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One kg is equal to how many pounds

Karen Stupples, 40Hometown: Orlando, FLHeight: 5'4"Current weight: 138Heaviest weight: 183Lightbulb moment: I reached my pregnancy weight...when I wasn't pregnant.Biggest benefit: I have more energy to play with my son and practice golf. Karen's Story Being thin has never come naturally to me. I remember taking ballet as a kid and thinking I could never be a ballerina because my thighs were the chunkiest in the class. Even though I was fortunate enough to start playing golf professionally at 25, being an athlete with the Ladies Professional Golf Association didn't provide enough exercise to keep the pounds at bay. In fact, all the traveling required for tournaments—I live out of my suitcase about 10 months a year—made it all too easy to grab high-calorie fast food. But when I had my son at 33, I became even busier, and the weight really started to pile on. For years, I struggled to lose a single pound. I had a gloomy feeling that this would be what I looked like for the rest of my life. And forever is a really long time to dislike yourself. Five years after my son was born, I reached my heaviest—183 pounds, just as much as I weighed when I was 9 months pregnant. I didn't feel like myself, and I certainly didn't look like myself. I felt trapped in my body, and I was ready to break free from the extra pounds. So I decided to kick off 2012 by making a resolution to get healthy. Small Tweaks, Big Results I was already active—I was training at the gym and practicing golf 4 days a week—so I knew that to kick-start my weight loss, I needed to focus on improving my diet. I'm not an organizer or list writer, so calorie counting wasn't going to work for me. For my plan to stick, it had to be simple. I decided to eliminate carbs, such as bread and pasta, as well as sweets and artificial sugars, because they rarely satisfied my appetite and only made me want to snack more. The first day of going cold turkey on my favorite foods was really tough—I was the moodiest person on the planet. But I pressed on, swapping my doughnuts for walnuts and nut-based protein bars. It wasn't easy, but when I stepped on the scale the next day and saw that I'd lost 2 pounds, I was ready to take on—and stick with—the challenge. I lost 20 pounds in the first 5 weeks! I realized that every day is a choice, and I wanted to make the right one, so each morning I weighed myself to see how my meals affected my weight loss goal. Then tournament season started again. I was nervous because it was the first time I would be following a healthy diet on the road. But I stuck to my meal plan. I started to introduce unprocessed starches like brown rice back into my diet for extra energy during long games. When I returned home, I got on the scale, and, to my surprise, I'd managed to lose a few more pounds! Around this time I also started sharing my weight loss adventures on Twitter. I would tweet my progress, pictures, and frustrations about the journey, and people would share their tips and encouraging words. I developed such a supportive community of followers that it helped me stick to my plan—I was doing it for them as well. Tweet Off the Pounds Engaging with people on Twitter can help you drop pounds. Researchers at the University of South Carolina found that participants who posted daily updates about their weight loss efforts on Twitter and regularly listened to a health podcast lost more weight. In fact, every 10 tweets corresponded to a 0.5% weight loss. Happier and Fitter for Life I've gone from a size 12 to a size 4, but my body isn't the only thing that has changed. While my weight loss initially caused my game to suffer a bit—I had to get used to swinging with a smaller, more flexible physique—I now have more stamina for longer, harder practices, even in Florida's humid weather. I'm also a better mom now that I have more energy to play with my son. My 2012 resolution turned into a life resolution. This year my goal is to achieve balance, so I'm incorporating meditation into my days. I'm a happier, more energetic version of myself, and I plan on staying that way! MORE: How To Lose 30 Pounds With Yoga This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Sergey Nazarov/Getty Images Whether it's your first or your last 10 pounds, losing this amount of weight is a big deal. For some, losing 10 pounds means fitting into their favorite pair of jeans, climbing up a flight of stairs without losing their breath, or reducing their diabetes medication. Unfortunately, the recipe for weight loss isn't a one-size-fits-all formula. What helps one person shed pounds may backfire on another. Your friend might swear by intermittent fasting, but you find it difficult to do with your schedule. Or your co-worker says to promote weight loss over sweetened caloric and unsweetened caloric beverages. Keep your glass interesting and infuse some natural sweetness by throwing in a few pieces of fresh fruit. 