

# 5 Tips for Losing Weight at Home



Looking for small ways to stay healthy at home? Then you're in luck. Here are a few ideas to help you shed pounds that are backed by science.

## 1 Get Moving

Movement is a crucial part of a healthy lifestyle. Try walking at least once a day — even activities like gardening or cleaning can up your daily calorie burn and, over time, can help with weight loss.

## 2 Stay Hydrated

Dehydration can lead to overeating and low energy, resulting in less weight loss. Keep a water bottle at arm's length, so you can drink throughout the day. Adding a splash of juice or an infusion of fruits or vegetables may help make it more fun, too.

## 3 Boost Your Fiber

Eating more fiber keeps you full longer and has an array of other health benefits for lowering chronic disease risk and improving gut health. Add more fruits and vegetables to your day and high fiber whole grains, like oats, whole-wheat pasta, and quinoa.

## 4 Stand Up

Studies have found that standing for six hours a day can potentially trim up to five pounds a year, thanks to the increased calorie burn of standing. Try standing while being on the computer or during phone calls.

## 5 Sleep Healthy

Staying hydrated, eating enough fiber, and moving more can help you have restful nights and can lead to weight-loss success. Also try limiting caffeine before bedtime and sticking to a regular sleep and wake schedule.



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