

# MY MELO STORY

*With Lubunga Lucindi*



*Lubunga Lucindi*

Say you have decided to pay for a gym membership right? How about you commit to walk five (5) minutes every day! Only for five minutes, commit to this for seven (7) days then fourteen (14) days and then thirty (30) days. Then after this then maybe we can come back to the drawing board and decide whether that gym membership is worth our money. Otherwise most of us will waste money on something we are not willing to commit to. So baby steps with walking and then we build up.

2. Create a calorie deficit: To lose weight, you need to burn more calories than you consume. Create a calorie deficit by eating fewer calories and increasing your physical activity.

If someone was to come up to me and ask me the one thing that they must first focus on when they begin their weight loss journey, this would be it. To put it simply consume less calories (food & drinks) and go for a walk.

This sounds easy so why won't most people adhere to this kind of advice. Well like I said at the beginning in the beginning weight loss is SIMPLE but it is not EASY!

## Here are a few tips to help you lose weight in a sustainable way:

1. Set realistic goals: Instead of setting unrealistic weight loss targets, set achievable goals that you can work towards gradually.

For example, we are in the first month of the year and this month is rife with resolutions, and while there is nothing wrong with that, you will find that the goal is ambitious but there is no laid out sustainable plan to actualize that goal!

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So for example instead of eating two very big lumps of nshima, why not eat one & a half lumps of nshima and increase your vegetable and protein intake, reasonably.

Numerous studies have shown that when people increase their intake of protein, they start eating fewer calories.

3. Eat a healthy diet: A diet that is rich in fruits, vegetables, whole grains, and lean proteins can help you lose weight and keep it off.

This point is everything and I love the fact that we are now in the rainy season and Mother Zambia is abundantly blessed with a variety of foods.

So for your fruits, currently in season one of my favourite fruits is mango. Most Zambian homes have a mango tree in their backyard. One doesn't need to even leave their yard and better still not spend any money.

Mango is also a good source of minerals copper and folate and which are important nutrients during pregnancy as they support healthy fetal growth and development.

So bana mayo if you find that you can't stand those pills they give us ku antenatal please up your fresh mango intake.

Another benefit of mango is that it is low in calories and remember you need to create a calorie deficit if you want to lose weight.

One cup of mango (165 grams) contains fewer than 100 calories and has a very low calorie density. Meaning that it has fewer calories for the volume of food it provides. Mango fills you up quickly. However, this isn't the case with dried mango, just 1 cup (165 grams) contains 510 calories, 106 grams of sugar and a higher calorie density. Source: @healthline.

A sustainable weight loss plan should include a combination of healthy eating and regular exercise. Remember, sustainable weight loss is a journey, and it's important to be kind and patient with yourself. Consult with a doctor or a dietitian for personalized advice.

Our next topic will be How to avoid fad diets.

**TODAY'S QUOTE:** "It has to be hard so you'll never ever forget." Bob Harper

**Magic is our birthright, now you go claim yours!**



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