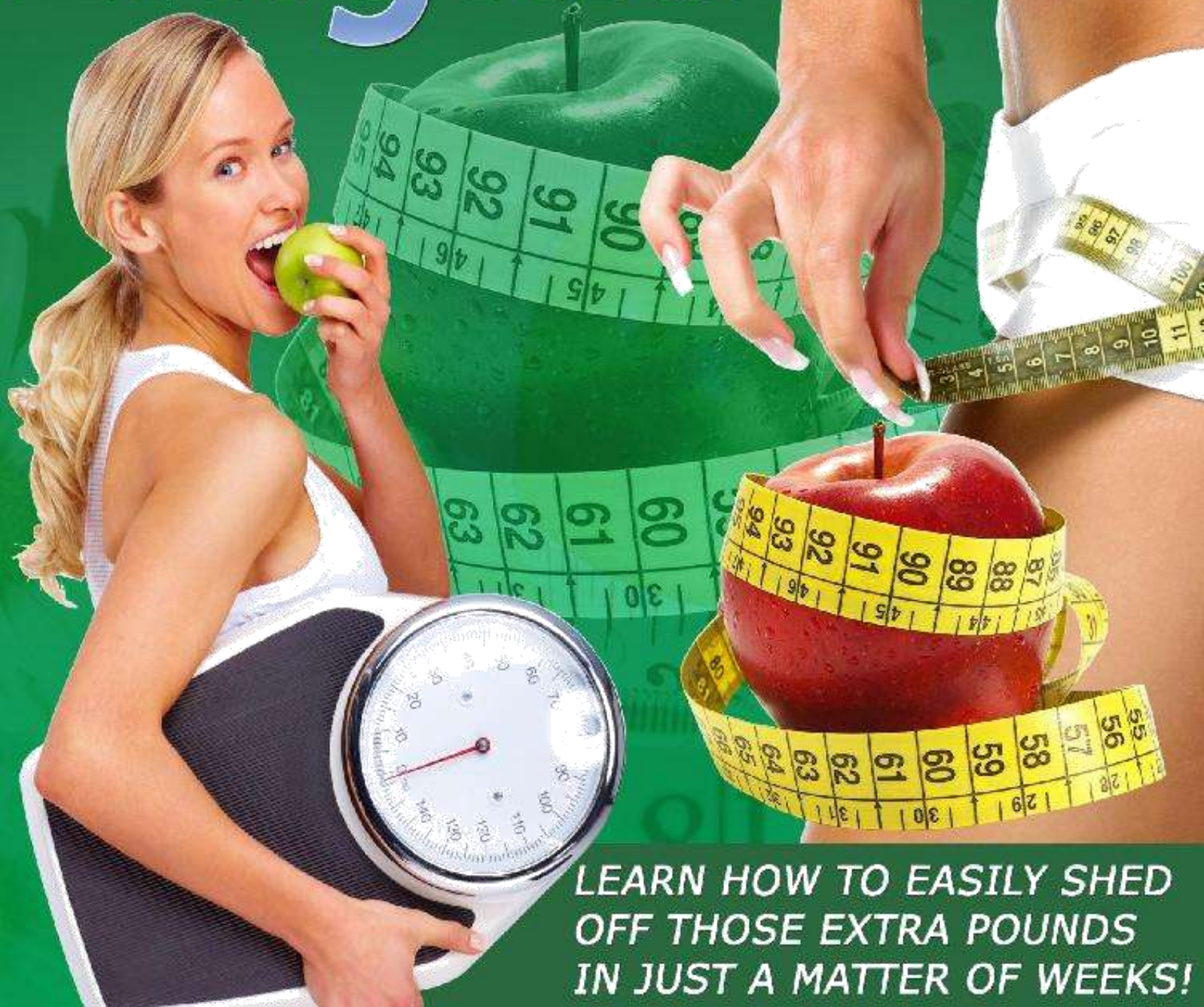


Weight Loss *Enigma*



LEARN HOW TO EASILY SHED
OFF THOSE EXTRA POUNDS
IN JUST A MATTER OF WEEKS!

