

7 Hot Tips to Shed Pounds This Summer!

By: EXZ Orders Inc.

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Are you stressing over what you'll wear for upcoming summer activities? Does your old swimsuit fit? Worried you're so out of shape you'll look silly riding bikes with the kids or playing tennis with your friends? What about those revealing summer clothes?

After indulging all winter, it's time to make a change and reclaim your sexy summer body. Now is your chance to gain the confidence you need to enjoy this special season and lose the extra weight that keeps you from feeling and looking your best.

Having a sleek summer body is easier than you might imagine. With a little time and extra planning, you will find yourself sliding right into cute summer shorts and loving the way you look in sexy swim wear.

Let's get started...

1. Stay Hydrated.

Water is needed for your body to function smoothly (including burning fat!), so plan to drink a minimum of 8 full glasses of water every day.

When you're on the go, grab a plastic bottle with a straw or re-closable lid and fill it up with ice-cold water. Many stores carry bottles that can hold up to 64 ounces of water, so you don't have to keep refilling your bottle.

If plain water is not your favorite drink, you can add a no-calorie or low-calorie drink mix to give your water some flavor. I use a little

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