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## Healthy Weight Loss

By Wray Burns

Weight loss should be taken as a long term program as the body takes time to lose weight in a

natural way. Rapid weight loss gained with the consumption of weight loss diet pills and food supplements deprive you of the energy necessary for day to day metabolism. These supplements are also low on essential vitamins and mineral and hence affect your health drastically. Sudden changes in your eating habits put a lot of stress on your liver. This may even make you sick sometimes. Healthy weight loss should ensure that as you lose your weight, your health is also improved. The reason for weight loss should not be merely improvement in looks but enhancement of your overall health. Commitment, perseverance and patience are very necessary for a healthy weight loss. You should control your diet and exercise regularly till you achieve the goals set in your weight loss program. The motivation for a healthy weight loss should come from your own self and you should follow the weight loss program with dedication.

Exercise is an integral part of any weight loss program. You should exercise for 30 to 45 minutes daily. Be regular in your exercises as losing your rhythm is very easy. Once you make exercise a routine, you will like doing it. Also increase your daily activity levels from time to time. This may include parking your car a little far away when you go shopping, starting gardening, etc.

Healthy weight loss should involve a balance diet. You should consume less fats and more proteins and carbohydrates. You should eat more of fruits, vegetables, grains and starchy food. Your diet should not contain only one food item. You should eat a variety of food items. A sound health is not about getting sufficient calories for body metabolism and is achieved by consuming various essential foods. You can also consult a registered dietician for weight loss. Dieticians are educated and trained in nutrition and will provide you information about different food items, their compositions, calorific values and their benefits. You should also read food labels to get a clearer understanding of what you are eating. Foods that are labeled 97 to 100 percent fat-free are good for healthy weight loss.

Make a slow start and let your body adjust to the new lifestyle. Do not haste and consume diet pills that

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may have side effects. You can also choose to make one to two changes in your habits every week. For example, in the first week, you can decide that you will not eat fried foods and walk daily during your lunch break. In the second week, you can stop eating fat rich dairy products and start jogging in the morning. Your body will get sufficient time to react to such changes and you will succeed in achieving healthy weight loss. You should not target weight loss of more than two pounds each week. Some people also keep a record of their diet and exercise. Analyze your food habits and exercise levels every week and make necessary improvements in your weight loss program. Increase the quantity of healthy food items that you take and reduce the unhealthy ones every week.

You should also be regular in your meals and snacks. If you skip a meal, you will be hungry after a few hours and your body will demand high energy diet. You will be tempted to eat sugar-rich food such as pastry and chocolate.

If other members in your family also want to reduce weight, then the entire family can choose to eat healthy diet. This will reduce your access to fat rich stuff and fast food. With reduced access, you will be less tempted to eat these unhealthy foods.

Wray Burns is author & owner of

[www.weight-loss-that-works.com](http://www.weight-loss-that-works.com)

a website aimed at providing help &

information for people looking to lose weight and improve their fitness.

### **Weight Loss Supplement**

**By Rolf Rasmusson**

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Weight Loss Supplement - what is it?

The term "weight loss supplement" is familiar to almost everyone nowadays. Weight loss supplement is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. The weight loss supplement can be based on various chemicals, vitamins, minerals, herbs, etc. Examples of weight loss supplements include but are not limited to Solidax ADX, Phentermine, Kava - Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

Weight Loss Supplement - variety.

There is a huge variety of weight loss supplement products available in the market nowadays. All these products have some benefits and some drawbacks which distinguish them from one another. Some of weight loss supplements are cheaper than others. Some require longer period of use than others. Another example of differences would be the requirement of exercising and diet for some weight loss supplements, compared to other ones available.

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### Weight Loss Supplement - safety.

Even though the large number of weight loss supplement pills is available in the current market, a lot of them have proven to be ineffective. Also many of them have not been scientifically tested so you can not trust all of the claims made by manufacturers. You are also should be sure that the weight loss supplement is safe. Consult you doctor and other health professionals before using some type of weight loss supplement. In other words the weight loss supplement needs to be both effective and safe to use.

### Weight Loss Supplement - which one is better?

Almost everyone who wants to loose weight asks himself or herself the question: "Which weight loss supplement is the most effective for long-term weight loss?" You will need to read any available research about the weight loss supplement you would like to use, consult with professionals, and make sure the supplement will work with your diet and exercising program.

Additional interesting contentat [www.nutritional-supplement-4u.com](http://www.nutritional-supplement-4u.com)

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