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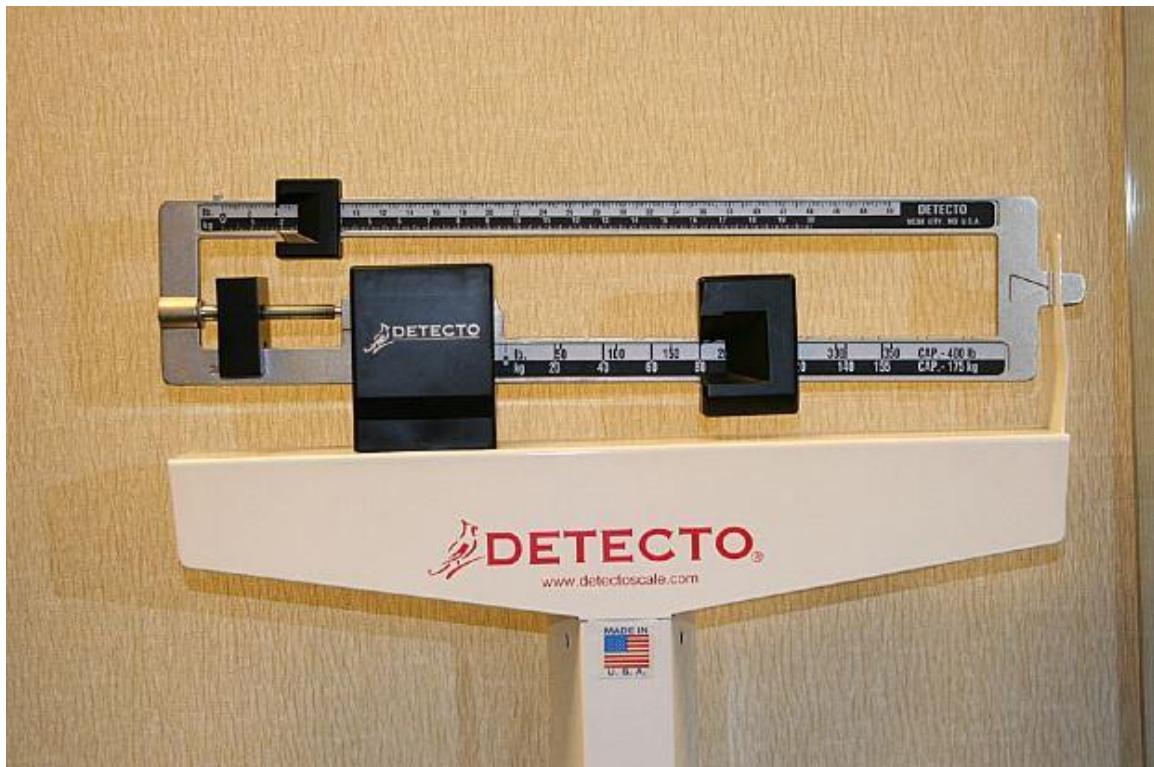
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Foreword

Losing weight can't be achieved in just a wink of an eye. Before you reach your main goal, you have to do accurate steps and get rid of your unhealthy lifestyle. Depending on your preferred schemes, losing weight can be easy or complicated.



Weight Loss And Maintenance Basics

Your Basic Guide To Understanding Weight Loss And Management

Chapter 1:

Introduction

Synopsis

Weight loss requires a reduction in calorie consumption. Most people try to reduce weight through exercising or dieting.



Basic Information

Every person has their own reason why they opt to lose weight. Some of them desire to develop their self-confidence or appear more attractive while others just want to stay healthy and fit. Whatever reasons you have, there is nothing to worry about. Achieving a perfect body and weight can be done without practicing any complicated procedures. It is a matter of how you control and motivate yourself to live a healthy lifestyle.

To know more about weight loss and maintenance, this book will serve you as an ultimate guide. Through this, you have a chance to recognize its fundamental facts. So, start reading this book and start improving your weight condition and your lifestyle.



Chapter 2:

The Basics On Weight Loss

Synopsis

Whether you want to stay fit, switch your body into a perfect one or appear sexier, you have to understand the entire concept of weight loss. If you regularly read health news, you probably recognize that the rate of obesity tends to increase. This alarming condition has awakened health practitioners and organizations. As a result, they are providing adequate tips and solutions to solve this issue. However, the help of these health agencies is not enough.



