

1. Go backpacking. Carrying a heavy pack and walking around a lot will help you shed a lot Of kilograms.
2. Exercise 3 to 5 times a week for at least 40 minutes. Cardio exercises do wonders and Any exercise beats sitting on the couch.
3. Cardiovascular training in the morning before you eat breakfast. This forces your body to utilize stored body fat for energy rather than carbohydrates.
4. If you are very unfit, start with 5 minutes of exercise and increase by one minute each day.
5. Walk everywhere (Carrying a baby while you walk also helps a lot) Use the stairs and not the lift.
6. Swim! Swim! Swim! One of the best exercises
7. Find a fun exercise. Join a softball team, commute to work on a bike, whatever. Your strategy should be time-sensitive – only make choices you can see yourself being committed to for a long time be it Gym, dieting or whatever. Temporary or short term choices won't work.
8. If you are resistant to exercising, consider volunteer labour such as taking your dog for a walk. Do beach or riverside clean ups with a local environmental group. Volunteer on building or repair projects.
9. Do not do weight training or resistance training. You will build muscle and see no weight loss, which is very de-motivating.
10. Make friends with physically active people. If you have very active friends, you will be exercising without even noticing it because you will be having fun.
11. Do squats while brushing the back sides of your teeth and calf rises while brushing the fronts. At least this way you get in some exercise – ensure you brush long enough.
12. Take the stairs. Walk or bike ride that short distance instead of driving.
13. Start walking outside to get fresh air, which translates into a better mood. If it rains, use a treadmill but walk fast enough to increase your heart rate.