

For Immediate Release

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**Five Easy Ways to Lose Five-Fifteen Pounds This Summer**  
Depending on what you need to lose, it could be easier than you think!

Michele Paiva, author of the soon to be released “Fattitude; Lose your F in Attitude” explains that losing weight this summer doesn’t have to feel futile just because it is summer already.

“One of the most important things to realize is that often the small changes have the biggest impact”, said Paiva.

Here is her list of five simple changes that can result in noticeable results before the first leaves of autumn change. Note that even doing ONE of them should result in a drop of weight, if it is not in your daily schedule already! The more of these you add, the more you will drop weight.

1. Cut out sugar. For some people who are addicted, this alone could result in fifteen pounds shed before September 1<sup>st</sup>. For some people, this will be the easiest way they’ve ever dropped five pounds. Note that Paiva does not recommend chemical sugar replacements but only would suggest adding Stevia or Honey to tea, coffee or baked goods as a substitute.
2. Oatmeal. Add oatmeal daily or, even twice a day. Get used to oatmeal warmed with water as a snack. You can add dried fruit such as raisins or dates or fresh fruit like apple chunks or banana slices to give it added flavor and nourishment. Oatmeal is healthy, filling and a perfect substitute for a sugary snack. The extra fiber won’t hurt either!
3. Stress Less: Incorporate learning meditation or stress reduction into your lifestyle. Lowering cortisol levels, a stress chemical, is a proven way to get your metabolism on track and decrease anxiety. It is the most enjoyable way to lose weight if you feel stress!
4. Walk More. One need not take up walking as a hobby, but it is true that walking even a little bit will result in increased metabolism and an increased sense of well-being. That will help drop stress levels as well as increase muscle, stimulate circulation and more. Just a minor change of walking the dog more or parking at a farther space while grocery shopping can do the trick; the snag is that you have to find a way to incorporate an extra few strides daily. Not hard to do once you see and feel the benefits.
5. This is the best one. Eat MORE. Many people who want to lose weight eat LESS and their metabolism is on halt. So, just eat more but eat healthy. Fresh vegetable and fruit are a great addition. A small bowl of oatmeal is another. A few crackers with peanut butter is another. Just try to add two or three small, healthy snacks to

your diet and you will see you will start to feel more hungry. As you feel hungry stick to healthy food. Your hunger is your metabolism waking up!

More tips like this on [www.loseyourfinattitude.com](http://www.loseyourfinattitude.com)