

A Weight Loss Plan That Works

I am one of the millions of people who find it very difficult to control their weight. I have tried many weight loss programs and am always actively searching for more. This was until a couple of years ago when I stumbled across something quite unique, a weight loss program which does actually work. I am finally, after all of those depressive years, able to walk down the street feeling confident about the way I look. In this article, I am going to write about this successful weight loss program in the hope that it can inspire other people to also reach their dream weight. I used to hate being obese, yes that is correct I was not just fat, I was obese. I saw it as one vicious circle, I would feel sorry for myself and would then turn to food as a way of comfort. I have spent many a night sitting in front of the television eating from a huge tub of ice-cream. I would only plan to eat perhaps a quarter of the contents but would always end up eating the lot. This of course would only lead to an increase in weight and boy did I feel guilty the next morning. I was forever beating myself up. I could not continue to live my life in this way and was quite fortunate to receive some quality advice via a good friend. He told me about the way in which he had managed to lose his excess weight. This was his plan, I needed to write down everything that I ate. I was allowed to have five treats in the week and had to be disciplined not to go over this level. I also had to exercise for an hour a day, this to me seemed to be the flaw as I am not one for exercising. I could not believe how much food I was eating and by writing it all down taught me a huge lesson. The exercise was actually quite enjoyable and an hour is not exactly that long. After around six months my hard work and determination had certainly paid off and I was a whole new man.

About the Author

Personalized online diet plans, fitness plans, nutrition calculator, chat, blogs, and diet experts make losing weight easy. DietWatch.

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