

# Weight Loss and You



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## **Losing Weight The Healthy Way**

It's a sad fact that 80% of people over age 25 are overweight. More than a quarter of adult Americans are obese. Since the 1970s, the percents of young people who are overweight has doubled.

One way to prevent this scenario is to make people aware of the risks of being overweight or obese.

Here are some diseases that you are putting yourself in risk of if you are carrying a lot of extra pounds:

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

Losing weight helps to prevent and control these diseases.

The quick weight loss methods which have spread like fire these days do not provide lasting results. More often than not, dieting methods which involve dietary drinks, foods and supplement or pills do not work. If they do, the results are just temporary.

It is better to rely on a healthy weight loss option which will provide lifetime results. You have to set realistic goals and not expect to lose a lot of pounds in a short span of time.

Here are some tips on how you can lose those unwanted pounds the healthy way:

1. Do not starve your self.

The key to a healthier way of losing weight is: Do not diet.

You may seem happy and feel that you are losing those unwanted flabs on your belly and thighs by skipping meals. But remember that this would not last long. Your body cannot tolerate having insufficient

food to fuel the energy that you use up everyday.

If you get used to skipping one or two meals a day, your stored calories will be used up instead of the energy that should have been provided by your meals. So if you just eat one huge sandwich in one day, it will end up straight to your problem area (i.e. highs, buttocks, hips).

## 2. Start your day right.

Mothers always say that breakfast is the most important meal of the day. Have a healthy meal in the morning to jump-start your metabolism.

Your food intake after you wake up will be used to burn fat all day long.

## 3. Eat small, healthy meals frequently.

Five small-serving snacks per day is better than three hearty meals. Eating more frequently, and in small servings, can prevent over-eating. This will also increase your metabolism and make calories burn faster.



## 4. Decide on how much weight you want to lose.

Keep your goals realistic. In the long run, it is virtually impossible for you to lose 40 pounds in 2 weeks. Have a mindset that you want to eat healthy to stay healthy for the rest of your life.

Once you have decided on a weight loss plan or program, stick to it and make sure that you follow your own set of dieting rules.

## 5. Drink lots of water.

Your body needs sufficient water to burn fat and keep your cells hydrated and healthy.

## 6. Avoid too much sugar.

Plan your meals around lots of fruits and vegetables, some bread, rice or pasta for that carbo fix that you need, plus lean meat and protein rich-foods. Sweets, sodas and pastries should be once-in-a-while indulgences only.

#### 7. Watch your fat intake.

Fat is not the culprit to being overweight. You need this to keep your weight at the proper level.

There is such a thing as healthy fats. Olive, peanuts and canola oil have them. Tuna, salmon and mackerel have omega-3 fats which is good for the heart.

#### 8. Exercise.

Leave your car if you are only going a few blocks from home, take the stairs instead of the elevator, jog, cycle or skate. Use these activities and other home chores if you are too lazy to go to the gym and take exercise classes. Make sure that you do this regularly and you will not even notice that you are already shedding pounds with these mundane activities.

It does not matter how much weight you plan or need to lose. What is important is that you set realistic goals for yourself.

Go slow. If you have already lost 5 or 6 pounds, give yourself a break then try to lose the next 5 pounds.

Eat healthy, drink lots of water, have enough sleep and exercise. This will give you a higher chance of losing weight and improving your health, which would result to a new, healthier you.

Watch the video at [The Diet Solution](#) – Learn how to lose 10% of your unwanted weight in the next 30 days. Learn and put into practice the three principles of weight loss that will keep you slim and trim forever.

## Free Weight Loss Programs

The race to fitness is on and a lot of people are getting into the band wagon. Some people do it to achieve a sexy body, some people just do it because they are embarrassed with the body they have now, while others do it simply to remain fit and healthy. As such, many fitness programs are out in the Internet, in gyms, spas and fitness centers all over. Some are too expensive to afford that one may even lose weight just by trying to work out the money needed to pursue these fitness programs.

One may not have to go to the gym or the spa or any fitness center and spend much just to slim down to obtain that longed for sexy body. There are many books available in the bookstore which offer weight loss programs which are convenient and for free, of course the books are not though. These weight loss programs, or diet plans are gaining immense popularity with so much publicity, testimonials and reviews that one may be confused which exactly to follow. So before choosing which weight loss plan to follow, try reading these summaries about the most popular diet programs out today.