Weight Loss – Its Definition and Types

If you really want to reduce your weight, you have to help yourself. You have to be more conscious with your daily lifestyle and activities.

Weight loss refers to a reduction of the total body mass characterized by a loss of skeletal muscle and body fats. This term comes in two types:

- Intentional Weight Loss – When a person intentionally reduces weight, they often plan a dietary or training program. These programs are designed to lose a certain amount of weight within a short period of time.
- Unintentional Weight Loss - Weight loss may be accidental if a person is suffering from any untreated health issues. The typical examples of these are diabetes, stress, anxiety and a lot more.

As experts claim, losing weight offers multiple benefits. Aside from a stunning appearance, you also have a chance to live for more years. Obese people often suffer from multiple diseases such as diabetes, hypertension, heart disease and cancer.

Weight Loss Considerations and Tips

Even if you opt to shed extra pounds instantly, it is still essential to avoid crash diets, fad diets, frequent fasting and other intense weight loss measures. These schemes can put you at risk for health problems.

Say for instance, people who use laxatives while dieting may develop dehydration, kidney problems, heart issues and intestinal damage.

The best way to lose more weight is to make a diet that covers adequate healthy foods. This can help in maintaining body function while shedding pounds of weight. Before doing any activities or engaging with any program, make sure that you consult with your nutritionist or doctor.

While making a weight loss plan, you should always include proper exercise. Aside from burning calories through intense physical activity, regular training develops a resting metabolism. Therefore, it can help the body to burn more calories while performing ordinary activities.



Chapter 3:

The Basics On Weight Management

Synopsis

Not all people are aware of how to lose weight. Sometimes, they just depend on several programs that aim to reduce more body fat and achieve a perfect figure. Before you start reducing your fat, you should understand first the fundamental facts of weight management.



Weight Management Defined

Weight management is defined as an enduring approach to a healthy lifestyle. It covers a balance of physical exercise and healthy eating to link energy intake and energy expenditure. Understanding the needs of your body is essential to weight management. It can also control over and under consumption of foods.

Nutritionists claim that weight management does not cover fad diets. It often focuses on the long-term outcomes followed by body weight maintenance. If you manage your weight, you can achieve not only a perfect figure, but prevent chronic diseases as well.

Methods of Weight Management

Weight management comes in multiple methods. Some are easy to follow while others need constant monitoring and strict implementation. To get more details about these schemes, here are some of its various methods you should know:

- **More Protein Intake** – Food specialists claim that protein intake at breakfast has higher effect compared to succeeding meals. It also consists of a greater thermogenic effect than fats and carbohydrates. If you consume high protein food during breakfast, it helps increase the activity of glucagon.
- **Use Smaller Plates** – Through the use of smaller plates, it helps you to consume smaller portions of foods. Therefore, chances to eat fewer calories are observed. If you keep on using larger plates, you

are always tempted to consume greater portions and that leads to weight gain.

- Consume Low Calorie Foods – An average decrease in calorie intake always lead to slow weight loss. Picking lettuce, broccoli, grapefruit, cauliflower and other low calorie foods is highly recommended.

- Eating More Dairy Foods – Most nutritionists claim that consuming dairy foods can reduce body fat. It happens because a greater amount of dietary calcium develops the amount of energy and fat removed from the body.

- Give Up Soda or Sugary Drinks – One of the main contributors in weight gain is sugary drinks. Even if these drinks are delicious and appear harmless, carbonated drinks consist of a large amount of calories. To avoid calories, you should always drink more water. Experts suggest the consumption of eight to ten glasses of water regularly.

- Get Adequate Sleep – Since most people are busy doing their personal activities, they often neglect to practice proper sleeping habits. If you sleep on time, it helps to increase the metabolism and relieves the body of stress. These aspects are connected to weight loss and rapid metabolism.

With your understanding about these schemes, you can do the methods that will help to reduce fat and maintain a healthy lifestyle.

Chapter 4:

The Basics On Fad Diet Plans

Synopsis

Everyone who desires to reduce body fat is willing to try several diets that they have seen on popular TV talk shows, magazines or books. Most of these diets promise to provide perfect and fast results. At present times these diets are known as “fad diets”. What are these fad diets and how effective are they?



