

Want to keep your waist slim and still healthy, you must remember 14 things carefully!

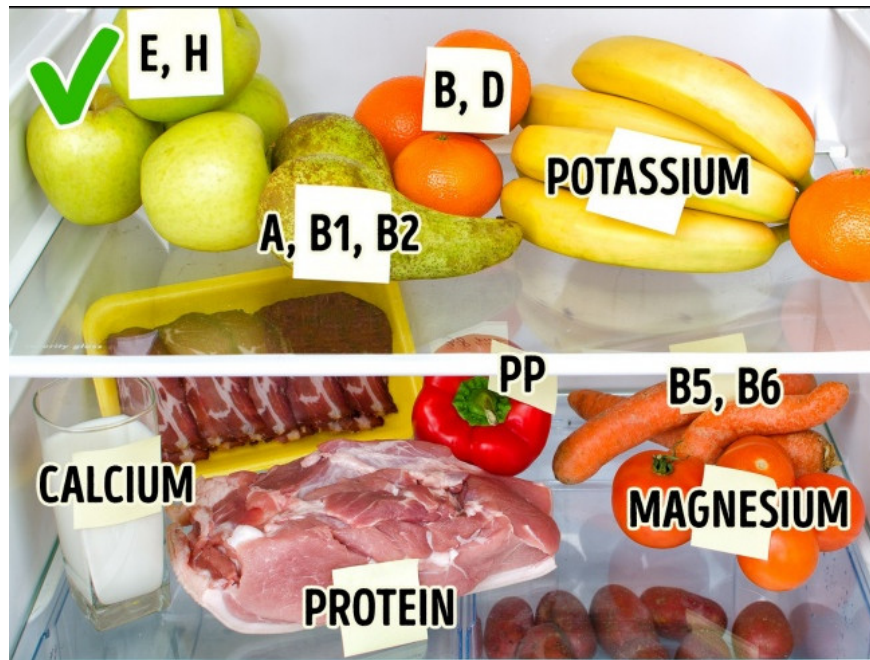
Want to keep your waist slim and still healthy, you must remember 14 tips that have been scientifically proven so that you don't have to make too much effort!

1. 9 bad habits should be removed immediately if you don't want to get in trouble
2. 10 things you may be doing wrong every day without even realizing it
3. 12 tips to beat sleepiness to be alert when working

You can find millions of tips on the Internet about how to stay healthy and how to have an attractive physique: count calories, eat less, exercise a lot, etc. But there are many scientists there are other views. Here are 14 tips that scientists have proven to help you easily maintain good health without too much effort.

1. Stop counting calories every day





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Food quality is more important than calories. A study of nutrition department at Harvard School of Public Health found that processed foods and sugary drinks are the biggest cause of weight gain. So, pay attention to how good the food is, not how many calories it has.

2. Eat lots of vegetables



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Fruits and vegetables are foods that contain lots of fiber and water and useful micronutrients. Scientific research has shown that if you eat a lot of vegetables and fruits, health will improve significantly. Therefore, if you go to the supermarket, buy half a basket of fruits and vegetables to balance health.

3. Eat what you want

We often avoid eating the products we love for a while but we can't keep it for long. As a result, we eat more and become overweight. To stay healthy and keep your body in shape, you can eat whatever you want and enjoy each piece without feeling guilty, as long as you consume more than the calories you load into your body. When you stop yourself from eating your favorite foods, you'll always think about it.

4. Use "two-piece rule"



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If you really want to eat something unhealthy, cheat your brain by: Biting a piece and drinking a glass of water and then taking another bite. Soon after, you will realize that the feeling of fullness is much faster and avoids overeating.

5. Start your day with protein

According to the E. Wolfson Medical Center study at Tel Aviv University, protein-rich foods reduce the "hungry hormone" - ghrelin in the body. This will help you not only have a long time but also avoid eating a lot, leading to loss of control and weight gain.

That's why eggs, chicken and yogurt are often chosen for breakfast because it can help you feel full until lunch is more effective than eating a carbohydrate breakfast.

6. Walk 2 minutes every hour

If you have to sit a lot while working, apply the principle of walking 1-2 minutes per hour. You can find a reason to visit another department in the office, walk to the upper floor or go out for a minute. This will help your body work throughout the day.

7. Do not eat snacks in the package



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You can eat large amounts of chips, biscuits or candies from a large package within 5 minutes. Placing snacks on a plate or arranging them into smaller bags will help you control the amount of food you have eaten and when to stop.

8. Use "10-minute rule"

The 10-minute rule fits all good habits. If you want to go to bed early, go to bed 10 minutes earlier than originally planned. If you want to practice yoga but can't find your free time, start with 10 minutes a day.

9. Choose big meals



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The professors from Pennsylvania conducted a study and came to a conclusion: Much of the food or meal with lots of water is a great way for you not to eat too much. So eating a large bowl of salad will fill your stomach faster than a large bowl of nuts and this will make you feel fuller without fear of fat.

10. Reduce the amount of sugar consumed to 6 spoons

A large amount of sugar in foods increases the risk of type 2 diabetes. It also leads to obesity. Health experts have made recommendations about daily sugar consumption: 6 spoons per day for women and 9 spoons per day for men.

11. Be selfish

Selfishness means to think that you are the most important person. Diet expert Ann Fletcher advises you to put yourself at the forefront and care about yourself and your body. So you can take care of yourself best and be aware of your own health.

12. Move the desk closer to the window



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Research shows that receiving a large amount of sunlight has a positive effect on two issues: sleep quality and performance. So, to be healthy, find a workplace that has enough light like near a window.

13. Drink warm drinks

Warm drinks reduce the amount of metabolic waste, thus slowing down the aging process. Tea or a glass of warm water (preferably 30 minutes before a meal) speeds up digestion, increases metabolic productivity and improves blood circulation.

14. Do not brush your teeth after eating



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Experts recommend that you should not brush your teeth immediately after eating - it should be done at least 30 minutes later. If you eat or drink something sour, do not brush your teeth after eating to avoid damaging tooth enamel.

Would you like to learn about other useful tips? Let us know in the comment section below!

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