WEIGHT LOSS ENIGMA

Learn How to Easily Shed Off Those Extra Pounds In Just A Matter of Weeks!

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Introduction

According to the new report from the U.S. Centers for Disease Control and Prevention, more than 66% of Americans suffering from obesity and being overweight on 2012. Probably the main reason for these staggering numbers in overweight and obese people is lack of exercise.

These days you could noticed that diet books being filled at almost every bookstores, the Internet sports a myriad of weight loss solutions and gyms filled with people who wish to shed a few pounds.

In some cases, weight can become an obsession, leading to eating disorders such as anorexia and bulimia. However, if you are overweight, there are healthy ways to become more physically fit. Still, it can take a great deal of time trying to sift through various diet plans and exercise regimes.

In this eBook, you will find the latest information about successful weight loss strategies and techniques to shed the pounds effectively. We've done all the research for you.

We are also evaluating various methods, present you the pros and cons. We take a look at various reasons for obesity and ways to combat them. After reading the information in this eBook, you should have a better understanding of the root causes of weight gain and common sense approaches to better manage one's weight.

With that said, let's get started!

Chapter 1: Getting to Know About Body Fat

Fat can lead to a number of body issues for anyone, regardless of their age, sex, nationality and other individualizing factors. However, while many people understand that body fat is not an altogether positive thing, it can be very difficult to get rid of the body fat and keep it off. By understanding more about body fat; anyone who is suffering overweight issue can be more likely to be successful in getting rid of and keeping off excessive body fat.

By understanding one's own body composition, it is possible to distinguish muscle from fat. Muscles are good and we want to keep as much of our muscle makeup as possible. Body fat is more expendable and this is what people want to get rid of when they are trying to get into shape. Excessive body fat can lead to a number of negative things, such as a poor sense of self-image and even long term damage on the body if the extra fat creates too much of a burden for the body.

Something that can add to the confusion of many people trying to learn about body fat is that there is good fat and bad fat. When it comes to men, less fat on their bodies most likely means an improved sense of health. Men can vary in range when it comes to body fat and the averages lie between fifteen and twenty five percent. However, having a body fat percentage of thirty percent or more is typically not healthy.

Body fat percentages for women are different. Women have extra amounts of fat on their body in order to, among other purposes; help keep the body cocooned and safe if it is carrying a baby. Since the baby is important not only in terms of the individuals, but in evolutionary terms instead, the ideal body fat percentage for a women ranges from twenty to twenty five percent.

Prior to hitting adolescents, a young lady will typically have a body fat percentage of approximately twelve to fifteen percent. However, this number will change after she hits puberty and her body begins to grow within the evolutionary terms that would assist her

in keeping her body, and any baby she might be carrying, safe. As a woman gets older, it is likely that she will continue to climb in the percentage of body fat that is found on or within her body. As with men, most women should try to limit their body fat percentage to less than thirty percent.

Measuring the body fat of an individual is very important in creating a realistic picture of the individual, as well as a good idea about the estimated health of the individual.

Knowing a person's body fat percentage is actually more important than counting calories. This is because some calories can be converted into muscle and other useful makeup within the body.

By measuring one's waistline, a person can determine whether or not they are healthy.

If they have their body fat percentage under control, the individual will have a waistline of less than 35 inches for women and less than 40 inches for men.

Weight Loss Attitude

You see the razor-thin models gracing the covers of magazines; you watch actors and actresses on the big screen who seem to never gain a pound. And you wonder: How do I differ from them? You may be surprised to learn that a number of famous people at one time had difficulty maintaining a healthy weight. But they were able to conquer their problem, thanks to a new-and-improved, healthy view of eating.

You may not realize it, but there is a certain psychology at work in successful weight loss. It is no surprise, then, that the magazine *Psychology Today* has explored the issue in-depth. In October of 2004, the magazine posted an article on its website detailing the experiences of Diane Berry, a nurse practitioner who studied women who had shed at least 15 pounds and had maintained their weight loss for an average of seven years.