Information about Fad Diets

Fad diets refer to any dieting program or plan that claims to have discovered the ultimate secrets to losing weight. These diets are becoming well-known because they promise a quick result, offer easy procedures and are affordable.

Most fad diets are based on macro-nutrient manipulations. They consist of low-calorie intake to obtain their weight loss effects. They are also unsupported by rigorous scientific research and may be harmful to your health. Some fad diets restrict your total energy intake. They also cut your carbohydrate intake for rapid weight loss.

Top 3 Fad Diets that Really Works

If you are willing to practice fad diets, you should know which types of diets work and which are do not. For an additional guide, here are the top three fad diets that really work:

1. Lemonade Master Cleanse Diet - Studies have shown that there are celebrities who practice this plan. This diet includes exclusive drinking of cleansing lemonade made of lemons, water, maple syrup and cayenne pepper. Compared to other methods, it is quite difficult since you don't need to eat any foods.
2. Low Calorie Low Fat Diets – This diet comes with low consumption of calories. It also leads to weight loss, but needs to follow strict methods. However, people who practice this diet need to

monitor their daily food intake. If not, they can easily gain more weight.

3. High Protein Low Carb Diets – The most well-known high protein and low carb diet is the Atkins diet. It promotes all-inclusive elimination of carbohydrates. Therefore, it offers rapid weight loss and a healthy body condition.

Fad Diets and Their Benefits

Some people believe that fad diets are quite detrimental to their health. However, this is not always the case. It is merely how you pick the best fad diet available in the market. If you are planning to practice any fad diet, expect that you will get the succeeding benefits:

- Motivation – The ultimate challenge of losing weight is to stay motivated. If you change your exercise and eating habits, it needs a major commitment. Sometimes, when you have noticed that the results are too slow, you may feel discouraged or frustrated. However, if you continue the process, you will notice that you are reducing more fat and have the perfect body you desired to get.
- Offers Good Health – Fad diets like raw diets eliminate all foods that are processed or cooked. They also focus on consuming fresh vegetables and fruits. The Atkins diet, on the other hand, helps in reducing the intake of carbohydrates. The ultimate key to achieving good health is through consuming various foods that are rich in vitamins and nutrients.

- Awareness – A fad diet may leave you feeling active or energized. Whatever type of fad diet you opt to practice, you should always be conscious of the different foods that you need to eat. You will also know which foods are perfect for your body condition and which are not.

With great information about these fad diets, you can easily decide which of them fit the needs of your healthy body condition. After finding the best diets, make sure that you follow each step and be conscious with your daily lifestyle activities.



Chapter 5:

The Basics On Exercise For Weight Loss

Synopsis

Exercise and weight loss revolves around a single word – calories. Though people need food to survive, there is always a limitation. Say for instance, excessive consumption of carbohydrates is not advisable. To burn more fats, you need to practice a couple of exercises. Whether you want a mild or intense routine, you should always follow its procedures.



Exercise – How it Loses Weight?

An ideal exercise for weight loss includes a combination of weight training and aerobic exercises. Experts claim that if a person keeps on performing daily exercises, they have a better chance of keeping the weight off longer and achieving a healthier body condition.

Since there are several exercises for weight loss, some of you may find it hard to pick one. To solve this issue, here are the few top training methods you should follow:

- **Aerobics** – This is a type of exercise that develops the breathing and heart rate for a continuous sustained period. The typical examples of this exercise include swimming, bicycling, stepping and walking. For best results, you can do at least two to three exercises every day.
- **Cardiovascular Exercises with Equipment** – Machines can offer multiple cardiovascular exercises. The common examples of these are elliptical trainers, stair climbers, adaptive motion trainers and a lot more. Most of these devices help in monitoring your heart rate while reducing more body fats.
- **Strength Training** – This is perfect to all ages and recognized as a vital component of fitness. Whether you wish to practice lifting weights or doing weight-resistance exercises, it can help in increasing or maintaining muscle mass. It can also reduce weight and develop a healthy body condition.

Aside from the above mentioned, there are several exercises for weight loss. In fact, there are some people who prefer to enter in several fitness gyms. For those who are quite busy, they prefer to perform intense exercises at home.

