

Successful weight loss

Understanding the principles needed to make life-long changes.



Health
& Fitness

How many times have you tortured yourself with questions like: “Should I eat this food, or shouldn’t I?” “Should I buy this weight-loss equipment, or shouldn’t I?” “Should I try this diet, or shouldn’t I?” Alluring and ever-changing variations of the newest weight-loss game can be mind-boggling—not to mention the odds of winning are not exactly stacked in your favor. So, why is it we can’t keep it off? It’s simple. The typical weight-loss warrior, more often than not, chooses a short-term strategy expecting long-term results. And when (not if) the hum-drum diet and/or rigid exercise program fails, dieters see the failure as a fault of their own, a weakness in character, not as

the result of an inadequate plan. Exhausted from trying, frustrated from the lack of results, discouraged by the inability to succeed and still struggling with weight, dieters give up the fight and return to old, familiar ways.

If you have reached your health and fitness goals, congratulations! Count yourself among the few, the proud and the lean. The rest of this article will reinforce what you already know. If, however, you have repetitively tried to lose weight, achieved temporary success then gained it back, you might benefit from learning why your past attempts have failed and what you can do to change your status to a “loser” who finally succeeds.

Know thy body

Weight reduction is about understanding the body,

how it functions and how we use (or don’t use) the fuel we take in. It’s not rocket science but it is science, none-the-less. Basic human physiology tells us everything we need to know about how to lose and gain weight. Once you know the simple facts and formulas, you will understand the foundational principles needed to make lifelong changes in your behavior and your weight. Without this information, you are like a rowboat left out to sea with no oars or a compass; you have neither the means nor the map to get you to your destination.

The science factor

If you take in more calories than you use, the extra calories are converted to fat. Sad, unfair, but true. This process is nature’s way of

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TIPS

- + If women increase their muscle mass by participating in regular weight-resistance exercise, they can rev-up their metabolism, speeding up weight loss.
- + Look for ways to eliminate 500 calories a day, either by eating less and/or exercising more.
- + Studies show there is a positive correlation between slow, steady weight loss and long-term success.