



## The Best Lifestyle Changes For Weight Loss Shared By 80 Fitness And Nutrition Experts

The best lifestyle changes for weight loss are the ones that you can hold on to all the time, not only when you are trying to lose weight.

Most people have an idea about what they do to lose weight but they are still struggling to achieve their goals due to unhealthy diets which oftentimes feels like they are starving themselves and inconsistent or incorrect workout plans.

To avoid all these issues you must adopt healthy habits that you can integrate into your daily routine.

We reached out to 80 fitness and nutrition experts and asked them to share their insights regarding this topic.

The question we asked them was:

### ***What are the best lifestyle changes for weight loss?***

Hope Zvara



The key is lifestyle changes. This means upgrades to your life that you plan to do for the long haul.

Before you decide what to change, consider what you are willing to change and stick with? Build momentum with that and then add on another thing.

As for what to do to encourage weight loss, make sure you are drinking plenty of water, roughly half your body weight in ounces. Your body can't flush toxins or stay regular when you are living on the verge of dehydration.

The second is to improve your fiber consumption. Aiming for 30 grams of fiber a day can help good gut bacteria, improve your metabolism, improve insulin response, and help with weight loss.

But take it slow when adding more fiber and drink that water. You may otherwise notice short-term bloat or constipation as your body adjusts.

Here's a quick tip, remember the three B's: beans, broccoli, berries to get you started eating for weight loss.