2 of 25 Don't feel pressured to eat your entire meal If you're feeling full and satisfied, consider splitting your plate into two and saving the leftovers for later. You can also snack on them later in the day. 3 of 25 Go meatless—at least once a week In general, vegetarians and vegans have a lower bodyweight than their meat-eating peers. That's because meat is more calorie-dense, not to mention more saturated fat compared to its plant-based counterparts. Check out these delicious vegetarian-friendly recipes to get started. 4 of 25 Eat wholesome foods Eliminating processed, packaged foods from your diet such as crackers, chips, cookies, and candies, will help you avoid empty calories and artery-clogging saturated fats. Choose fresh, whole foods like vegetables and fruits to nourish your body with powerful antioxidants and keep hunger at bay—and thus, keep the weight down. 5 of 25 Get cooking Dining out will naturally increase your caloric intake without you realizing it. More often than not, restaurants will pack a ton of salt, oil, and sugar into their meals. Moreover, some restaurants use larger dishes to plate their meals, so the portion sizes can be deceiving. Save yourself the extra calories and cook a nutritious meal at home. Think: roasted vegetables, hearty quinoa, baked salmon. You can enjoy it any way you like! 6 of 25 Use smaller plates Is portion control your kryptonite? Sometimes the size of your plate might influence you to get more food than you really need. Use a smaller, 10-inch plate to help you balance your meals and consume fewer calories. 7 of 25 Limit distractions during meal time Avoid scrolling through your phone or responding to emails when you're eating. These distractions can lead to overeating and feeling unsatisfied with your meal. Be sure to chew your food thoroughly and take sip of water in between bites to help you digest the food fully. 8 of 25 Curb your sweet tooth You know by now how bad sugar can be for your health. A 2016 study from Progress in Cardiovascular Disease shows that a diet high in added sugars can cause a three-fold increased risk of death due to cardiovascular disease. Be sure to also keep tabs on your liquid consumption. Soda, sweetened teas, sugary coffee drinks, and sports drinks are hidden sources of the white stuff. 9 of 25 Eliminate refined carbs You should avoid eating breads, crackers, cereals, pasta, and baked goods made with white flour. Unlike foods made with whole grains, those with refined flours lack the fiber that keeps hunger at bay and your digestive system humming. 10 of 25 Limit your alcoholic intake Enjoying an alcoholic beverage every now and then is fine...or not. A 2018 study from Lancet suggests that no amount of alcohol is safe, but if you must imbibe, we recommend going for these low-calorie alcoholic drinks. These beverages keep the sugar count low by keeping things simple. 11 of 25 Start steppin' From aiding weight loss to improving your health to boosting your mood, there are countless benefits of walking every day. In fact, the Centers for Disease Control and Prevention (CDC) recommends that adults get at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity exercise. Short walking breaks add up to weight loss. Plain and simple. 12 of 25 Get enough zzz's Research shows that those who don't get enough shut-eye eat more and reach for more fattening grub than people who get plenty of rest. Trouble snoozing? Try one of the 100 ways to sleep better every night. 13 of 25 Get intimate A 2013 study from PLOS One found that men burned about 101 calories after 30 minutes of sex and women 69 calories. While that might not seem like a lot, getting it on more often can serve as an excellent cardio workout while boosting your mood and lowering stress. Try these sex positions tonight. 14 of 25 Build a support network Need some motivation to get to the gym? Enlist the help of a workout buddy. Having a fit pal you can exercise with regularly will help you stick to your goals and cheer you on through successes and setbacks. 15 of 25 Keep track of your progress Bullet journaling is one of the most effective ways to track your progress and set realistic goals for yourself every day, week, and month. You'll not only record what you ate and how many minutes you exercised, but you can also write down your feelings, challenges, and setbacks so you can come up with a plan to overcome them. 16 of 25 Connect with others who want to lose weight There are countless online communities built around weight loss and fitness apps that provide motivation, encouragement, and advice whenever you need to vent about setbacks or need a pat on the back for a job well done. 17 of 25 Stock up on healthy snacks While some people are able to get through the day without stomaching a single snack, if you need a pick-me-up, be sure to have healthy options. Nuts, smoothies, protein balls, and hummus with veggie sticks are great protein-rich, high-fiber snacks that'll keep hunger at a distance. 