

Weight Loss - Don't Give Up!

Whether you have a little or a lot to shed, it's important to stay motivated. Some people give up weight loss diet and exercise programs a few months into the year, but for those die hard fans of a better body, you keep at it day after day waiting for the first glimpse of change. Then, not only do you notice, but so do family, friends, and co-workers. Their reinforcement along with the dropping numbers on the scale, spur you on to victory. But, one day, the numbers stop falling. Thirty pounds from your goal, and still there is no movement on the scale. What should you do? Don't give up! Take this viewpoint; you may not be losing weight, but neither are you gaining weight. Plateaus are experienced several times over the course of a weight loss program. In the beginning, weight loss is steady because it's new to the body. Your increased metabolism and decreased caloric intake work to shed those pounds. Water loss accounts for at least the first ten pounds of weight loss. As your body works to adjust to your physical activity, more calories are burned which translates into more weight loss. Plateaus come when the body has become accustomed to the routine. Don't stress over it. Giving up now will only put you right back to square one. Throw out the scale! You may have heard this before, but it's true: muscle weighs more than fat. If weight training has been a component of your weight loss program, then as the muscle mass increases so will your weight. You may still be losing fat, but the weight of the increased muscle balances everything out. Therefore, examine your diet and exercise program. If your fitness routine hasn't changed since the beginning, consider making a few changes. Try a new activity. If you're used to aerobics five times a week, switch to the treadmill or an elliptical trainer. Muscles need to be challenged on a regular basis in order to grow. If the exercises are still a challenge, then take a look at what you are eating. If you've been having a "eat what you want" day more than once a week, you could be taking in too many calories. Go back to what you were doing at the beginning of the program. Keep a record for a couple of weeks to track what works and what doesn't. Remember, don't give up!

About the Author

A doctor will usually prescribe diet and exercise as part of diabetes treatment. This article details why regular exercise combined with a good diet will.

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