The women shared some important things in common. For instance, they all achieved their weight loss through either Weight Watchers or TOPS, which meant that they had a firm support network as they tried to maintain their weight. The group meetings were highly important, because they learned to recognize that they were certainly not alone in their struggles with weight. The women were also quite unusual because up to 90 percent of individuals who have lost weight end up putting it back on within five years.

Another common trait of these women is that they appeared to undergo a profound mood shift as they made the transition from fat to thin. From all indications, they appeared to be depressed when they were heavy but, as they attempted to lose weight, their mood brightened.

For these women, healthy eating became a habit; a habit they refused to break. They themselves recognized the tremendous role that psychology plays in weight loss. They refused to give in to negative feelings of frustration and denial and chose a positive path instead. The women also made it a point to weigh their body regularly so that they could chart their progress.

And they recognized that maintaining weight loss would be a lifetime struggle. They knew that they could not attempt a weight loss program then put it back on the shelf. They had to learn new eating patterns that they could continue week in and week out. In some cases, they likened their struggle to that of an alcoholic. In other words, they recognized the gravity of their problem and took steps to correct the situation.

Perhaps the most interesting aspect of these women's experiences was the fact that their weight loss actually came in spurts. At times, they regained their weight, but they did not let that deter them from their final goal. They simply viewed their setbacks as challenges that they needed to overcome. This may be the key psychological trait that separates successful dieters from unsuccessful ones with perseverance. In essence, these women were able to change their personalities in a positive way in order to achieve their long-term weight loss goals.

Another interesting aspect of this study was that it showed that the women who had undergone weight loss transformation were genuinely happy. This shows the tremendous psychological impact that weight loss can have on an individual. Once an individual is free from the burden of extra weight, he or she is better able to meet the challenges of life head-on. The dieter benefits from positive reinforcement, as relatives, friends, and co-workers congratulate him or her for the weight loss. In this way, losing weight can be quite a life-affirming experience and can lead to a more optimistic outlook on life.

It must be noted here that the psychology of weight loss is a complicated matter. There is no single ingredient that can turn a fat person into a thin one. However, recognizing that there is a psychological component to successful weight loss may, in fact, be half the battle. Once an individual recognizes that he or she is engaged in a psychological fight, he or she is better able to do battle. By retraining oneself to seek healthy approaches to diet, one can, in effect, mold oneself into a new individual; one that no longer lives to eat, but simply eats to live.

Setting Your Goals for Losing Weight in Long Term

Weight gain happens over a period of time and cannot be lost in days as it was not gained that way. So, even though there are many ways that you can go about losing weight, you will want to make sure that it is a method that ensures you will keep the pounds off.

As a general rule, weight is gained by making choices in your diet that are not very good for you. Typically, you can calculate how many calories you need daily and if you work towards staying as close to that number as possible your fat less apt to struggle with your weight.

If however you decide to forego eating sensibly and give into all your cravings, you're bound to see yourself gaining weight. This can happen slowly over time but you can be sure that you will see it happen

If you want to lose pounds and keep the weight off for the rest of your life, it is really important that you set goals and stick to them the best that you can. Setting goals is an essential key to successful weight loss.

You need to keep in mind that especially if you have a large amount of weight to lose that it is not going to happen overnight. As a general rule, doctors say that to lose weight in a healthy manner you should shed about six pounds each month. Bear this in mind when you set your weight loss goals and aim for a goal that you can reach with ease, perhaps five pounds each month.

To keep the weight you lose off of your body permanently, you will need to alter your lifestyle and the way that you eat. Although cutting down on food can help, if everything you consume is high in calories, you are far less apt to notice and improvement.

Eating healthy and taking in large amounts of fruit, grains and vegetables will satisfy your hunger and allow you to shed pounds at the same time. Eating healthier, will not only rid your body of excess weight, it will also allow you to have an overall life that is healthier. You will notice your body thriving due to the excess of vitamins and minerals that healthy foods introduce to your system.

Even though you will always be subject to a certain amount of temptation, when you set goals for yourself, you will have a stronger will to resist the pull of high calorie indulgences.

Eating healthy does not mean that you have to rid your diet of deserts; there are many healthy treat choices if you look. Also, if you have been sticking to your diet very well, now and again you can give in and have a high calorie snack.