*Atkins' New Diet Revolution* by Dr. Atkins. This weight loss program encourages high protein diet and a trim down on the carbs. One can feast on vegetables and meat but should fast on bread and pasta. One is also not restricted against fat intake so it is okay to pour in the salad dressing and freely spread on the butter. However, after the diet, one may find himself lacking on fiber and calcium yet high in fat. Intake of grains and fruits are also limited.

*Carbohydrate Addict's Diet* by Drs. Heller. This diet plan advocates low carbohydrate eating. Approves on eating meats, vegetables and fruits, dairy and grain products. however, warns against taking in too much carb. "Reward" meal can be too high on fats and saturated fats.

*Choose to Lose* by Dr. Goor. Restrains fat intake. One is given a "fat" budget and he is given the liberty on how to spend it. It does not pressure the individual to watch his carbohydrate intake. Eating meat and poultry as well as low-fat dairy and seafoods is okay. A go signal is also given on eating vegetables, fruits, cereals, bread and pasta. This weight loss plan is fairly healthy, good amounts of fruits and

vegetables as well as saturated fats. Watch triglyceride levels though; if high, trim down the carbohydrates and tuck in more of the unsaturated fats.

**The DASH Diet.** Advocates moderate amounts of fat and protein intake and high on carbs. Primarily designed to lower blood pressure, the diet plan follows the pyramid food guide and encourages high intake of whole wheat grains as well as fruits and vegetables and low-fat dairy. Some dieters think it advocates too much eating to procure significant weight loss.

*Eat More, Weigh Less* by Dr. Ornish. Primarily vegetarian fare and strictly low-fat. Gives the go signal on the "glow" foods but warns to watch it on non-fat dairy and egg whites. This diet is poor in calcium and restricts consumption of healthy foods like seafoods and lean poultry.

**Eat Right for Your Type.** Interesting because it is based on the person's blood type. recommends plenty of meat for people with the blood type O. Diet plans for some blood types are nutritionally imbalanced and too low in calories. And for the record, there is even no proof that blood type affects dietary needs.

*The Pritkin Principle.* Focused on trimming the calorie density in eating by suggesting watery foods that make one feel full. Eating vegetables, fruits, oatmeal, pasta, soups, salads and low-fat dairy is okay. Although limits protein sources to lean meat, seafood and poultry. Although it is healthy by providing low amounts of saturated fats and rich amounts of vegetables and fruits, it is also low on calcium and limits lean protein sources.

*Volumetrics.* For low-density calorie eating. Recommends the same foodstuff as Pritkin but restricts fatty or dry foods like popcorn, pretzels and crackers. This plan is reasonably healthy given the high amounts of fruits and vegetables as well as being low in calorie density and saturated fats.

*The Zone.* Moderately low on the carbs yet moderately high on the proteins. Encourages low-fat protein foods like fish and chicken plus veggies, fruits and grains. It is also healthy but lacking in grains and calcium.

Weight Watchers. High carbohydrates, moderate on fats and proteins. A very healthy diet plan and very flexible too. it allows the dieter to plan his own meal rather than give him a set to follow.

Listen to a 45 minute interview where the author of the [Eat Stop Eat](#) plan explains the science behind the plan and how it can work for you.

## Exercise is the Best Way to Lose Weight

There are a lot of people who are overweight. This did not happen overnight so those who think this can disappear in a flash should think again.

There are many ways that the person can use to get rid of those excess pounds. Although science has developed diet pills and some have developed diet programs, the best way to lose weight is still through exercise.



Exercise is the best because it builds the person's endurance. As this develops, it also increases one's metabolism prompting one to burn more calories than before which results in weight loss.

Studies show that there are no known side effects when one decides to exercise. The worse that can happen to a person is straining a muscle for failing to stretch or by not giving the body enough time to recuperate before engaging in another session.

Teens don't have to spend much in order to lose weight. This is because there are some exercises that can be done at home. For instance, after stretching, the person can go for a walking or jogging early in the morning thus burning a few calories. Afterwards, the teen can do some push ups and sit ups to work on the upper body and the abs.

