

How to Lose Water Weight in a Week – Weight Loss Tips and Exercises

Deblina Biswas [Weight Loss](#)

What is the hardest part of losing weight? The answer is pretty simple, it's spending the time and putting the effort to lose the pounds. But there is some good news, you may be able to [lose weight in as short time](#) as a week! Before you roll your eyes, we will tell you how. If you bring about the right changes in your eating and exercise habits, you will surely see results in a week's time. We will let you in on some weight loss secrets that have worked wonders for most of us.



Change your Eating and Workout Habits

To get closer to your weight loss goals, you need to make some serious changes to your dietary and exercise regime. Starving is certainly not the answer. If you starve, the weight you tried so hard to lose is only going to come back. So, try and incorporate the following [healthy habits into your daily life](#) and you will soon get closer to your goal weight.

1. Cut out sugar and salt

When you are piling on the kilos like crazy, you need to check your salt and sugar intake.

More often than not, you consume way more than is usually recommended. Sometimes when you try and reduce sugar, you try and compensate it with salt. But salt actually causes more bloating.



Here is how you can banish bloat quickly, get your sodium intake down to about 1,500 milligrams per day and cut the sugar down to 20 grams.

Your body will shed all the water weight and reveal a leaner look. Once you follow the tip you will see an immediate change.

2. Cut down your portions

Yes, you need to be more careful with your portion size. If you cannot do away with your large plate and larger portions, chuck out the thought of losing weight.

It is a simple trick, when you take a smaller plate you end up eating smaller portions.



So, you automatically manage to cut down on calories. The good news is that when you practice portion control you will soon get so used to it, and won't feel the urge to overeat or binge.

3. Eat mindfully

We have tried this and it has worked wonders for us. Just eat slowly, enjoying each morsel. Be aware of the taste, chew the food properly and then swallow it. Give your food the importance it deserves.

Eat in peace without any gadgets taking your mind away from the food you eat. Eat in your dining room without any kind of distraction.



You will be surprised by the fact that only a little amount can curb your cravings. You think that you need to eat a lot of food, but the fact is you need only a little amount to meet your nutrient requirements. So eat as much as you require, and you will see the pounds melting away without trying too hard.

4. Clear out your fridge for the week

We all have this habit of stashing away chocolates, puddings and ice-cream in the corner of the fridge.

You keep it to satiate your midnight cravings and sometimes your mood cravings. When you are all weebegone, food is that one thing you can take solace in, which shouldn't be the case at all!



So if you are sad and depressed and sit with a tub of ice-cream to drive away the blues, those extra pounds will definitely not go away in a hurry!

We know that there are temptations galore outside your home, so you might as well make your home resemble a sanctuary. For one week, surround yourself with healthy stuff. Once you start to get the results, there is no stopping you.

5. Sleep right

Your fluctuating sleeping patterns are one of the reasons you put on weight. When you are sleep-deprived, there is a greater tendency of you skipping your workouts the next day, since you won't be up for a grueling sweat session.



The next day, you eat all kinds of unhealthy foods to get a sudden burst of energy. There is also research which has substantiated the fact that your snacking tendency hits the roof when you skimp on your sleep. You also tend to eat larger portions, quite a recipe for disaster!

6. Drink more water

Yes, this for a fact works big time! Drink a glass of water whenever you feel hungry. This will not only reduce your appetite and [boost your metabolism](#), but also give you enviable skin.



Add slices of ginger, cucumber and lemon in your water to make it more interesting and less bland. So stay hydrated, losing weight is just one of the benefits. There are plenty more.

7. Drop a sweat

You need to exercise, period. But exercise does not mean you have to run for an or pump iron for an hour. Do something which will keep you interested in the exercises or do something short and exhilarating like interval training.



The short burst of exercises will boost your metabolism and help you shed the kilos faster. Research shows that interval training, a workout in which you alternate periods of high-intensity exercise with low-intensity recovery periods is really very effective.

It increases fitness and burns more calories over a short period of time than cardio at a steady pace. Notch up your fitness game with this absolute winner.

8. Eat at home

The best way to keep a track of calories is eating home-cooked food. When you are eating at a restaurant you have absolutely no control of the quantity of oil, the salt or the sugar.



So, you end up eating much more than you are supposed to and the end result is more weight gain. Eat at home if you really want to flaunt your lean avatar. Eat wholesome, unprocessed and nutritious food, and your body is bound to change for the better.

9. Reduce your carb intake and up your good fat intake

When you want to shed the extra kilos, you need to stop loading up on carbs, especially the refined stuff. Whole-grain is good, but then you need to be more mindful of the quantity.

