



Article published on January 10th 2012 | [Weight Loss](#)

With obesity being a serious problem people are getting concerned regarding the control of body weight. One looks for various ways for losing weight. One has to follow a strict diet plan and exercises to lose weight. Though there are not much of difference in the weight loss routine of men and women here in this article you will get some important weight loss tips for men, get to know about weight loss foods for men and some important weight loss exercise for men which if done properly are very effective in losing weight.

Some important weight loss tips for men are-

It is very important to make the required change in the diet plan by including weight loss foods along with doing exercises

Diet control is more important than the exercises

Weight loss should be considered as the lifestyle not a program which one will follow for some days and forget

While designing the diet plan or planning the weight loss exercise for men it is important to take the help of the professionals as they can calculate the calorie requirement of the individual body and plan accordingly

Men have to remember that weight loss program does not mean starving or making the body devoid of essential nutrients

It is very important to -

Eat 4 main meals and two snacks

Avoid any fatty food and sugary food in the diet such as cakes, pies, crackers, chips etc.

Drink water before each meal which will reduce your desire to eat more

Processed foods should be avoided as these contain some chemicals which are harmful

Inclusion of fruits and vegetable in the diet are very effective weight loss foods for men

Low fat foods like low-fat mil products like cheese, fat-free milk should be included in the diet

Carbohydrates are necessary for the body so whole grain products should be included in the diet

Good fats like omega-3 fats which are mostly obtained from the fish should be included in the diet plan

Weight loss exercises for men like squatting, push-ups, pull-ups, stretching, weight lifting which are aiming at the muscle building are very good calorie burners

Regular walking, swimming and cycling are also very good activities to lose weight

All the above weight loss tips for men along with a healthy lifestyle will definitely be effective in shedding excess weight from the body.

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[Vidiya](#) - About Author:

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Article Keywords:

Weight loss foods for men, weight loss tips for men, weight loss exercise for men

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