The other way that will cost a little will be by enrolling in a gym. Here, a fitness trainer can help the individual lose weight by coming up with a program that involves cardiovascular and aerobic activity.

Warm up will be running for a few miles on the treadmill followed by some weight training using the various machines.

Teens who find it difficult to hire a trainer can make a workout after being taught how to use the equipment while those who have fun with many people around can join one of the classes being offered at the gym.

Some of the more popular group classes are aerobics, tae bo, Pilates and yoga. The person should just check what time the classes are held since this may be scheduled at different times of the day.

Those who are shy about being with other people but would still like to participate in a class can get the DVD version instead. There are a lot of these being sold in the video store or online which is just like being there and attending the real session.

One of the most important things to remember while exercising is to drink lots of water. People who fail to do this may suffer from heatstroke or dehydration which is also not good for someone who wants to lose weight.



Before engaging in any exercise, it is advisable to see a doctor. The mind may feel like it can do anything but if the body may say differently. The teen should just do things gradually at first and then pick up the pace with other exercises as time progresses.

Engaging in a sport is another form of exercise. Running down the court in a game of basketball or football may not seem like much but it still increases one's heart rate and burns those calories.

These examples just show that there are many ways how a teen can lose weight. There are people out there who sometimes need a little push to get started.

If it's time for YOU to get started on an exercise program, you'll need some inspiration to get you going in the right direction and to sustain your interest over the long haul. Take a look at some of the most [powerful training information on the planet](#).

## **Free Weight Loss Program for Teenagers**

Losing weight is in vogue right now. What with celebrities and teen stars all losing pounds, it is not surprising that the vast majority of teenagers in America are also obsessed with weight loss programs. Everyone wants to stay slim as the models that they see strutting in the catwalks.

Everyone wants to be able to dress like their idols Paris Hilton, Lindsay Lohan and Hillary Duff. Weight loss programs, however, can be really expensive. And no amount of saving your monthly allowance will be able to make you afford one. Unless of course you have a trust fund like that of the Hilton sisters!

Losing weight however need not be expensive. In fact, you can lose those additional weight and pounds without even having to shell out a lot of money. This is especially true if you do not really need to lose much. You can actually do it for free. You don't believe me? Read on below and find some tips on how to achieve weight loss for free.

### **Determine how much to lose**

The process of losing weight is different for different people. This is because people need to lose different amounts of weight. A weight loss program that has worked for someone who needs to lose a little over 20 pounds may not work for someone who needs to lose more than 50 pounds. The same goes with people who have the time to work out in a gym and those who opt for home exercise.

Before you determine the right program for losing weight, you have to first know just how much pounds you have to lose. To do this, consult the body mass index to know the ideal weight for your age and your height. After doing this, you will be able to plan your own weight program.

### **Combine diet and exercise**

One of the most costly mistakes both financially and health-wise that teenagers make is to concentrate on just one aspect of dieting. This may not be good for the dieter as concentrating on just one will not

balance out the weight loss.

If you diet too much, your body may suffer from the loss of nutrients and exercising too much may lead to muscle pains and body aches. It is important that you combine both of these things to achieve maximum weight loss. What is more, when both of these are combined, weight loss is more permanent and more lasting.

### **Slowly but surely**

Crash diets often do not work in the long run. Oh, it can make you lose weight fast but because of what your body has gone through, you will gain the lost pounds just as fast. In addition, crash diets will only put your body and health in jeopardy. It is important that you give yourself enough time to lose those unwanted pounds slowly but surely. This way, you can be sure that your weight loss will be for keeps.

### **Check your commitment meter**

One important ingredient in a weight loss program is the hunger for weight loss. You can enroll in the most expensive weight loss program but without the determination to lose weight, your money will just go down the drain. If you have full commitment in the program, even if it is something that you have only planned yourself, you can succeed.

## Healthy Way to Lose Weight

You would be surprised at the number of strange and dangerous things that are sold as health products nowadays. People looking for a healthy way to lose weight will be bombarded by all kinds of foreign concoctions, supposed secrets of oriental doctors, that claim to allow them to lose weight the healthy way. In reality however, you have no way of knowing what is really in these products. The healthiest way to lose weight is simply to start a healthy lifestyle.