Low-carb diets have benefits that go way beyond just weight loss. They lower the sudden spikes in blood sugar, blood pressure, and triglycerides. They raise the HDL (the good) and reduce LDL or the bad cholesterol.



Low-carb diets help more in weight loss and improve health much more than calorie-restricted low-fat diets. In fact, good fats, which have been demonized until now, are now hailed once again because of their positive impact on our health. They help you have better blood-sugar response, higher fat loss and also keep chronic diseases at bay. So, it is time to stock on your nuts, seeds and oils like coconut oil, ghee, and grass-fed butter.

Top Exercises to Lose Weight in a Week

First, you need to stop obsessing about your weight. When you are too stressed out, you don't lose weight, you just gain more weight. So, you need to stop worrying, just give it your all and focus on being happy. You don't know what a great difference a few minutes of exercise can do to you!

Endorphins change your mood, arm you with a positive attitude and a leaner body, so what more can you ask for? Here is a compilation of top exercises which you must incorporate to lose those love handles and extra kilos.

1. Push-ups

There are very few exercises more effective than a push-up. In fact when we are too pressed for time to include an hour of exercise, we sneak in a few push-ups, just to be satisfied with the fact that we are doing an exercise which is hitting every major muscle group of the body.



That's it; you don't require any fancy equipment, just your body and an indomitable will. This exercise trains the muscles of chest, shoulders, and arms.

The push-up is a basic exercise that can be done by simply raising and lowering the body with arm support. Tricep pushups are performed by placing your hands on the floor right below your shoulders while keeping your body straight. Now lower your torso by bending your elbows and pushing back into the initial position. If this feels difficult, you can make it easier by keeping your knees on the floor.

2. Squats

Squats are really effective exercises for your buttocks and legs. The squat is actually a position in which you make a movement as if you are going to sit with knees bent close to the heels and thighs parallel to the floor. It is a full body workout that hits your hips, thighs, and buttocks.



This exercise needs a great form, so you have to ensure you don't stress your knees too much, as you might end up injuring them. Put the pressure on your glutes while you sit and remember to keep your torso straight. Now repeat this exercise a number of times to tone and change your body.

3. Jumping jacks

Jumping jacks are a very effective all over body exercise good for cardiovascular health and strengthening. The alternating action involving the movement of the arms overhead and the legs stretched out speeds up your heart rate, therefore stimulating blood flow to a large number of muscle groups. The best part about this exercise is that there is no equipment needed, all you need is some space.



Stand with your feet together and keep your hands down by your side. In one swift motion, jump your feet out to the side and then raise your arms above your head. Immediately reverse that motion by jumping back to the starting position.

4. High Knees

It is a great exercise which sets your heart pumping. If performed regularly, it improves flexibility and adds more power in the lower limbs.



Stand straight with your feet hip-width apart, look straight ahead and let your arms hang down by your side. Keep jumping from one foot to the other at the same time and lift your knees as high as possible; about hip height is advisable. The arms should follow suit. Touch the ground with the balls of your feet and you are good to go.

5. Plank Jacks

This is a great exercise for strengthening the core as well as the lower back, it can be practiced anywhere without the need for any equipment.



Start in the plank position but keep your elbows bent, your weight should rest on the forearms. The body should be aligned in such a way that a straight line is formed from the shoulders to the ankles. Engage the core by

contracting your abs. Jump with feet out to the sides as if you were doing a jumping jack, but keep the upper part of your body still. Return the feet to the position where you started, to form one rep.

6. Burpees

Burpees are a full body exercise which work on a number of muscle groups. They torch a lot of calories in very less time. You can do burpees anywhere you want, as it is an equipment-free workout which uses only your body weight. They help boost strength and endurance, which definitely helps with daily activities and enhances your physical strength.



Stand with your feet hip-width apart and your arms down by your side. Lower yourself into a squat position and place your hands flat on the floor right in front of you. Push your legs backward into a press up position and lower your torso to the floor. Push back your chest up to the press up position and push both feet forward so you that you go back to the squat position. Jump up with force and raise both your hands over your head.

Do these exercises for 1 minute each, rest for one minute and then move on to the next one. You can do them for at least 3 sets.

Well, now you know the answer to the question of **How to lose Weight!** You can shed some of those extra pounds with these simple tips and exercise regimes. Make fitness a part of your daily life, just eat right, move more, sleep right and you will soon be able to flaunt a toned and slimmer avatar in as little as seven days!

Related Posts



[10 Amazing Health Benefits of Green Tea – Preparation, Facts & Effects](#)



[Top 15 Healthy American Meal and Dessert Recipes for Weight loss](#)



[9 Benefits of Apple Cider Vinegar for Weight Loss – Homemade Drinks](#)



[How Fiber Rich Foods Can Help Weight Loss and Build Solid Body](#)