

LOSING WEIGHT BY DIETING



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Introduction

With more and more people over the world getting health conscious by the day, dieting has become an important aspect of one's life. Dieting is generally defined as a controlled food habit designed to bring about weight loss and keep one fit and healthy. Dieting does not necessarily mean to stop eating. Proper dieting is basically controlled eating habits with a proper balance of all essential nutrients required to keep the body fit and healthy. A proper diet combines carbohydrates, proteins, fats, minerals, vitamins etc. in adequate quantities required to keep the body functioning.

There are a variety of reasons as to why people resort to dieting. Of them, the most common reason for dieting is loss of weight. After all everyone wants to fit into the clothes they must have once worn as teenagers. A proportionate body not only makes you look good but also builds your self confidence to a large extent. A successful dieting plan is usually provided by an experienced nutritionist who will come up with a proper fat free diet plan. However, a lot of inspiration is needed to accomplish a diet plan apart from self dedication. Another reason to pursue dieting is to be physically fit. Many want to live a healthy life with a fit physical stature which becomes a good enough reason to pursue dieting. A healthy body after all means lesser visits to the doctor.

Another reason to pursue dieting is to keep fit enough to be able to handle daily family pressures. Especially if you have to do household chores or run after your kids, you would need a lot of stamina and fitness for the same which can only be achieved through a proper diet plan. If you are not fit enough and obese, simple daily chores and activities with your kids can leave you tired and lethargic. A proper diet plan will not only help you keep fit and healthy but will also give you that added stamina you need to keep up with your daily chores and activities.

One must be motivated to lose those extra pounds. Proper motivation is much required to achieve your diet plan. Another unique reason for many people to follow dieting is related to religion. Yes, believe it or not, some people consider their body to be a temple. Faith convinces one to stick to a proper diet plan and treat the body well like a temple. No matter what the reason, dieting surely is an effective way to lose weight and stay healthy provided it gives you all the essential nutrients required by your body on a daily basis for proper functioning.

Fitness And Dieting

Diet and fitness go hand in hand for those who want to lead a healthy and happy life forever. Diet and fitness are almost synonymous to each other. After all if you follow a proper diet, you are liable to stay fit! However if your diet plan is not in proper place, you are bound to end up in a mess. Also, beware of brands that are endorsing diet products for their own personal benefits. There are many pills and products available in the markets these days and are highly advertised to provide you with easy weight loss solutions. Beware of these products as they can have severe side effects on your health. Though they may provide you with temporary weight loss, in the long run they can cause great harm to your body and there is no guarantee that they will work for you.

Though dieting is tough and requires a lot of dedication to pursue, it is by far one of the best methods available to lose weight without causing severe side effects to ones health. A proper diet plan is low in fat and high in essential nutrients required to keep the body fit and healthy. After all if you do not eat well, no matter how many visits you make to the gym or health center, you will not be able to get that fit and healthy body that you desire for. The best results can only be achieved when you combine the concept of diet and fitness together rather than treating them as individual entities.

When we say that diet and fitness go hand in hand, we mean that you should utilize your fitness routines to burn your body fat while your diet plan should be so organized as to be able to provide your body with all the essential nutrients required to keep it fit and healthy and help you build your muscles and stay fit. You cannot build your muscles with dieting alone; you need to follow a proper exercising regime to build your body too.

Do not go by the scales while following your weight loss program, they can be quite deceiving. If your scales show that you haven't lost an inch which may not be the true fact, you might get demoralized and give up your diet plan. Rather you should measure your weight loss by your new gained stamina. Diet and fitness combines a build and burn theory that keeps your body calorie free and fit, and thus to keep healthy and fit you must consider to pursue them together, for the best results.

Setting Your Dieting Goals

Setting your dieting goals is highly essential while following a proper diet plan. If you do not set your goals, you will never have the determination and dedication to pursue the same. A proper diet plan can only be achieved through setting of a proper goal.

To begin with, while setting your goals for dieting, make sure you set a goal that is realistic and achievable. You must have a goal to analyze whether you are succeeding or failing with your diet plan. You can set a goal by deciding to, say lose 10 pounds in 1 week and your diet should be planned along with your other fitness regimes to achieve the same.

