

*Fastest Ways  
to  
Lose Love  
Handles*



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The information in this report is not intended to treat, heal, cure, diagnose or prevent any health condition. It is purely for educational purposes, and further research is recommended. Please consult a health care professional if you are experiencing any health condition or undergoing any treatment.

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Discover ten easy tips to help you [lose love handles fast](#), but it will be up to you to make it happen. Following these tips will give you a good plan to start trimming those problem areas. If you implement most or all of these tips you will be well on your way to achieving your [weight loss](#) goals.

## 1. Eat Lean Protein.



Protein broken down by your body into amino acids, help build and repair muscle tissue throughout your body. Eating portions of lean meat, fish, eggs, whey and nuts with complex carbohydrates and good fats is essential for good health, which improves your [metabolism](#) to help lose your [love handles](#).

## 2. Vegetables are a Must!



Most vegetables are key complex carbohydrates that release their sugars slowly into your body. Not all vegetables are equal, where possible eat all above ground vegetables and limit or cut out below ground veggies. When you have reached your goal weight, continue to eat these below ground vegetables like; potatoes, carrots, beets etc. in moderation.

### 3. Drink Pure Water.



Water is only second to oxygen in keeping us alive. Drinking water between or half hour before meals, helps make you feel full, keep you hydrated and assist your [metabolism](#). Drink clean filtered water that is high in minerals and alkaline.

#### 4. Increase Muscle.



Toning or [building muscle](#) will natural assist you in burning body fat! If you want to [lose love handles](#) just doing ab exercises is not enough. When you gain weight is it usually all over your body, so you should work out all muscle groups each week.

## 5. Don't Just Run!



Running is great for your cardiovascular system but when it comes to losing your [love handles](#) the more effective method would be to Interval Train instead. Interval Training is a type of physical training that involves both high intensity and low impact activity. For example, running for one minute then walking for one minute repetitively for at least half an hour, two to three times a week.

## 6. Get a Workout Partner.



When you are working out its good to have an [exercise](#) buddy or partner to train with. It's a great way to keep each other on track and keeps you accountable and consistent in your [exercise](#) regime.

## 7. Switch off the TV!



Watching TV can be a waste of your time (unless you are using it while [exercising](#)); you will burn next to zero [fat](#).

## 8. Set Yourself Goals.



It is important to write down your weight loss goals and display them where you will see them every day. Make your goals effective, they should be written as if they have already happened on a specific date in the future and must be achievable.

## 9. Take Time Out to Relax.



Take time out to relax if you are stressed out. When you are stressed, your emotions take over and it is harder to lose weight especially if your adrenal glands are working in over drive. You may find yourself doing the opposite and gaining weight instead.

## 10. Plenty of Rest.



Getting a good night's rest and sleeping 6 to 8 hours a night in complete darkness (if possible), will help your body release [hormones](#) and repair itself. You will find over time that when you are well rested you have more energy during the day.

You may find that some of these tips may take a little time for you to adjust to and only doing one or a few may not do anything at all with your weight challenges. It is really up to you to take control of your own health; no one can do it for you.

You have to push yourself to where it is uncomfortable and take it to the next level. Just being good at something is at sometimes not enough, you must go from good to excellent to outstanding or “standing out” to achieve your ultimate [weight loss](#) goals.