I know all this from experience. You see, I have had a fluctuating weight problem for years and years. I get heavy from eating junk food or from failing to use good portion control and then lose all of that weight back very quickly. I have used everything to lose weight quickly. I've even taken strange pills that make my heart race. They were advertised as a healthy way to lose weight. Let me tell you, these products are not healthy.

There is a healthy way to lose weight, and it is very obvious. Exercise and keep a healthy diet.

A weight loss diet is not necessarily a healthy one. Many of the so-called healthy ways to lose weight actually put a great deal of strain on your body. Using some new fad such as the Atkins diet which requires you to eat massive amounts of fat and protein is not a healthy way to lose weight. If your common sense is not enough to tell you this, you should look at the research. Many experts have linked the Atkins diet to liver shutdown. Weight loss should be good for you. It should not threaten your health.

If you have struggled with chronic weight problems all your life (as I have) and still have not found a healthy way to lose weight, it is time to get some support. You can do many things to find a healthy way to lose weight. You can join Weight Watchers, you can join a gym and get a personal trainer, or you can make a pact with some friends to encourage each other to eat right and exercise regularly. Many of us overeat because we feel stressed out and disconnected. Just having a support group can be a healthy way to lose weight. It is always good for you to have friends who encourage you to do what is best for your health.

## Online Weight Control Program – Choose Wisely

There are some advantages as to why you should consider online weight control programs.

- First, they are operated online.

Meaning, your time is your own and there is no pressure and stress associated when going back and forth to the gym places, or when undergoing locally-operated weight loss programs. If you are quite a busy person, online programs are simply perfect for you.

- Second, you have many options.

You can take your time in visiting websites offering these programs. Take more time in comparing and assessing which one brings out the best program layout or presentation. Add more time to check their features, which should perfectly suit your needs.



But, the problem is, there are just so many online weight control programs that sometimes it becomes difficult to pick one that's just suitable for your needs, right? If you are one of those who want to control or lose weight, you may also possibly be one of them who are in the confusion as to what best weight control program you should enroll in.

If you have never been enrolled to any online weight control program before, it may take quite some time before you can come up with a decision over picking the best program. After all, you are going to spend some of your hard-earned money, so you need to be very careful with the coming up of the right decision.

So, what are you supposed to consider when choosing the right online weight control program?

Here, take a look below to find some tips:

- Look at the features.

Since you are going to pay for your membership for your chosen online weight control program, be sure to examine the site's features. Definitely, these are going to include the benefits. Check if your needs are met. Are you planning to lose 100 pounds? Or only 10 pounds? Or are you just going to ensure you maintain your current weight? The features of the program you've chosen must be clear about the exact benefits it is going to give you. Otherwise, think about if it is going to be worth your money. If you are not sure it could serve your needs, then, look for others.

When features are being talked about, you might want to look examine the website for the following:

- \* Membership benefits and perks

- do you find what you are looking for an online weight control program?

- \* Exercise program

- does it include demonstration videos, charts for outlined calories burned, etc.?

- \* Community section or online message forums/boards

- are these available and accessible, where you can post your concern/inquiries?

- \* Guaranteed results

- does the program outlines clear, guaranteed results?

- \* Free trial programs

- does the program offer these trial periods free of charge?

- The cost. Is the cost worth the program? Does monthly/yearly cost fit your budget? This one must be examined as well, as you are the one who's going to pay. You don't want to end up broke because of

exaggerated price that you cannot afford. On the other hand, you don't want to end up stuck in a program that costs little but does not give what you need, with as far as effectiveness of the program is concerned.

If the above mentioned tips are answered, you can go on and join your chosen online weight control program as you can be sure that what you are going to spend is worth every cent of your money.

If you want to make a change in how you look, there is no better way to get the results you want than with the [Fat Loss Training Lab](#). Watch the fat melt away and increase your metabolism to keep the fat away. Celebrate your decision to take action today.



## What to Consider When Joining a Weight Loss Center

If you are interested in losing weight, you may have thought about joining a weight loss center. Weight loss centers are often used to describe weight loss programs that are locally operated.

