

# How to go about losing weight in summer



## Start with lemon juice

One lemon has a day's worth of Vitamin C, a nutrient you need to fight off infections, fat accumulation and weight gain. Drink a glass in the morning or add a dash of lemon to your water and sip throughout the day.



## Get good sleep

Lack of sleep increases the risk of weight gain and belly fat. A good night's sleep helps fire up your metabolism, which will in turn help burn those extra calories faster.



## Snack smarter

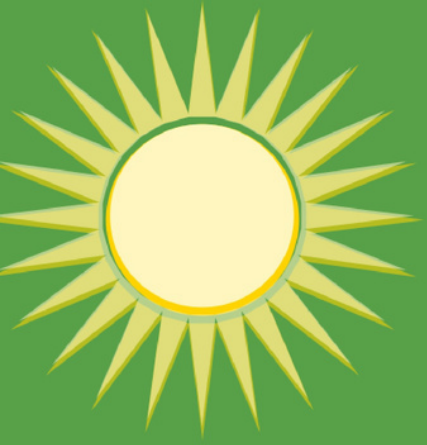
Munch on low-sugar, high-protein snacks such as unsalted almonds, which help control the hunger pangs and will stop you from indulging in unhealthy snacking.



## Spice it up

Adding spices like chilly and pepper to your meals is a good way to boost metabolism. They improve digestion and also help burn fat faster.





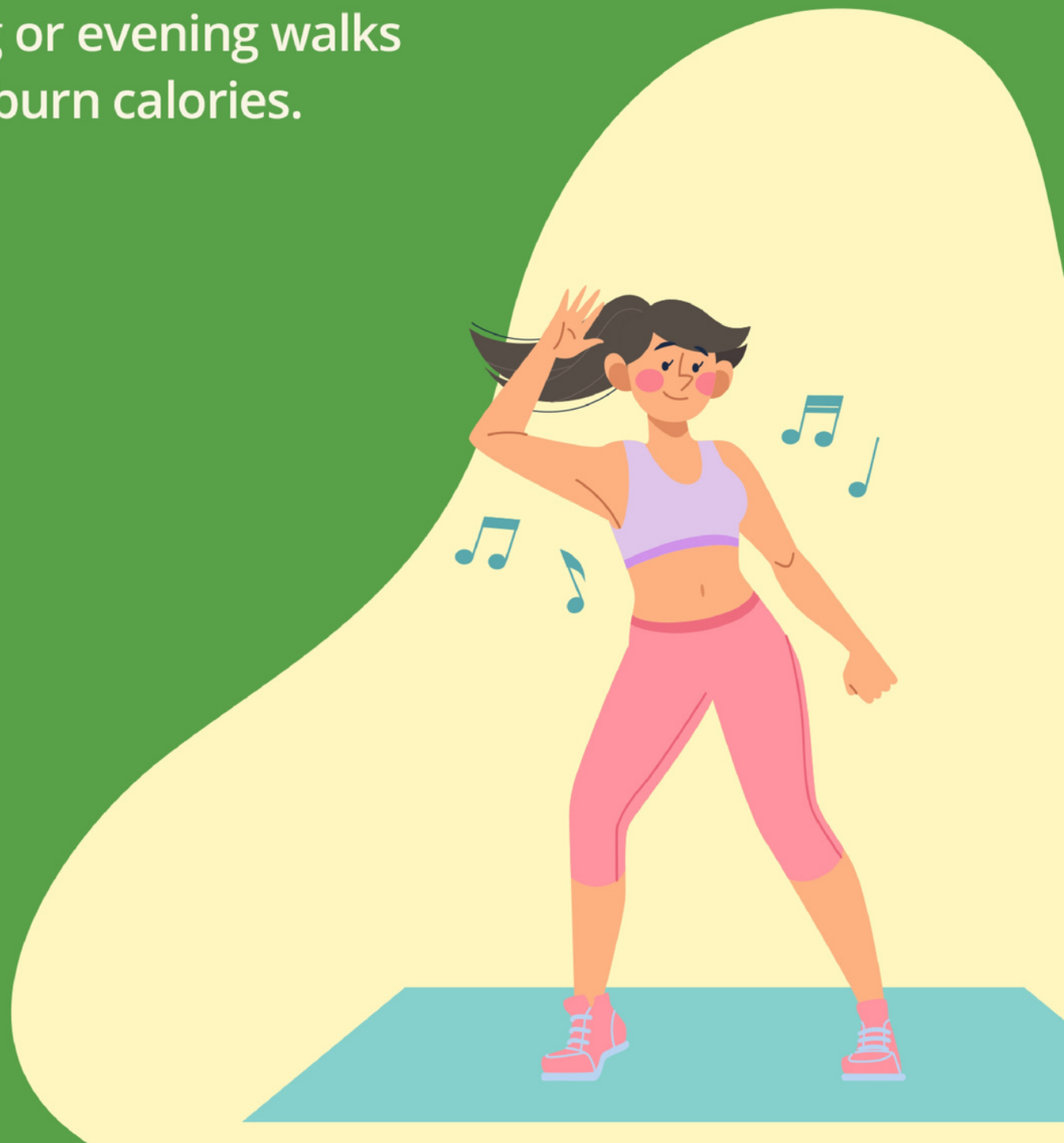
## Increase sun exposure

Insufficient vitamin D has been linked to obesity and higher BMI. So, spend some time in the sun, to improve your vitamin D levels and burn fat.



## Make work-out fun

Swim, go for morning or evening walks and try gardening to burn calories.



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