It is actually more beneficial to allow yourself a treat now and again. This way, you are less apt to completely give up on your diet. A small bite of something high in fat is far better than saying no to your diet and eating the whole thing and ruining everything that you have worked towards.

When you set your goals, allow yourself some rewards. When you achieve a goal that you set, allow yourself a reward for your hard work. By rewarding yourself, you are offering even more encouragement to stick to your new way of life. Consider buying yourself a new outfit or indulge in a massage, your effort is worth it.

You will also need to bring exercise into your life if you want to keep your weight loss as a permanent fixture in your future. Eating smaller portions of healthy food and exercising regularly is the best way to keep the pounds from returning.

When you are fit and healthy, you burn off more calories and feel more like continuing the effort needed to lose weight. It will not always be easy to keep up with your healthy life, but goals will allow you something to meet.

Within a few months of eating well and exercising on a regular basis, you are bound to notice results that will stay with you as long as you put forth the needed work.

Taking Stock of Yourself

Before you go out to search for a job, you probably take stock of yourself. This means assessing your talents and abilities, your personal preferences, and your social skills.

Once you've completed your personal inventory, you are ready to look for the job of your dreams.

The same sort of plan of action can help you as you begin your weight loss program. You'll need to do a little research on yourself. You'll need to write down things about

your activities, goals, interests, and try to combine them into a workable diet and exercise routine.

It can be difficult sometimes painful to conduct such a self-evaluation. But it can be quite beneficial for your long-term health. Before beginning a weight loss program, you need to ask yourself some questions. In some cases, they may be hard questions. But they will help to ensure the success of your weight loss regimen.

The National Institutes of Health have said that obesity is the second leading cause of preventable death in the U.S. This means that your personal inventory has life-or-death consequences. This means that you'll need to be brutally honest with yourself. Otherwise, your health could suffer in the long run.

A number of diets take a cookie-cutter approach. As a result, you may follow them for a time, but then tire of them. That is why it is so critically important to have a personalized weight loss plan. This may mean that, once you conduct your inventory, you'll need to consult a registered dietitian to find the diet that's right for you.

In your inventory, determine how you are currently doing, as far as diet and exercise are concerned. You might consider giving yourself a grade of excellent, satisfactory, or needs improvement. Determine how many years you have been overweight and note whether you are constantly on a diet. Also, make note of whether you tend to gain back weight once you've lost it. Then, determine what your weight loss goal is. Remember that a realistic goal is to lose about two pounds a week. Finally, determine how best you can reach your goal.

You may also want to take a family history. This is important when you go to a doctor, and it's also critical when you go to see a dietitian. Note whether any members of your family are overweight. Do you have a family history of heart attack? Diabetes? Cancer? Osteoporosis? What is your Body Mass Index? Is it where you would like it to be? What is your cholesterol level? Is it considered to be dangerous by your doctor? What

is your blood pressure? Could it be improved? Are you under a great deal of stress? Do you generally follow good health habits? The answers to these questions can help determine your personal health risks.

You'll also want to determine how much physical activity you engage in. For instance, does your job require you to bicycle or run? Do you currently take part in at least 30 minutes of exercise several days a week? Do you engage in stretching exercises? Do you lift weights? Are you involved in sports? Do you use exercise as a means of relaxation? Do you dance in order to have a good time? Again, the answers to these questions will help to determine your current physical activity level and what you need to do in the future in order to increase your activity.

Granted, your personal inventory could leave you a bit demoralized. After all, you may not be eating the way you should. Your family might have a history of disease and obesity, and you may not be doing as much exercising as you should. The idea of the personal inventory is not to make you depressed. Rather, it's simply information that you can use as you try to plot your roadmap to weight loss success.

You might consider taking your personal inventory from time to time. That way, you can see how much progress you're making. Such progress could inspire you to set new goals for both diet and exercise. Keep in mind that you're never too old to learn something new about yourself. The key is to take that knowledge and use it for effective action.

Chapter 2: Getting in Step with Weight Loss

As children, one of the first exercises we learned how to do was walking. While it may seem like an elementary form of exercise, walking can do wonders for the heart, the circulatory system, and our legs. Walking can also be instrumental in helping individuals to lose weight.