As you keep on exercising, your heart rate tends to increase. As a result, your metabolism also develops and chances to burn more fats are largely increase. For every minute of training, you can burn a specific amount of calories. The burned calories depend on how dynamic the exercise is you are performing. Studies have shown that the more calories you burn during exercises, the more calories you deficit. Therefore, you can lose more weight within a short period of time.

In addition, when you continue doing the training, glucose is slowly depleted. Then, the body turns to its fat storage and burns the inner fat to make energy in replacement of the glucose. It means that when you burn more fat, losing weight will be noticeable.

Even if there are multiple exercises for weight loss, some still find it hard to achieve their ultimate goal. If you are one of them, the best option that you should take is to make a journal. In your journal, you have to write down your daily activity. You also need to itemize the different meals that you need to consume while doing the training. To ensure that you will follow your training plan, you have to encourage yourself. You can also list down your multiple reasons why you opt to lose weight. That way you are always inspired to perform the needed activities.

Chapter 6:

Your Weight And Emotions Basics

Synopsis

Believe it or not, your emotions play a vital role in your weight condition. Sometimes, depressed people prefer to eat more food to relieve their discomfort feeling. Others also turn to food for comfort, especially when they are stressed and frustrated from their work. As a result, this action may lead to weight gain. It is said that the more you understand about how emotions affect your eating habits, the better prepared you will be to overcome some hindrances that occur to control your daily food consumption.



Emotional Eating Defined

Emotional eating refers to the act of eating to feel better. Most people see food as more than a source of body energy. Sometimes, they enjoy eating, especially during their leisure time. There is nothing wrong with this habit. However, you should always know your limitations when it comes to food intake.

People often eat to deal with their bad feelings. But, this habit may lead to severe eating disorders, depression, obesity and weight gain. If you don't want to experience any health issues because of excessive intake of foods, you need to find ways of how to solve this problem.

Tips on How to Fight Emotional Eating

Some people find it hard to handle their emotions and eating habits. If you are one of them, you should always know the different strategies to manage your weight. For your guide, here they are:

- **Rate Your Hunger Level** – Before you start eating, rate your hungry level. From 1 to 10, ten scales are the highest and it means that you are full. If you realize that your hunger level is between 3 and 10, you need to avoid eating. You can only consume enough food if your hunger level is at 1 or 2 level.
- **Deal with Other Comforting Activities** – Instead of eating more foods while your stressed, try to search for any alternative activities that can alleviate your present condition. The typical examples of

these are listening to your favorite music, playing a musical instrument, chatting with your friends or going for a walk.

- Practice Daily Exercise – It is undeniable that regular training can help in reducing weight. But, it can also help in dealing with anxiety and stress. Through daily exercise, you can prevent from over eating. Therefore, you can easily manage your emotions while developing your health condition.
- Use the Three Food Interference - This scheme is done through eating three kinds of nutritious foods first before eating your favorite foods. The typical healthy foods are vegetables, yogurt, fruits and many more.

As you can see, there are several ways to manage your emotions. Whether you are depressed or suffering from any emotional issues, you don't need to eat over and over again. Once you know how to handle your emotions, you are not tempted to eat more food.



Chapter 7:

Setting Weight Loss And Maintenance Goals Basics

Synopsis

If you wish to lose weight, you need to set up your ultimate goal. You also need to achieve your goals no matter what it takes. It says that setting realistic goals before you start a weight loss plan is proven effective.

Sometimes, people find it hard to set up weight loss and maintenance goals. Instead of worrying about this issue, accurate research is an ideal option. You can also seek help from experts and trusted friends for wide details.



Steps-by-Steps in Setting Weight Loss Goals

The accurate steps in setting up weight loss goals are not too complicated. Whether you are a beginner or not, you can easily make your own plan. For more details, here are some steps you should know:

Step 1: Start Setting Small Daily Goals – Before aiming to lose more pounds of weight, your first goal is to reduce at least one pound every week. This is easier to achieve than reducing more weight in an instant. To ensure that you achieve this goal, you have to set your mind state. You need to remind yourself about your goal for continuous daily workouts and healthy lifestyle.

Step 2: Make Advanced Goals – Once you achieve your first goal, you need to level it up. Say for instance, if you already reached the daily 30-minute walk goal, you need to extend it to a daily one-hour walk. You also need to eat smaller portions every meal. For best results, you have to seek counseling from experts.

