

8 Steps to Losing Weight the Healthy Way

Approximately 105 million Americans were overweight or obese in 1999. Up till now, obesity proceeds to be a serious problem and is expected to reach epidemic levels by the year 2025. One method to stop this sequence of possible events is to make people aware of the dangers of being overweight or obese.

Losing weight helps to control and check these diseases. Here are a few diseases where you are placing yourself in jeopardy if you are carrying a lot of additional pounds:

1. hypertension
2. heart disease
3. stroke
4. cancer
5. arthritis
6. diabetes

The rapid weight loss methods which have circulated like fire these days do not allow lasting results. More frequently than not, dieting methods which call for dietary drinks, foods and supplements or pills don't work. If they do, the effects are just part-time. It is best to count on a healthy weight loss alternative which will give lifetime results. You have to set practical goals and not anticipate losing a lot of pounds in a short period of time. Following are some tips on losing those unwanted pounds the healthy way:

1. Do not go without food.

The healthier way of losing weight is don't diet. You may appear happy and sense that you are losing that undesired body fat on your belly and thighs by cutting meals. But bear in mind that this will not last long. Your body cannot endure having inadequate food to stimulate the energy that you use up daily.

If you become used to cutting one or two meals everyday, your accumulated calories will be used up in lieu of the energy that should have been furnished by your meals. So if you only eat one large sandwich in 1 day, it will go straight to your thighs, buttocks and hips.

2. Begin your day properly.

Mothers always say that the first meal of the day is the most important meal of the day. Have a nutritional meal in the morning to boost your metabolism. The food consumed after you wake up will be utilized to burn fat the whole day.

3. Eat small, nutritional meals often.

5 small snacks every day is better than three square meals. Eating more often, and in smaller servings, can halt over-eating. This will also step-up your metabolism and cause calories to burn faster.

4. Choose how much weight you wish to lose.

Keep your goals down-to-earth. In the long run, it is almost impossible for you to lose 45 pounds in two weeks. Keep a mentality that you want to eat healthy to stay healthy from now forward. As soon as you have settled on a weight loss plan, stay to it and make certain that you follow your own set of dieting principles.

5. Drink plenty of water.

Your body requires enough water to burn fat and maintain your cells to stay hydrated and healthy.

6. Stay way from a lot of sugar.

Design your meals around lots of fruits and vegetables, a little bread, rice or pasta, for that carbo fix that you want,

lean meat and protein rich foods. Candies, sodas and pastries should be once in a great while only.

7. Track your fat intake.

Fat is not the perpetrator to being overweight. You require this to maintain your weight at the correct level. There are healthy fats. Canola, Olive and peanut oils have them. Mackerel, tuna and salmon have omega-3 fats which is great for the heart.

8. Exercise.

Don't take your car if you are just a few blocks from home, using the stairs instead of the elevator, jogging, cycling or skating. Employ these activities and other home tasks if you are too lazy to go to the gymnasium and try exercise classes. Make sure that you do this often and you will not even see that you are already dropping pounds with these everyday activities.

Its immaterial how much weight you plan or need to lose. What is significant is that you set down-to-earth goals for yourself.

Go easy. If you already have lost 6 or 7 pounds, provide yourself a break then seek to lose the next 6 pounds. Eat correctly, drink plenty of water, have plenty of sleep and exercise. This will allow you an opportunity of losing weight and improving your health, which will lead to a new, healthier you.

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