

The Celebrity Diet Which Helps People To Lose Weight

Are you on the look out for a successful weight loss program? Are you fed up with being constantly overweight? Does your excess weight make you feel depressed? Have you a low self-esteem because of your size? If you have answered yes to any of these questions then this article may well be of benefit and interest to you as am going to write about the best ways to lose weight. These weight loss solutions are used by the celebs, the stars and the rich and famous, therefore why not try them yourselves. I have been struggling to control my weight for as long as I can remember. I have tried many weight loss programs, all of which have ended up with a negative result. This was mainly I have to admit down to my bad attitude and lack of discipline towards the diets. I am not sure why I did not put more effort into losing weight at this stage of my life, it may well have been because I had a lack of confidence in the diets and a lack of belief that they would actually work. I then decided to read about how the upper members of society go about losing their excess weight. I have to admit that I am a bit sad really as I love to read the celebrity magazines such as hello etc. This may have been because I always believed that as a youngster that one day I would be rich and famous, my plan you see was to be a top footballer as I was my schools star striker when I was ten! After reading about these famous people and about how they went about losing weight, I decided to attempt to use the same methods in an attempt to finally reach a weight I was happy with. Most of these famous people hired a personal trainer to help them to start and sustain an exercise program. I could not afford a personal trainer but thought that I would be my own fitness coach. I started to run a few miles at least twice a day, I went to the gym three times a week and went swimming twice a week. I allowed myself to eat basically what I wanted but limited especially fatty foods such as a takeaway to just once a week. I also made sure that I was eating far more vegetables and at least four pieces of fruit each day. These ideas helped me to lose my excess weight.

About the Author

Weight loss support website, forums, recipes, diet reviews by 3 Fat Chicks.

Source: <http://www.productsherbal.com>