

Abs - Are You Doing the Right Weight Loss Workouts?

One day last summer, on the first hot, hot day of the season I spent some time in the park playing ball with a client. Over the course of the afternoon not one, but two old friends came over to see us. But they didn't even greet us, they just went straight to the ultimate fitness compliment for my friend. "I saw your abs from across the park, you've lost a lot of weight." They didn't even bother to say "Hello" to him because his physical changes have been that impressive. Now what would you give to get those kinds of compliments? According to recent research*, my friend is doing everything right to keep the fat off - "successful weight maintenance is associated with more initial weight loss, reaching a self-determined goal weight, having a physically active lifestyle, a regular meal rhythm including breakfast and healthier eating, control of over-eating and self-monitoring of behaviours." *Elfhag, K., and S. Rossner. Who succeeds in maintaining weight loss? A conceptual review of factors associated with weight loss maintenance and weight regain. *Obes. Rev.* 6: 67, 2005. Are you making these changes to your lifestyle? How did my friend achieve his successful lifestyle change and his best body ever? Simple. He used strength training and interval training for his workouts, and he spent time on the weekends shopping and preparing his food for his work week. Very simple, but very very effective. And he also spends more time hanging around people that support his goal than those that get in the way of him living a healthy lifestyle. Gone are the smokers and drinkers and in are the exercisers and good nutritious cooks. Do yourself a favor and get some good nutrition advice, follow a fast, effective program of strength and interval training, and surround yourself with like-minded healthy people that you can count on.

About the Author

Health articles, fitness links and exercise equipment. Including home and commercial fitness equipment.

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