If this is your first time looking to join a weight loss center, you may be unsure as to what you should look for in one. An important part of joining a weight loss center is finding the weight loss center that is perfect for you and your own personal needs. For that reason, there are a number of factors, which are outlined below, that you will want to take into consideration.



One of the many factors that you will want to take into consideration, when looking for a weight loss center to join, is the location. With gas prices high, many individuals find it difficult to travel long distances. You will have to pay money to become a member at a weight loss center; therefore, you should be careful about adding on extra costs, like the cost of gasoline, to your membership. If, at all possible, you should look for weight loss centers that are conveniently located either close to your home or your place of business.

Speaking of costs, as previously mentioned, you will have to pay to become a member of a weight loss center. This cost will vary depending on the weight loss center in question. On average, most weight loss center memberships are around twenty or thirty dollars a month. With that in mind, it is possible to find weight loss centers that cost more money. If you are on a budget, a weight loss center membership fee may have an impact on the weight loss center that you chose to become a member at.

Although it is important to find a weight loss center that you can afford, you don't want to have your decision be based solely on costs. You will want to take the time to examine each weight loss center that you come across. For instance, you should be able to find some weight loss centers that only have weekly or monthly meetings or weigh-ins for members to attend. On the other hand, there are weight loss centers that may have exercise classes or a fitness gym, which you should gain access to as a member. If you are able to find a quality

weight loss center or one that comes highly rated and recommend, higher membership fees may be worth it.

When looking to find the perfect weight loss center for you and your needs, it may be a good idea to do a little bit of research. With the internet, it is easy to review a company or a program, like a weight loss program. With a standard internet search, preferably with the name of the weight loss center in question, you should be able to come across program reviews or online discussions. Research is not only a great way to find weight loss centers that have great reviews, but it is also a great way to learn of any weight loss centers that you should avoid or ones that are known for not being worth the costs.

The above mentioned factors are just a few of the many that you will want to take into consideration, when looking to find a weight loss center to join. Although many weight loss centers come highly rated and recommended, it is important to find the weight loss center that can best fit you and your needs.

## Weight Loss Centers – What Are They and Should Your Use Them?

Have you recently decided that you would like to lose weight? If you have, you will find that you have a number of different options. For instance, you can casually decide to lose weight, develop your own structured weight loss program, join an online weight loss program, or you can become a member of a local weight loss center. Although each weight loss method is effective, you may be interested in joining a weight loss center.

If you have never been a member of a weight loss center before, you may be wondering about them. Weight loss centers are often used to describe local weight loss programs. When joining a weight loss center, you will likely attend weekly, biweekly, or monthly meetings at the "center," location. Most weight loss centers require the payment of a monthly membership fee. Despite the possibility of a variance, these membership fees are often almost always affordable.



When looking for a weight loss center to become a member at, you should know that not all weight loss centers are the same. For instance, there are some weight loss centers that only host weekly, biweekly, or monthly meetings. These meetings are often used to record your weight, as well as socialize and communicate with others who are looking to lose weight, just like you. On the other hand, there are weight loss center that give you more membership benefits. These types of weight loss centers may have healthy eating cooking classes, instructional exercise classes, and a fully equipped fitness center for you to use.

If you are able to find a weight loss center that has an onsite fitness center or instructional classes, whether they be for eating or exercising, you are urged to further examine the weight loss center. Yes, the membership fees for these types of weight loss centers may be a little bit higher, but they are well worth it. In fact, those who join weight loss centers that have instructional classes or onsite gyms often report better results. This is because you often feel more motivated to

exercise and eat healthy and you also get support from other hopeful weight loss losers at the same time as well.

If you are interested in joining a weight loss center, the first thing that you should do is familiarize yourself with all of your options. This may include asking those that you know, like friends, family members, coworkers, neighbors, or your doctor, for recommendations, using the internet, or your local phone book. Once you have the contact information for a number of local weight loss centers, you can do a little bit of research or comparison. What you will want to do is examine all of the membership benefits that you are given, like access to healthy recipes, food journals, access to an onsite gym, and so forth. Then, you will want to compare membership fees.