A dieting goal is almost like having a measuring stick to track your progress on a daily basis. If you find yourself failing, then you know that you have been lagging behind, while if you feel that you are way ahead and have lost those pounds well in advance of your goals, you know its time for a little celebration!

You must know how to set your dieting goals. Remember, if you set unrealistic goals, there are 90% chances of these dieting goals becoming unachievable for you in the long run. After all what is the point of following a diet plan for weight loss that you will never be able to achieve? If you come up with goals that are unachievable, you are more likely to get frustrated and give up your dieting plan even before you are half way through it. This is the reason why your dieting goals must be extremely realistic to help you achieve the same with ease and a little dedication and determination.

Start with small achievable targets. For e.g. keep a loss of 10 pounds for a month instead of a 40 – 50 pound target which is highly unachievable. You can thereafter keep increasing your target gradually from 10 to 20 to 30 and so on instead of trying to take a big leap at one go! Simple achievable targets are not only achievable but are motivating too as you move from one level success to another.

Remember however, even achievable goals may end up being unachievable at times. For e.g. if you targeted a loss of 10, pounds you may have ended up losing 9 pounds and getting demoralized. However, do not loose hope, instead you should try and find out why you couldn't make it to 10 instead. Fix your goals yourself as you are your sole best judge. Don't let others fix your goals. Reward yourself with every goal you achieve, trust me it can be a real motivator.

Weight Loss Dieting

We all know that one of the most important and common reasons to pursue dieting are for weight loss. While pursuing dieting for weight loss, one of the most common factors faced by people is an urge to consume more food and resist hunger pangs. However, there are ways to handle the situation. All you need to do is plan a diet that is high in fiber content. Whole grains, apples, pears, and lima beans and breakfast cereals are by far some of the best food items with high fiber content. However, do keep in your mind that you must not consume all fiber rich food products at one go, rather you should spread out your fiber content diet in a way that it is spread throughout the day than having all at one go. This will prevent all possible side effects.

For weight loss dieting, you must also incorporate lots of fluids into your daily weight loss diet. Water is highly essential for your daily diet. Not only does water help all the valuable nutrients you intake to be transferred all across your body, it eases the metabolism process and also helps your skin retain its elasticity which is highly essential while your body undergoes changes due to your diet plan. Water enables your skin to adjust easily to the changes that your body undergoes during the weight loss program.

An important factor to consider for weight loss dieting is to control portions. While dieting, ensure that you eat your food in correct portions. There may be many times while pursuing your diet plan that you have to eat out at the restaurant. Under such circumstances do not over eat at the restaurant. Often food served at restaurants is in excess quantity portions than what is actually required by the body. Order and eat according to your appetite. Don't just eat all that is served to you. Avoid fried food while eating out and go for low calorie food items instead like salads and soups.

Weight loss does not mean only losing calories through a diet plan. It also involves burning your calories on a daily basis. If you are not following a fixed exercising regime, try doing some household chores, or just do some easy exercises like brisk walking, jogging and other cardio vascular exercises which can easily be done at home.

Dieting For Good Health

Apart from weight loss, another important reason to pursue dieting is to acquire good health. Everybody loves to stay fit and healthy, and this can only be achieved through following a proper diet plan along with necessary fitness regimes. Being obese has lots of health implications. It's better to diet and stay healthy rather than making frequent visits to the doctor. One of the basic reasons while people suffer from various diseases is because of the food and eating habits they follow. An oil rich fatty diet can leave you with heart diseases for life.

However, when you fix your diet, fix a diet that you can follow and one that is achievable. Do not get disheartened by the fact that you will have to give up food items that you loved most, rather think of the health benefits you will gain in the process. Apart from a proper diet, you need to incorporate a healthy lifestyle if you are looking to achieve good health. Get some physical activity incorporated into your daily schedule. Try and do some household chores, use the stairs instead of the lift, follow the early to bed, early to rise theory for fitness and health, eat proper, follow your diet chart to the core, it's all bound to make a difference to your life and health. Try and incorporate some exercises or even dance into your daily regime. Basically, anything to burn your calories.

