



Wonderful Weight

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How To Maintain The Weight Loss From Your New Year's Resolution.

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Foreword

There are tons of reasons why obese or overweight people try to lose weight. Some want to be healthier, to feel and look better while others want to have more energy to accomplish their daily tasks.

No matter what the reason is, healthy weight management and successful weight loss depend on sensible goals as well as expectations. If you set goals for yourself, it is not impossible to meet them and have the chance to maintain your weight.

Anyone can lose weight effectively. Get to know all your needed information here.



Wonderful Weight

How To Maintain The Weight Loss From Your New Year's Resolution

Chapter 1:

Weight Loss Resolutions Basics

Synopsis

Weight loss is the term that is on many people's minds. Some need it for medical reasons and others for aesthetic purposes.

While there are many solutions available in today's market and advice can be found easily over the internet, [achieving weight loss goals](#) is totally a different matter. People struggle to lose weight mainly because of wrong expectation and misguidance due to the different product marketing.

Before you rush and start on your weight loss plan, consider the weight loss basics first.



The Basics of Weight Loss

Decreasing one's pounds is one aspect of an effective and successful weight loss. This is the main idea that everyone can relate to. It is also measurable and can bring visible results. The words "weight loss" convey these notions.

Losing weight revolves on various important aspects including restoring and improving one's health, staying on the track to achieve all your weight loss goals, and transforming and keeping a leaner body. For you to achieve successful weight loss, you have to keep in mind the weight loss basic principles. These include the following:

- Lose fat
- Stay motivated
- Gain muscle

In order for you to be successful, you have to take note that you need to make extra effort as there's no shortcut in shedding those unwanted pounds of yours.

Lose Fat: Diets Can Help You

Eating correct and healthy balanced diet is important when losing weight. Choose and follow a diet that is rich in fiber and protein and low in refined carbohydrates.

Once you have increased your intake of fiber and protein, you will lose your weight gradually and your strong muscles will develop. Also, if you consume less refined carbohydrates, you get rid of piling calories, which don't provide the needed nutrients of your body.

Gain Muscles: Do Some Workouts

When losing weight, gaining muscle can help. It is because fat will be burned to provide you the right energy in which muscles require in staying alive. It's interesting to note that a pound of fat requires only three calories while a pound of muscle needs 75-150 calories every day to work. Therefore, if you want to see results when losing weight, it's imperative that you do workouts.

You can consider any exercises or workouts. But, anaerobic and aerobic exercises are essential for your body to work harder. For better results, alter your exercise routines to maintain the stimulation of your body.

Some consider weight loss programs just to do workouts. There are even others who enroll to a gym class. You don't need to spend a huge amount of money when doing workouts. You can do workouts at your home. Just choose those exercises that will not require gym equipment.

When doing workouts, take it seriously and stick on your plan. Learn to be motivated. Exercising regularly with consistency and

commitment is a must. Do not make mistakes and expect for quick results like most people do. You have to take note that it also takes time to see results.

Staying Motivated

It is vital to accept that weight loss does not happen quickly. Losing weight is a journey in which you need to monitor your progress. With this, you will be able to see results while being motivated with your plan.

Losing weight may be easy for some because of using magic pills. But, if you want to improve your overall health and maintain a healthy weight, then stay motivated and get going as this can make a difference.



Chapter 2:

Use Walks

Synopsis

Anyone can be able to lose weight depending on the intensity and duration of their walking as well as their diet. That is the reason why many experts advised overweight people to use walks as this can be a great part of their weight loss journey. However, this does not mean that you need to stop eating a healthy balanced diet. You still need to stick to your weight loss plan. Walking is just a bonus for those who want to see results in no time.



Walking As a Bonus to Your Weight Loss Journey

Some people say that physical activities like walking are not important when trying to lose weight. But, the truth is, using walks for your weight loss can help you arrived at your desired results.

If you consider adding 30 minutes of brisk walking to your daily activity, you would burn about 150 calories daily. For you to lose a pound every week, you need to get rid of 500 calories each day. Of course, the more you spend your time walking and the quicker your pace is, you will be able to burn more calories.

In order for you to be successful to lose weight through walking, you need to maintain the intensity of your exercise at a vigorous or moderate level. When it comes to weight loss, the longer you walk or the more intense you walking exercise is, the more calories you'll burn. However, you have to take note that balance is essential.

