

African Mango Health, Weight Loss and Fitness Tips
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Alright! I'm going to make this quick. I'm someone who likes to get results, and am a bit of a fitness enthusiast. I've been reading health and fitness books for years, and below, I'm going to give you a few tips that will help you maximize your weight loss results.

Now, a bit of a disclaimer: I'm not a physician, doctor, or a nurse, and as such, I can't give medical advice. Of course, you should see a doctor before embarking on a diet or exercise program, particularly if you're pregnant, are overcoming an injury, or on medication.

Here we go:

1. Health before fitness, fitness before weight loss.

What do I mean by that? By that, I mean you shouldn't compromise health in order to lose weight. To me, health is more important than fitness (although fitness is very important), and fitness would come before weight loss.

And you know what...?

...When you make health a true priority, you'll understand the importance of correct nutrition and daily physical activity. Just those two alone—eating well and exercising—should help you to lose weight.

2. Aim for slower, progressive weight loss.

Don't get me wrong: with a good weight loss supplement like [African mango](#), you can lose weight fast, but you know what's better than losing weight fast?

Keeping it off, and continually improving until you reach your ideal weight.

Instead of trying to see how much weight you can lose in a week, aim to do two-week and monthly measurements.

When you see that you're improving month after month, aim to keep losing weight gradually.

Health and weight loss are journeys, not destinations. I'd rather see you lose 10 pounds in 3 months, and keep it off, rather than 5 pounds in 1 month...only to not continue to lose weight.

3. Go hard. It's been stated that 20 minutes of high-intensity exercise is better (burns more calories) than lower-intensity, longer-duration exercise. But be sure to exercise within a safe heart rate range, and if you have some condition that would prevent high-intensity exercise, be on the safe side.

So...that's it. Short and sweet and simple. If you'd like to learn more about weight loss supplements, particularly the *irvingia gabonensis* African mango, go to <http://AfricanMangoE.com/>