18 of 25 Focus on protein Protein is one of the most important macronutrients for your body. It's not only the building blocks of healthy hair and nails, but it also aids in weight loss by keeping you satiated, boosting your metabolism, and repairing your muscles post-workout. Go for lean protein such as eggs, chicken breasts, salmon, and grass-fed beef. For plant-based protein, reach for beans and legumes, quinoa, and tofu and tempeh. Check out these delicious high-protein recipes you can meal prep for breakfast, lunch, and dinner. 19 of 25 Power up with HIIT Want to speed up your metabolism and strengthen your muscles while spiking your heart rate up? Consider high-intensity interval training (HIIT). Studies have shown that working out in intervals, alternating with periods of max effort with recovery is more effective for burning calories than steady-state cardio. 20 of 25 Meal prep Take your healthy eating to the next level with meal prep. Transforming everyday staples into nutritious meals that you can just reheat in minutes can make all the difference when you're about to hit the speed dial for Chinese take-out. Make a double batch of these one-pot dinners for busy weeknights. 21 of 25 Sign up for a race Dream of crossing a finish line? There's no better time to sign up for a race to give you the extra motivation and push you need to lose weight and get in shape. Sign up for local 5K races near you and enlist the help of a trainer. Consider also joining a run club to stay focused on your long training runs. 22 of 25 Eat a healthy breakfast every morning Breakfast is the most important meal of the day for a reason. Eating a hearty and nutritious morning meal will energize you to start your day right. Plus, it could help you avoid consuming more calories later on in the day. A 2013 study from Obesity shows that a high-calorie meal at breakfast versus dinner was more effective for weight loss. 23 of 25 Combat stress Chronic stress has a big impact on your health. It can make you cave into indulging in unhealthy foods and put you at risk for a variety of health conditions. De-stress by taking a few minutes to meditate or take a walk every day. Taking a relaxing bath, listening to soothing music, and exercising are other ways to dial down the pressure. 24 of 25 Bike to the office Bike to the office instead of driving or taking the train. Being on wheels not only helps shrink your carbon footprint but helps you slim down as you burn calories during your commute. 25 of 25 Avoid weighing yourself every day The number on the scale isn't the only marker of weight loss success. Just because the number isn't budging, it doesn't mean you aren't progressing. Your weight fluctuates every day based on your meals and fluid intake. 100 pence equal 1 pound in British currency. The change was made in 1971, a process called "decimalization." Coinage comes in denominations of 1 penny, and then 2, 5, 10, 20 and 50 pence. One- and 2-pound coins are also minted. Before decimalization, 12 pennies made a shilling, and 20 shillings were in a pound, which meant 240 pennies were in 1 pound. The pence and pound designations were kept the same, rather than using dollars and cents, for the new denominations. Countries that use the pound include the United Kingdom, Guernsey, Isle of Man, and Jersey. Forty kilograms equal approximately 88 pounds. There are online tools that aid with metric to US customary unit conversions as well as an equation for manual calculations. A kilogram (kg) is a unit of measurement in the International System of Units (SI) and is one of the terms used to describe weight. It is a metric standard that was developed in 18th century France. The weight of a kilogram is approximately the same as the mass of a liter of water. However, an object said to weigh a kg is defined as having a mass equal to the International Prototype of the Kilogram (IPK), which is a block of platinum-iridium alloy manufactured in France in 1889. A kg is the only SI unit with a physical object as its defining property.The United States customary unit of measurement is developed from the English imperial unit. The US customary unit that would be similar to kg is the pound (lb). Converting kgs to lbs can be accomplished by using an online conversion chart or calculator. The conversion chart offers columns and rows that allow the user to find the desired measurement. Online conversion calculators like the kg-to-lbs converter allow the user to input the kg value and it automatically provides the lb. To manually convert kg to lb, multiply the kg value by 2.2046.

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