you count off the minutes of your workout. Jogging, on the other hand, requires nothing but a pair of shoes, and allows you to enjoy some scenery.

One of the problems people face when trying to lose 10 pounds is incorporating exercise into their daily routines. Most of us are busy enough as it is, and can't find the time to go to the gym at scheduled intervals. If you're trying to lose 10 pounds, you'll find that jogging is a much more flexible activity - you don't have to drive to the gym: you can do it wherever and whenever you want.

While jogging is an excellent way to lose 10 pounds and increase your fitness level, you should keep in mind that it is harder on the body than a lot of other physical activities. Jogging involves lurching your full weight around repeatedly - this is precisely why it's such a good workout - and this can cause stress on the joints in your knees and feet. You should also keep in mind that jogging is an intense physical activity, so if you're starting from a very low level of fitness it may be a little too much, and you may want to work up to it.

As long as you keep the above in mind though, you'll find jogging an excellent way to lose 10 pounds. As an added bonus, jogging is recognized as one of the best ways to maintain weight as well, so you don't have to worry about a diet that gains all the weight back once it's stopped. And even though you may be jogging primarily to lose those 10 pounds, you'll also be doing wonders for the health of your heart and cardiovascular system.

Lose 10 Pounds by Biking

Most people, when they think of weight loss, think of unappetizing diets or strenuous exercise regimens, but it doesn't have to be that way. If you're looking to lose 10 pounds while still having fun and getting some fresh air, look instead to what was probably one of your favorite childhood activities: bicycling.

There are many benefits to biking, but the main one is that it's really the only form of exercise that can also function as transportation. The reason it's difficult for many people to lose weight is because to try work too much time into their already busy lifestyles. For example, let's say your plan is to lose 10 pounds by getting a gym membership and going a few times a week. While this may be great at first, there's a good chance that it's going to start interfering with other commitments: one day you have to stay late at work so you skip gym; one day you have to pick up your son from soccer practice so you skip. Eventually it becomes easy to break the gym routine, because it's always going to seem like some "extra" that you don't always have time for.

Now say instead of going to the gym to lose those 10 pounds you decide to bike to work. While it may take a little longer to lose the weight, by biking to work you're really losing no time at all. If you live in a city there's a good chance that it's not going to take you a whole lot longer than a car trip does. So basically you get to lose 10 pounds "for free", as it were, because you don't have to make time for exercise.

When you engage in most other forms of exercise, you're engaging in it exclusively: you're not getting anything else done when you're at the gym. With biking, on the other hand, the exercise is almost a secondary bonus to the primary function of getting somewhere you need to go. Add to this the fact that you're saving money on transportation and doing good for the environment, it's hard to argue against biking as one of the best forms of exercise.

By simply biking to and from work every day you should be able to lose 10 pounds fairly quickly without affecting your schedule too much. If your employer is a far enough distance away from you that you must drive, consider instead using a bike for errands outside of work. And if you want to really lose those 10 pounds quickly, start biking for recreation too - some weekend bike riding will do wonders for weight loss.

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