If you live in a larger city or town, there is a good chance that you will find at least two weight loss centers for you to join. That is why it is important that you take the time to examine and compare all of your options. Yes, any weight loss center is better than no weight loss center, but you should take the time to find the weight loss center that is the perfect match for you and your own personal needs. Doing so may result in you achieving your weight loss goal and in a fun and exciting way.

## **Weight Loss Plans for Teens**

Studies have shown that there are a lot of people who are either obese or overweight. People can blame it on the food being served in the cafeteria or the type of meals being served in the fast food joint but in the end, the only one to blame is the person.

This is because everyone has a choice whether to live with a good diet plan or not and those who are too heavy just decided to eat more than what is allowable.

Luckily, there is a way to stop this from getting any worse. There are doctors and dietitians that the teen can go up to help create a weight loss plan.

Is there one plan out there suitable for every teen? The answer is no. This will depend on the physical condition of the patient after an examination has been conducted.

One of the advantages of losing weight while the person is still young is that there are not that limitations compared to an adult. This allows the body to burn calories much faster when engaging in a workout or playing a certain sport.

Since physical education class is not enough to get those calories, the doctor can recommend that the patient work out in the gym or in the youth center. These places have the equipment such as treadmills, weights and other sports facilities that can cater to the weight loss plan.

Most people are advised to engage in a physical activity for 20 minutes three times a week. Teens have a lot of energy and it wouldn't hurt to do this everyday. Since the body may adapt to the changes, the doctor may recommend some variations to help those extra pounds weekly.

The chances of getting the desired weight will not happen if the food being consumed is not being monitored. The dietitian must also come up with a program in order for this work.

The basic dietary plan is called the no nonsense balanced diet. This

means simply getting enough carbohydrates, proteins and fats in each meal because there are many who put more emphasis on one or the other.

Having too much carbohydrates could be the cause for someone being overweight. This can be stopped by following a low carb diet plan where the patient will have to cut down on carbohydrates and replace this with food that is rich in proteins and fats. People will see results in less than a month and just have to continue to maintain the ideal weight.

Another option is the low calorie diet in which the teen will eat six small meals a day instead of the three that people normally practice. This is distributed during different hours of the day and is proven to work in just 14 days.

Aside from exercising and dieting, the weight loss plan involves getting enough rest. This will allow the body to recharge from the activities of the day to be prepared for the challenges tomorrow.

Overweight teens will not lose the excess pounds overnight. The teen can only make this happen by following the doctor's advice with regards to the food being consumed and with proper exercise.

One way to check on the effectiveness of the plan will be to go up the weighing scale. If it is not working as projected, perhaps the teen can ask for another weight loss plan given there are different ways that can make this happen.

## Weight Loss Tips

Are you looking to lose weight to improve your appearance, your health, or even both? If you are, you may be looking for advice. The good news is that there are a number of tips that you can use to help you successfully lose weight and hopefully achieve your weight loss goal.

When it comes to losing weight, the best thing that you can do is eat healthy. Eating healthy involves watching the foods that you eat, not necessarily how much food you eat. Of course, you may want to restrict the amount of foods that you eat, when on a diet, but it is more important to focus on the foods that you do eat. For instance, if you were to eat fruit instead of chips, you could have more fruit snacks with your meals than you would be able to if you were just to eat junk food.

Since eating healthy is an important component of losing weight, you may be wondering how you can go about doing so. One of the first things that you should do is find and familiarize yourself with healthy meals. You can do this by way of standard internet search or by buying a collection of healthy eating recipe books. To reduce the boredom often associated with healthy eating, especially if you are not use to it, it is important that you 'spice,' up your foods and try to not eat the same meals over and over again each week.

In connection with healthy eating, regular exercise is also important to weight loss. If you are looking to lose weight, you should start an exercise plan for yourself. Exercise is important as it burns off calories. When you burn calories, the amount of calories that your body absorbs decreases. This is, essentially, what makes it possible for you to lose weight. If you haven't been exercising regularly in the past, it is important that you take it slow. Exercise is a great way to lose weight, but you do not want to overdo it, especially at first.

If you don't currently have an exercise plan or program in place, you may be wondering more about what you can do. One of the many ways that you can go about finding exercises or workouts to do is by buying a collection of fitness magazines. Many fitness magazines have detailed exercises outlined in them, often accompanied by pictures.

