

[IMAGE]

## 3 Steps to Losing Weight

By Editorial Staff

brain - Copyright © Stock Photo / Register Mark **Mindset**

When it comes to getting in shape, too many people dive into a strict exercise and diet program without the proper mindset. That's why weight comes off, then comes back on, and why garages nationwide are littered with unused workout equipment. To lose weight permanently, you need to cultivate a don't-fail attitude and remember that health is a lifelong pursuit, not just a quick fix.

gears - Copyright © Stock Photo / Register Mark **Movement**

The more you move, the more calories you burn - that's a fact. The more calories you burn, the more weight you can potentially lose. Keep in mind that movement is really just that; you don't have to run for an hour on the treadmill or swim 500 laps to burn calories (although that will definitely work). Movement can be as simple as a daily walk, gardening, or playing with your kids.

muscle - Copyright © Stock Photo / Register Mark **Muscle**

Not enough people appreciate the science behind lean muscle and weight loss. The more lean muscle you have, the more it works for you. The premise is simple: Muscle tissue uses more calories than fat tissue because it has a higher metabolic rate. That means if you build lean muscle, it will elevate your metabolism and burn calories - even when you're not working out. How great is that?

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