If you are new to physical activity and regular exercise, you can start at a low intensity and increase it gradually. Once you have succeeded in losing weight, you should not remove your walking exercises in your daily routine as this will help you maintain your weight. As a matter of fact, studies showed that people who are maintaining their weight for long term always consider regular walks. So, keep on walking and ensure to follow a healthy balanced diet.

Guide On How to Use Walking For Your Weight Loss

As mentioned earlier, walking alone will not help you lose weight successfully. You still need to consider eating a healthy diet as this can let you achieve all your weight loss goals.

Most people who are trying to lose weight find it hard to stay on the course. Through this guide, you will be motivated in losing weight.

1. Keep Track on Your Diet

The best key for you to avoid overeating is to keep on track on what you are eating. It may seem to be a simple task, but managing your diet can be challenging. If you don't want to ruin your weight loss goals, then create a record of what you eat or drink. Keeping a record of the calories of your foods can also be a good idea. In this way, you will be able to maintain your weight.

2. Measure Your Walks

There are different ways to monitor your walks or how far you have walked. Tracking distance will allow you to compare routes and can assist you in increasing your distance that can also let you burn more calories, which is crucial if you're walking to shed extra pounds of yours.

3. Keep a Walking Log

Keeping a walking log is also important like having a food log. This will help you to be motivated in losing weight. Other than that, your walking log will allow you to track your progress as you gradually increase the intensity of your walks.

Chapter 3:

Use Fruits Rich in Vitamin C

Synopsis

Recent studies suggests that you will be more successful with your weight loss if you will eat more fresh citrus and some vegetables and fruits that are rich in Vitamin C. It does not mean that Vitamin C is the new wonder drug for weight loss, but experts have discovered that consuming an insufficient amount of Vitamin may hinder one to lose weight.



Getting to Know More about Vitamin C

Vitamin C is not just helpful in fighting colds. If you need to lose weight for whatever reasons, this vitamin can help you. Did you know that fruits that are high in Vitamin C can let you burn more fats?

What Is Vitamin C?

Vitamin C is also referred to as an ascorbic acid. It's a water-soluble vitamin with an antioxidant function in one's body. This just means that this neutralizes free radicals, which can cause damage to cells.

Vitamins that are water-soluble are not stored in one's body. With this, you need to consider taking a fresh supply of these every day. Otherwise, you will be at risk of developing a deficiency that can lead to some health issues over time. Unfortunately, one's body does not have the capability of producing Vitamin C. So, it is important to ensure that you take this nutrient adequately.

Vitamin C and Weight Loss

If you consider juicing recipes for your weight loss, you will get results if you will include fruits that are rich in Vitamin C.

Researchers are searching for fruits and vegetables rich in Vitamin C that can increase your rate of burning fats during exercise. So, eat some and use them for your juicing recipes.

You can consider any fruits that are rich in Vitamin C. If you don't have any idea which one is best suited on your weight loss journey, then ask for assistance from experts. Also, if you have allergies on some fruits, better consult your physician and ask for an advice about the right fruits that you can use.



Chapter 4:

Switch Out Trans Fat For Healthier Fats

Synopsis

For several years, doctors and nutrients have preached that low-fat diets is the best key to successful weight loss, preventing health problems, and managing cholesterol.

That is why it is essential for you to have ideas about switching out trans fat (bad fat) to healthier fat. It is because bad fats can increase your health risks while good fats can protect your overall health condition. In fact, healthier fats are important to emotional and physical health.



Eliminate Trans Fats From Your Diet

Trans fats are normal fat molecules that have been twisted as well as deformed during a process, which is called hydrogenation. In this process, liquid vegetable oil is combined and heated with hydrogen gas. Partially, vegetable oils that are hydrogenated will make them less likely to spoil and more stable, which is good for all food manufacturers and not a good thing for you especially if you are maintaining a healthy weight.

Trans fats are not healthy. Even a small amount of them is unhealthy. The reason behind it is that these fats contribute to several major health problems like cancer and heart disease.

Trans Fats Sources

When talking about trans fats, many people think of margarine. Well, it is true that there are several margarines that are loaded with these fats. However, the main source of trans fats in the Western diets comes from snack foods and commercially-prepared baked foods.

- **Baked Goods** – crackers, cookies, pizza dough, pie crusts, muffins, and other breads including hamburger buns.
- **Snack Foods** – corn, candy, tortilla chips, potato, microwave or packaged popcorn.

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