

How to Lose 5 Pounds in 2 Weeks

Losing 5 pounds in two weeks takes hard work and dedication, but it is not impossible. Initial [weight loss](#) is partly water weight, and if you have a lot of weight to lose, you might notice the pounds coming off even faster in the beginning. Instead of severely depriving yourself by resorting to a crash diet, eat a healthy reduced-calorie diet, get regular exercise and work on boosting your metabolism. One pound of fat contains 3,500 calories, and to lose 2 1/2 pounds per week or [5 pounds in two weeks](#), you must create a daily deficit of 1,250 calories.

Step 1.

Eat a low-calorie, well-balanced diet to contribute to your daily deficit. Reduce your portion sizes and replace unhealthy, fattening foods with healthy, low-calorie options. For example, replace ice cream with fruit or fat-free frozen yogurt. Focus on fresh fruits and vegetables, whole grains, low-fat dairy products and lean protein.

Step 2.

Include metabolism-boosting foods in your diet, such as red peppers, jalapenos and cayenne pepper, which contain capsaicin. According to the Dr. Oz Show website, such foods also suppress your appetite. Eating ginger to rev your metabolism and increase your intake of protein, which uses up two times more calories than carbohydrates.

Step 3.

Perform cardiovascular exercise for 300 minutes per week to burn calories. Ride a bike, walk briskly, play a game of doubles tennis, or enjoy another activity that increases your heart rate to the point where you can't sing but can still talk. Find exercises that you enjoy doing, or [exercise](#) with a buddy so your workout

becomes a social engagement that you look forward to.

Step 4.

Incorporate high-intensity intervals into your cardiovascular routine. According to Shape.com, this burns more calories, both during the exercise and in the 24 hours after you finish exercising. During cardio workouts, speed up your pace for one minute so it's vigorous and you're not able to talk. Then return to your moderate pace for two minutes. Go back and forth between these intensities for 15 minutes.

Step 5.

Schedule strength and resistance training for at least two days of the week. According to the Centers for Disease Control and Prevention, in addition to maintaining and increasing muscle tissue, strength training boosts your metabolism by 15 percent. Work all major muscle groups, and perform two or three sets of eight to 12 repetitions for each exercise. Use free weights, weightlifting machines, your [body weight](#) or resistance bands. Always challenge yourself: At the end of a set, you shouldn't be able to do another repetition.

Tips.

Do not starve yourself. Severe caloric restriction puts a lot of unhealthy strain on your body.

Always read nutrition labels when you go grocery shopping.

Increase your daily steps by taking the stairs, parking your car far from your destination, and using your lunch break to take walks.