Step 3: Know Your Ultimate Goal – If you wish to have a perfect body figure and weight, you need to make ways to achieve it. Aside from daily routines, you need to learn how to cook healthy foods, engage in fitness programs and other related activities.

Step 4: Organize Time Frames for Your Goals – If you notice that you are continuously reaching for your ultimate goals, you have to reward

yourself. Depending on your preferences, you can go shopping, take a weekend trip, get a facial and a lot more.

Step 5: Keep Motivated – Though you already reached your main goal, you have to practice daily exercise and a healthy lifestyle. This can help in maintaining your body and weight the way you want it to be.

While setting up weight loss and maintenance goals, you should always be realistic. This means that you don't need to jot down just any activities, especially when you can't really achieve them. During your first week of the weight loss program, make sure that you can do it and you have ample time to perform any related exercises.

Significance of Setting Weight Loss and Maintenance Goals

If you know how to set up weight loss and maintenance goals, you don't have to worry about your daily activities. Since you need to jot down all the activities that you need to do, you are always guided on how to reduce more weight.

Through finalizing your exact goals, you don't need to ask your friends or other experts on what objective it is that you really want to achieve. Therefore, it is easy for you to find ways to reach your preferred goals.

Chapter 8:

Eating Right Basics

Synopsis

Eating right doesn't mean that you need to follow strict dietary plans. If you wish to eat the right amount and types of food, all you need to do is to know the different foods that are loaded with perfect nutrients. You can do this through asking assistance from experts or by reading health books.



Exploring How to Eat Right to Lose Weight

If you wish to lose weight, you need to focus on your daily meals. You have to know not only the foods that you need to eat, but also the foods that can trigger your weight condition. Instead of worrying about this issue, here are some tips you should consider:

- **Know the Exact Foods You Need to Consume** – Some people restrain themselves from eating to reduce weight. This scheme is not advisable. If you are hungry, then, you need to eat but with limitations. If you keep on eating fewer amounts of food, you might suffer from complicated health problems like fatigue.
- **Consume More Fresh Vegetables and Fruits** – Nutritious foods can help you lose weight. These foods are perfect instead of consuming unhealthy meals every day. If you switch into a healthy lifestyle, expect that you will lose weight and have a perfect body condition.
- **Avoid Skipping Meals** – If you keep on skipping meals, you may become hungrier for the next meal. As much as possible, you need to eat five to six times a day. But, you have to eat a small amount. Never multi-task and don't watch television while eating. While eating, just sit and pay attention to your food.
- **Drink More Water** – Your body needs more water. Drinking more water is highly recommended than consuming soda drinks.

Before eating, you have to drink some water to reduce your food intake. This can help in reducing more body fat.

- Make a Journal – Making a journal is an effective way to monitor your daily eating habits. Depending on your preferred meals, you need to jot it down and you will know the exact amount of food you intake.
- Try New Foods – Even if you are planning to lose weight, it doesn't mean that you need to deprive yourself from eating your favorite foods. Instead of eating the same types of food over and over again, you need to try new and healthy recipes.
- Clean Your Kitchen – It means that you need to remove all food that can destroy your regular healthy diet. As much as possible, buy only some food that is suggested by your nutritionist. This is an excellent move to refrain you from eating your favorite chips or other unhealthy foods.

Through your knowledge on how to eat right, you don't have to worry about your weight and body condition. You can easily motivate yourself to reduce more fat. If you are still confused on how to eat right, you are free to consult your nutritionist.

Take note that there is nothing wrong with you eating food. Just make sure that you are eating the right and healthy ones. You also need to monitor your daily intake to avoid weight gain. If you are motivated and committed to your specific goal, you can achieve it no matter what it takes.

Chapter 9:

Pills And Surgery Basics

Synopsis

To lose weight, some people prefer to purchase supplements or pills. Others also desire to undergo several surgical procedures. Whatever options you will take, you have to be more knowledgeable on how they work.



Choosing the Best Pills for Weight Loss

If you wish to depend on pills to lose weight, you need to examine each supplement available on the market. In some cases, people prefer to get expensive pills thinking that they are more effective compared to cheap ones. Whether you pick affordable or expensive types, you can't easily determine its exact function if you don't understand its various ingredients.