If you are dieting for good health, stay focused on your goal. Do not give up with the slightest implication of failure. Achieving your diet plan is not easy. Sticking to your diet chart may seem impossible but do not give up hope. If you cannot achieve your diet goal in a month hang on, don't give up. Try and find out why you failed. Make it up the following month by correcting your mistakes.

Dieting for good health is a long term process and not something that you can achieve overnight. Drastic weight loss is not only harmful for your health but can have severe side effects. Go for a diet plan that is long drawn with high essential nutrition content for complete success. Good health is not just a matter of the body but is also a matter of the mind. Once you are mentally determined to achieve good health, you will find yourself following a diet plan dedicatedly on your own to achieve that desired result.

The Atkins Diet

Of the many diet plans followed by people across the globe, the Atkins diet deserves mention. The Atkins diet is known to be a low carb diet followed by many. The diet has often been criticized for its lack of whole grains in the diet plan. Many people are reluctant to go for this diet as they often feel that the lack of carbohydrates in this diet may prove to be harmful for one's health in the long run. To make Atkins diet a success, it is highly recommended that the diet be combined with a proper exercising regime for loss of calories. While following or deciding to follow the Atkins diet, ensure that you are well informed about the diet. These days there are loads of misleading information imparted in the name of Atkins diet. If you do not get the details of your Atkins diet from a reliable source, there is a huge chance that you can be completely misguided into following an incorrect Atkins diet plan.

No matter whether you are following the Atkins diet or not, if you do not follow a proper exercising regime, you are bound to gain weight no matter whether you take carbohydrates or not. Those who want to acquire complete success with Atkins plan; you must follow it to the core and be committed to it for life if you want to achieve complete success. Sacrificing all the carbohydrates that you have been consuming all your life at one go isn't all that easy. It requires a lot of dedication and determination. However, it is a known fact amongst those who have followed the Atkins diet that they have achieved 100% success by following this unique diet plan all their life.

The Atkins diet also known as the Atkins nutritional approach, was developed by Robert Atkins after whom the diet plan has been named. He believed that obesity was a result of high intake of flour and sugar related food products and whole grains and thus suggested this low carbohydrate diet plan for weight loss. It is believed that the Atkins diet lowers cholesterol levels in blood and even reduces risks of heart diseases. The initial phases of following the Atkins diet are the most crucial part where carbohydrates are completely restricted from intake. Once a person can overcome these initial phases, following an Atkins diet would not be tough for the individual.

Dieting using Weight Loss Drugs

Many people who believe in dieting as means to acquire weight loss, often try to find a short cut way out for acquiring weight loss through intake of drugs and pills for weight loss. With more and more people across the globe becoming health conscious and resorting to dieting, numerous companies are coming up with innovative weight loss pills, drugs, creams, powders and lotions for achieving speedy weight loss. Xenical or Alli is considered to be amongst the most popular of weight loss drugs available over the counter. They promise immediate weight loss in combination with proper exercising, diet and fitness regimes.

Though many of these drugs keep to their promise of providing speedy weight loss post intake, the hard fact is that most of them come with numerous side effects. Most of these drugs are made of chemicals that are harmful to your health. It is advisable not to rely on these weight loss drugs and products completely even if they promise immediate weight loss. These pills can only act as a supplement with your diet and exercising regime.

To avoid side effects, it is advisable to continue intake of these weight loss pills with a proper low calorie diet plan for complete success. In most cases, it has been observed that constant reliance on these weight loss drugs and products have led to improper bowel movements, loose stools, skin allergies and heart diseases in the long run. It is advisable to consult your physician prior to intake of these drugs especially if you are a heart patient as it can have serious consequences on your health. It is advisable to combine Alli intake with a proper dieting and exercising plan for complete success.

The pills may guarantee you speedy weight loss but they can't perform magic. This is why it is essential to supplement them with a proper diet plan for complete success and Alli plays an important part in making it easier for you to loose weight. Alli is priced around \$100 a bottle and surely doesn't come for free. Only those desperate to lose weight fast and through hassle free methods resort to these drugs for treatment of obesity.