You may also be able to find free instructional workout videos or exercise moves online. As a reminder, it is important to start out slow or at least start with exercises that would be easy for you to.

Eating healthy and regular exercise are both important components of losing weight, but there are additional tips that you can use to help you lose weight. One of those tips involves finding a workout partner or a workout buddy. This is a person who can exercise with you, whether your exercise involves visiting a local gym or just going for a walk at a local shopping center. Having a workout partner may help to keep you motivated and it may help to keep exercising and losing weight fun and exciting for you.

Another way that you can go about successfully achieving your weight loss goal is by 'spicing," up your exercises. As previously mentioned, you can use the internet or fitness magazines to find workouts for you to do at home. To help reduce the boredom often associated with exercising you will want to change up your exercises, often on a daily basis. For instance, one day you may want to use a treadmill, the next day you may want to lift weights, and the next day you may want to do an exercise DVD, and so forth.

You should also consider making exercise and healthy eating logs or journals for yourself. These items can be used to track your progress. If you have a good week, like one where you completed all of your exercises, you may want to think about rewarding yourself. Your reward doesn't have to include food; it can be something as simple as a sticker or treating yourself to a movie. Journals and logs have been known to help many individuals looking to lose weight and it may be able to do the same for you.



If you want a new body, just like a swimmer, you'll need to know the swimmer's secrets. Discover the muscle building, fat burning workouts and the simple proven science of nutrition that develop the classic v-shape, broad shoulders and defined abdominals of the swimmers body. Get the details at [The Swimmers Body](#).

## Winter Weight Gain

Winter weight gain is a common complaint of many people. It seems that every winter we add a few pounds, and come summer we don't lose them all again either. A few of them always stick around, making us a little heavier every year. They seem to be very hard to lose extra pounds! Why does this happen and what can we do?

There are many contributing factors. First, it seems likely that we have a genetic disposition to store more fat as winter approaches. Many animals do this and it was probably vital to survival for our ancestors. Extra layers of fat on the body protect us against the cold and then can be used as fuel in the late winter and early spring when food stocks would historically be very low. We probably have a tendency to eat more in the fall, when food is plentiful after harvest time, to help this process along. We may also unconsciously choose foods that are higher in fat content at this time.

Hormone levels can also influence our weight gain. The interaction of hormones and other chemicals in the brain can bring about variations in appetite and cravings. Some neurotransmitters can also influence the way we eat.

People who are overweight often have low levels of these neurotransmitters and the results can include excessive appetite, depression and sleep disorders. At the same time, the lack of daylight caused by the shortening days during late fall and winter can bring on seasonally affected disorder or winter depression. One of the quickest ways to give a boost to the energy levels and emotions is to eat high carbohydrate foods including sugar treats, chips and cereals that give us a fast blood sugar 'fix'.

So people who feel low in the winter will tend to overeat or eat the wrong foods, leading to weight gain, more depression and a vicious cycle that is hard to break. So altogether there are many reasons why we eat more high carbohydrate foods such as cookies, pies and chocolate in the winter, and of course most of these foods also contain high levels of fats. The best way to handle this is generally to substitute other foods that are also high in carbohydrate so that we get what our body craves, but which have low fat content and plenty

of fiber. This means potatoes, wholegrain bread without butter, wholegrain rice, cereals, and fresh whole fruit.

It is also important to take more exercise. Often our physical activity levels drop in the winter and we have a tendency to want to stay home and rest. This is natural when it is cold outside. But we are not cavemen! We have heating in our homes and can be sure that there will still be plenty of food in the stores come February. We do not need to stow fat the way that they did. Sign up with a gym or get a stationary bicycle for the den. Transform those carbs into energy now instead of keeping it on the waistline until spring. Winter weight gain is easily avoidable this way.

But, let's be honest, most people suck at losing weight.

If this describes you, there is probably no better online resource for you than [Fat Extinction](#). You'll learn how not to starve yourself. But, amazing as it seems, you can eat more. Learn what's really needed for successful fat loss. Get a free ebook with tons of tips and secrets about real fat loss.

Make this year the best year ever for your body.