Before buying any pills or supplements, the best option that you should take is to start reading its reviews. While reading reviews, you have to browse not only one but various websites. The more reviews you read, the more chances of getting more valuable information you have. To ensure that you get an ideal type of pill for weight loss, it is best to seek help from experts. You can also ask your doctors about the exact brand and type of pill that you need to take.

Since money plays a vital role in buying effective pills for weight loss, you don't need to depend on a very expensive one. In fact, there are several pills or supplements that are cheap but come with effective results. Just make sure that you compare one pill to another for perfect buying.

Whether you want to buy pills through local or online schemes, make sure that you examine your preferred shop. Some shops are effective while others are not. To ensure that you will never be deceived by any scam supplier, always read the different testimonials of their previous

and current customers. This can help you in deciding if your desired shop is offering a ideal supplement or not.

Surgery – How Effective It Is for Losing Weight?

For those who can afford it, they prefer to depend on surgical procedures to remove their excessive body fat. If you are one of them, you have to find the best surgeon. Searching for the best surgeon is not too difficult. You can find one through asking assistance from your trusted friends. You can also read some reviews online to get a reliable surgeon.

Surgical procedures for losing weight are also effective. However, you have to follow the prescriptions of your surgeon before and after the surgery. You also need to be more conscious with your daily activities to avoid any side effects.

Whether you wish to undergo surgical procedures, take pills or practice the natural way of losing weight, you can get your preferred results. Just make sure that you know how to do it accurately to ensure positive outcomes.

Chapter 10:

The Benefits Of Weight Loss And Management

Synopsis

Do you have an excess in body fat? If yes, then, you probably have your own reason why you opt to burn more fat and achieve a perfect body weight condition. Why do people prefer to lose weight? An ideal body figure and weight condition offers multiple benefits.



Significance of Weight Loss Management

If you are not familiar with these benefits, here they are:

- **Appear Sexy and Attractive** – If you keep on asking why most people prefer to lose weight, most of them give similar answers. Both men and women wish to reduce more body fat to make them sexier.
- **Look Healthier and Active** – If you are planning to lose weight, you need to eat nutritious foods like fruits and vegetables. As a result, you will achieve a perfect body figure while getting the benefit of practicing a healthy lifestyle.
- **Saves More Money** – When you are losing weight, you need to consume healthy foods. Therefore, you don't need to buy any food that can destroy your eating habits. This can help you by saving you more cash.
- **Know How to handle Your Health Condition** – If you wish to lose weight, you should probably start by consulting your doctor. Through this, you will learn several things about how to lose weight and how to live healthy.

With the various benefits of weight loss, everyone is encouraged to deal with reliable dietary and training programs. Like others, you don't need to rely on multiple programs. Though you keep on entering in several activities, it will never be effective if you don't have self-control or motivation. So, make sure that you always follow your schedule to ensure effective results.

Weight loss management is not too complicated. If you have a specific goal, all you need to do is to find ways of how to achieve it. Through the help of weight loss management, you are guided to the specific activities you need to do. You will also know the different foods that you need to eat.

For beginners, they may find it hard to follow their schedules. However, if they are eager to reach their goal, everything will turn out to be fine. This is the reason why most people prefer to lose weight using a special management program.

Are you worried about your excessive fat? If yes, then, you don't need to suffer from its consequences. Don't allow other people to bully you just because your physical appearance. If you are obese, then, you need to find ways to solve this at hand. Through practicing a weight loss plan and management, everything will be in good condition. After several weeks and months, you will realize that you are losing more fat.

Whether you want to lose weight or just want to maintain a healthy body figure, there is always a specific way of how to achieve that goal. After burning more fat, you are confident to face other people. You are also free to wear any apparel you like.

Through following these different guides, you are free to do everything you want. So, start changing your daily activity now! Learn how to practice a healthy lifestyle and see how it affects your weight condition.

Wrapping Up

Looking as well as feeling great about yourself is possible. Although it may seem like a daunting task with the proper guidance it will be made much more simple. As long as you set up an effective routine and follow it daily, you are sure to experience results. Don't be ashamed of yourself any longer! Start enjoying your life and begin living a healthier life style.

