

Build muscle mass. During a cardio workout, your body zaps hundreds of calories, but when you're finished your metabolism slows down almost instantly. On the other hand, after a resistant training workout, your body continues to burn fat for hours. "Regular weight lifting can boost your metabolic rate by about 15 percent," says Tim Davis, director of personal training at Peak Performance, a gym in NYC. He recommends three 45-50 minute sessions a week.

Eat good-for-you foods. Your body is smarter than you think it is- it knows when it's not getting any nutrients. When you munch on processed foods like chips and cookies your body can't identify any value and you'll still be hungry. Instead, chow down regularly on fruits, veggies, whole grains and lean proteins and you'll give your body the fuel it needs to function efficiently and recognize when you're full.

Shut your eyes. Lack of sleep increases the likelihood you'll gain weight. When you are tired the hormones that stimulate appetite increase, while the hormones that help you feel full plummet. Aim for 7-9 hours a night.