Medical experts say the important thing to keep in mind when starting a walking program is distance rather than time. In essence, it doesn't matter how long it takes you to complete a mile the important thing is to do it. If you hope to burn off two pounds a week, you will need to walk enough to burn about 3500 calories. If you weigh 160 pounds and you are walking at a rate of two miles per hour, you can burn as many as 105 calories.

A helpful technique when beginning a walking program is to build up your leg muscles so that you are able to burn additional calories. If you can, try to race-walk. Your goal should be to finish a mile in 13 minutes. Another technique you can use is by adding weights to your walking routine. For instance, you can pack eight pound weights into a backpack and wear it as you walk.

Ultimately, you might want to work up to the point where you are walking at least six hours a week. In addition to helping you to shed pounds, this will enable you to combat such diseases as diabetes and cancer. You should feel healthier and perhaps happier as a result of your walking.

At this point, you might be wondering whether to do your walking outdoors or on a treadmill at a gym. The choice is really up to you. It depends largely on what makes you more comfortable. Some people enjoy being out of doors as they like looking at the trees and the flowers as they move along. Others find that the traffic and animals found outdoors can be too distracting. Also, many people find it difficult to walk in the rain or snow. Some individuals like the discipline offered by a treadmill, while others find it

boring and confining. One advantage to a treadmill is that it allows you to keep track of the number of miles you logged, as well as your speed. That can be valuable information when you're attempting to chart your progress.

Of course, it's best if you couple walking with a sound diet plan. You should attempt to consume at least five servings a day of fruits and vegetables. Limit your intake of high-fat foods and sweets. Sensible eating will also enable you to maintain your weight over the long term.

When you set out to walk, make sure that you begin with some stretching exercises. These can help prepare your muscles for your workout. In addition, begin your walk with a five or ten-minute warm up period. The rest of your walk should be brisk you should be walking at a pace similar to what you would use if you were late getting to work. You should continue this pace for approximately 30 minutes, and then begin a cool-down period where you walk at a more moderate pace. Following this regimen should ensure that you get the most out of your walking.

One of the best aspects of walking is that it is an activity that nearly any able-bodied person can do. It does not require special equipment or special training. It is important, however, that you remain committed to walking. Doing it for just one or two days a week is probably not enough to make an appreciable difference in your weight. Rather, you should aim to do a brisk walk at least six days a week. Once you get into the habit of walking, you should find it relatively easy to continue. It's something that can quickly become part of your morning routine. In fact, some experts recommend that you do your walking in the morning to ensure that your metabolism is elevated throughout your day. Walking late at night will not have the same effect; it will do little to raise your daily metabolism.

Why Stay at Home Could Proof to Lose Weight?

Some interesting new research indicates that you are better off staying home than eating in a restaurant, if you are trying to lose weight. Given the fact that as many as two-thirds of Americans are overweight, and many people spend at least part of their day in restaurants, the findings are particularly troubling.

According to Dr. Caroline Cederquist, a physician specializing in weight management, in 1978, less than 20 percent of the calories Americans consumed were eaten outside the home.

As late as 2003, the number had climbed to 50 percent. Cederquist says that restaurant food tends to be higher in calories because it relies so much on salt, sugar, and oil. Also, restaurant portions tend to be larger, making it difficult to make healthy choices. It has been estimated that restaurant servings tend to be three to four times greater than typical serving sizes. Another problem is that restaurants often serve bread or rolls with a meal, which can cause dieters to pack on the pounds.

Restaurant appetizers tend to be extremely high in calories. For instance, a basket of fried onions can pack a whopping 2,000 calories. Now, while you might not devour the entire basket yourself, chances are you will have a good share of it if it is passed around the table.

A number of restaurants now offer free refills of soda. Soda glasses also tend to be large, meaning that you are receiving greater servings of this sugary beverage. Just the soda alone can put you far over your daily recommended allowance of calories for weight loss.

Another problem is that we have been conditioned to clean our plates. With plate sizes growing in restaurants, this becomes a critical weight issue. You may feel morally

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