

## Underweight vs Overweight

Is a person that is underweight just as unhealthy as an overweight person? Not necessarily. Many underweight people work hard to put on a few pounds by eating a lot, but do not gain weight. How come? It could be many things, but one may be that the person is extremely active and their bodies work hard all day and night long. They burn calories fast even though they consume a lot of food. An underweight person may have great eating habits. For example: they eat several small snacks or meals every day. Often times they eat every 2 to 3 hours. I have seen small people eat chocolate, but not the whole candy bar only a couple of bites and then they put it away. How come it is easy for them to stop eating the candy bar? Because...The candy bar does not have a hold on them. They eat to stay alive. They do not live to eat. Food is not the main thing in their lives. They are not infatuated with food. They think differently about food. An overweight person works hard to eat less and less, but put on the pounds. Many actually eat very little and even starve themselves to take weight off. Only to get on the scale and see that they have put on pounds instead of shedding the pounds. Discouragement sets in and they give up. An overweight person may use food as a comfort. How? When they are under stress in any form, they eat. They tend to eat too much and the wrong kind of food. For example: they eat a chocolate candy bar and feel great for about 30 minutes, then it hits them that they should not have eaten it. So they get depressed and eat again. This cycle for them is vicious. It is very hard to stop....unless.....they begin to think differently. How? Here is one tip: When you are under stress and decide to eat something. Stop in your tracks and speak these words out loud....I love myself very much and that is why I choose to grab the right snack now!!! Now...reward yourself by patting yourself on the back and say...Keep up the good job. Thanks Sherry Kollar

## About the Author

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