

Published based on [How do I reduce my weight ?](#)

# How do I reduce my weight ?

## **Asked: How do I reduce my weight ?**

I am 21 years old. I weigh 64 kgs or 141 pounds. My height is 156 cms.

I don't have bad eating habits. I don't have oily food, sweets, chocolates, cakes or anything of that sort.

I am an vegetarian. I have undergone all medical tests and I don't have any health disorders. I do all my home chores myself ie., I have the minimum physical activity. I don't have a gym in my area.

Please suggest. how do I reduce my weight ?

## **Answers:**

### **Answered:**

64 is not over weight and I think you don't need to lose your weight. Just do some exercises in routine to maintain your this weight and try to eat healthy .

### **Answered:**

When you are losing weight, you should exercise and diet together.

If you exercise without dieting, you will get bigger appetite, which will lead to increase of weight, or muscle grow

underneath the fat layer, and make you bulkier. If you diet without exercising, you will become flabby and will have excess skin. For

diet, go wheat free. No pasta, pizza, bread and so on. And no food after 7 p.m. People achieve marvellous results with it. Depending on

your initial weight, you can drop upwards from 20 pounds a month. If you don't eat wheat then you don't eat all those sticky, fatty goey

cakes, you don't eat junk food, and you don't eat biscuits. But your diet is still balanced. It costs nothing, and you do not have to

calculate points or to buy special meals or plans. For exercising, start with walking, and then switch to running/jogging. Running is the

most efficient and calorie-burn exercise ever. If you are overweight a lot, walk first or you may have health complications (heart attack,

disjointed bones and so on). Weight lifting is a good means to target your problem areas for men and women. It's not necessarily to become a

bodybuilder or even join a gym - a couple of dumbbells will help you to target your problem areas (stomach, butt, legs, arms, chest).

### **Answered:**

diya cheese is great. try that

### **Answered:**

corn on the cob and potatoes wrapped in foil and buried in the coals - best slightly charred and dripping with butter or olive oil

**Answered:**

ANY veggie cooks well on a grill.  
So do portebello mushrooms.

**Answered:**

You could make grilled vegetable kabobs or even BBQ-style tofu:  
<http://allrecipes.com/recipe/crispy-barb>

**Got a better answer? Share it below!**

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