

10 Life Hacks to Help You Lose Weight



Everyone is always looking for a quick fix to losing weight. I've lost -116.6 lbs and I'm here to tell you, **it ain't quick!**

But the silver lining is that you can do all kinds of things, "life hacks" as I call them, to be more active, improve your metabolism and lose weight sustainably.

Check out my **COLUMN** for [Organize Yourself Skinny](#) for my 10 favorite "life hacks" for weight loss, and then share your favorite hacks in the comments!