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How can teenage girls lose weight? - Explained

Well let us speak of it the obvious way. We, the so called self conscious people are trying our best to maintain a good physique. Well, some call it a necessity for good life, others call it self-awareness. Either way, it is important and we should always keep trying to maintain a good physique and live a healthy life. A good physique is a highly wanted attribute for a teenage girl. So, for all the girls who are on the heavier side, here are a few ways which helps you lose the extra calorie.

Diet - The real concern for how can teenage girls lose weight

Let us take in the topic diet. The diet followed by teenage girls these days is really of concern. They feed mostly on junk foods, chocolates and all that which puts on an extra weight on the body. One should learn to say "no" completely to these stuffs. One needs to stay as far away from fast food as possible. Instead eat products of lean meat, bread obtained from grain, turkey, fruits, vegetables, nuts. Mouth watering but calorie additive stuffs like pizzas and burgers must not be taken more than once or at most twice a week. So, a healthy diet is the prerequisite. Here is an attempt to pinpoint the nutrients requirements that are to be met for a healthy diet. Breakfast should comprise mainly carbohydrates, dairy, and a bit of fat, Lunch solely of carbohydrates, proteins and vegetables. Dinner again almost the same as that of lunch but less in quantity. A snacks or light meal may be included in the interval between lunch and dinner. However, avoid fat and oil containing eatables in this, no matter how big a foodie you are.

Exercises – It really helps!

Next thing on top of your 'to-do' list is to prepare a workout chart. There are no alternatives to exercising. The best way to reduce weight and keep your figure tight is to exercise regularly. Exercising starts at mere walking and jogging. So, next time take the stairs instead of the lift. Morning walks are a jewel to keep people of all ages fit. So, it applies to losing weight too. If you are a beginner do 30-40 minutes of exercising 5 days of every week. Sit-ups and crunches help, and also do stretching exercises. After you build up your cardio, you are supposed to exercise for an hour five days a week, adding to an approximate 300 minutes a week. This will help reduce you a few pounds and safeguard you a good physique. Records show exercises have helped reduce weights by amounts like 5 to 10 pounds in an interval of only a few months

It is approximated that to reduce a pound you need to burn thousands of calories. So, it is highly required of you to follow a routine in order to get yourself into the desired shape. So, your diet should supplement your workout schedule. Proper bedtimes, healthy eating habits and intake of sufficient amount of water matters a lot. So, tune your daily routine in such a way that you find enough time to grease your muscles and dust off the rust added to your body. So keep exercising, keep reducing and find yourself in a great shape.

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