However, before you choose to pick up one of these drugs, pills or weight loss creams ensure that you have well tested them and have also consulted your physician for possible side effects on your health.

Importance Of Dieting For Fertility

If you are planning to start a family, it is important to analyze your health condition and body weight before you plan to conceive. Research has proved that obesity can pose as a serious threat to conception amongst women. Obesity affects fertility to a great extent, this is the reason why obese people find it difficult to conceive in comparison to those who are thin and healthy. However, obese women are not to be blamed for low fertility levels completely, obese men are just as responsible for low chances of fertility as fat men have low sperm counts which make it difficult to conceive easily.

A little weight loss can increase your chances of conceiving easily. So why not make a little effort for the same. With a proper diet plan combined with a planned exercising regime that incorporates cardio vascular exercises, it won't be difficult to lose weight. If both you and your partner or spouse is overweight and planning to conceive, it is a good idea to work out the weight loss program together if you are looking for success. You both can motivate each other and make the entire diet program easy for yourself. To begin with, make some changes in your lifestyle pattern for the better. Consult a nutritionist and have a diet chart prepared for you with a proper balance of the essential body building nutrients. In addition, consult a physical trainer for the perfect set of exercises to follow on a daily basis for weight loss.

It is also advisable to seek help from a fertility center where they can guide you on the perfect diet pattern to follow to enable you to conceive. Obesity can also lead to miscarriage if you do not handle the situation with care. Gestational diabetes during the pregnancy, pre-eclampsia, still birth and other defects at birth may also be caused by obesity related factors during pregnancy. This is why diet plays a very important role in pregnancy related issues and fertility treatment procedures.

Consider treating obesity seriously through a healthy diet plan, if you are serious about conceiving and increasing your chances of fertility. If your body mass index or BMI is greater than 30, and you and your partner are planning a baby, it is time to consider weight loss programs seriously that combine a healthy low fat diet with a proper exercising regime to bring about loss in body weight and cure obesity.

Conclusion

Author Woody Allen once wrote, “When we lose twenty pounds, we may be losing the twenty best pounds we have! We may be losing the pounds that contain our genius, our humanity, our love and honesty.” Intelligent dieting can bring about essential weight loss that one is looking for, in order to stay fit and healthy. Dieting if followed religiously on a daily basis under proper guidance and with complete dedication can bring about a positive weight loss and a healthy and fit body.

The secret to success with a proper diet plan depends solely on your dedication and determination. One should be so dedicated that even if they face a failure in reaching their dieting goals in the first chance, they should not give up. Instead they should find out as to why they failed to acquire the diet goal and what put them off track in the process. Failures should be like pillars to success and the individual must aim to find out the causes for them to have failed in their weight loss programs for cure from obesity and work towards avoiding repetition of the same.

A proper diet plan must be planned with the help of a nutritionist who can guide you through the entire weight loss program. A good diet chart is one that incorporates all the essential nutrients required by the body for building muscles and tissues and is low in fat so as not to bring about a gain in weight. Some people may also follow the low carb Atkins diet for weight loss, which however needs must dedication and effort for success. Remember obesity can lead to numerous health issues, including low chances of conceiving and various cardio vascular diseases. Weight loss has thus become highly essential for controlling body weight and keeping one healthy and fit.

The ideal diet plan is one that combines a healthy diet plan with a proper exercising regime. In today’s fast paced life, many people find it difficult to follow a diet plan on a regular basis or even undergo a regular exercising regime for that matter of fact. These people often resort to various weight loss pills, drugs, powders and creams which are readily available in the market these days. However, not all of these products are beneficial for positive weight loss and cannot be compared to the positive effects that are brought about by a proper diet plan and exercising regime. Most cause side effects which is why it is advisable to consult your physician before using them and under all circumstances use them as supplements for weight loss instead of relying on them completely for loss of weight. The ideal way to lose weight however will be by following of a proper diet plan in combination with an exercising regime and healthy lifestyle which is the only way to acquire a fit body and mind!

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