

Comment maigrir en 6 étapes

Les mauvaises habitudes...

... à remplacer par de bonnes habitudes

Être en surplus ou équilibre calorique



Vous êtes en surplus calorique : vous consommez plus de calories que vous en brûlez, vous prenez du poids.
Vous êtes en équilibre calorique : vous consommez autant de calories que vous en brûlez, votre poids stagne.
Ce sont les deux raisons physiologiques qui expliquent la prise de poids.

Consommer un métabolisme de base faible



Le métabolisme naturellement des femmes pour brûler ses calories est faible. C'est la raison pour laquelle la maintenance de base pour une femme de 60 ans pèse 1200 et 1400 kcal par jour. Sans les faibles habitudes, votre métabolisme reste stable, vous n'augmentez ni perdre plus de calories.

Exécuter les régimes



Les régimes ne permettent pas de manger durablement. Si vous ne mangez pas assez, votre corps s'adapte en diminuant votre métabolisme. Dès que vous réintégrez votre alimentation normale, le plus de calories possible sous forme de graisses pour faire croire les cellules de stockage que vous la brûlez avec votre régime.

Ne pas boire assez d'eau



Il y a un constat de 2012 : 75% des Français ne boivent pas assez d'eau, moins que les 1,5L quotidiens recommandés par les agences de santé. Vous pouvez penser ne boire le liquide qu'après la digestion, surtout pendant les repas. Or, la digestion a besoin d'eau pour fonctionner. Si vous ne buvez pas assez, vous ralentissez la digestion, ce qui augmente la prise de poids.

Manquer de sommeil



8h de sommeil ne suffisent pas. Si vous manquez de sommeil, cela provoque la production de graisses et de sucre qui sont les hormones qui favorisent la prise de poids. La production de cortisol, hormone qui favorise la prise de poids, augmente.

Manger trop de sucre



Consommer trop de sucre provoque la prise de poids. Le sucre est une molécule simple, elle est digérée et passe dans le sang. L'insuline, hormone qui permet de faire entrer le sucre dans les cellules, est produite. Le sucre est transformé en graisses, stockées par les cellules pour être brûlées si vous ne brûlez pas le sucre.

Être en déficit calorique



Pour maigrir, vous devez être en déficit calorique. Brûler plus de calories que vous consommez. Consommer à ce point peut provoquer un effet rebond. L'effet rebond est le fait de la réaction du corps pour compenser une perte de poids. 100 kcal en plus pendant 10 jours, ce qui provoque 10 kg de prise de poids.

Manger suffisamment et équilibré



Exécuter les régimes, vous devez manger suffisamment et équilibré pour que votre corps maintienne un métabolisme normal sans perdre plus de calories que vous en consommez. 1200 kcal pour une femme de 60 ans, 1400 kcal pour une femme de 40 ans, 1600 kcal pour une femme de 30 ans. Pour obtenir ce chiffre, il faut être équilibré, c'est-à-dire que vous devez avoir : 1/3 de protéines, 1/3 de glucides, 1/3 de lipides.

Éviter les sucres simples



Éviter les sucres simples, c'est-à-dire les sucres rapides. Les sucres rapides sont les sucres qui sont digérés très rapidement et passent dans le sang. L'insuline, hormone qui permet de faire entrer le sucre dans les cellules, est produite. Le sucre est transformé en graisses, stockées par les cellules pour être brûlées si vous ne brûlez pas le sucre.

Booster votre métabolisme de base



Il est possible d'augmenter naturellement le métabolisme de base. Boire 1 litre de 1L par jour, vous pouvez augmenter le métabolisme de base de 10 kcal par jour et maintenir la même vitesse pour les autres et faire le sucre et le sucre par jour. 10L de métabolisme de base en plus permet de brûler jusqu'à 10 kg de graisses en 10 jours.

Boire plus d'eau



Boire 1 litre d'eau par jour, cela aide à brûler les calories. Boire 1 litre d'eau par jour, cela aide à brûler les calories. Boire 1 litre d'eau par jour, cela aide à brûler les calories. Boire 1 litre d'eau par jour, cela aide à brûler les calories.

Quelques conseils pour maigrir



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