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Successful Weight-loss Pointers

By Regena English

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by: **Regena English**

Well we're at it again, trying to honor our promise on New Year's Day to lose weight and tone up those flabby parts. Although the year's still young more than half of our New Year's Resoluners have strayed from their promise of fitness and or weightloss. The reasons may vary as to why their resolutions have been pushed to the side, one common compliant is difficulty in maintaining a healthy lifestyle. Why? It's difficulty to break old HABITS!

For so long we've had a life of overindulgence with the foods that are considered taboo, now we're expecting ourselves to enjoy doing without those favorites with no effort whatsoever. Rather than ease into a new way of eating through gradual elimination of our no no foods we jump in with both feet not expecting any backlash. To our surprise we have reactions ranging from endless cravings, headaches, stomach and intestinal discomforts. Some pointers for being successful this year:

As mentioned above ease into your new eating plans, gradually eliminate forbidden foods from diet. As far as exercise is concern give yourself plenty of time to build your endurance, don't attempt to workout for two hours the first day and you've been sedentary for twenty years.

Set goals that are short term. Instead of setting a long-term goal to lose forty pounds this year, lose four pounds a month.

When you feel anxious and desperate to reach your goal in a hurry remind yourself of past day, week, or month's progress. Losing alot of weight in a hurry leaves little time to adjust lifestyle habits for long-term success.

If you're not able to reach your goals alone join a support group that reflects you. Stop by <http://www.onelist.com> and peruse their categories of health and fitness surely you'll find a list for a individual like yourself.

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Have hobbies and other outside interests so you're sure to get a mental break from your goal. Thinking to much about having to lose forty pounds can depress even the most enthusiastic of persons.

Don't be afraid to take time out of your day to relax your nerves and do nothing but enjoy that moment.

Use you imagination to see yourself after reaching your goal. The more vivid the mind picture the better, doing this will enlist the aid of the subconscious. It has been said that our goals are 10% actual work and 90% mental. So don't be afraid to be child-like in using your imagination to help you reach your goals without sweat and strain.

Always remember, "What the mind can conceive it can achieve!"

Regena English,editor St.Mary Publishing Company of Houston is the first publisher dedicated to the happily unmarried careerwoman. Visit the company's website which hosts both a newsletter and ezine for this specialized audience.

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 then others. Some require longer period of use then others. Another example of differences would be the requirement of exercising and diet for some weight loss supplements, compared to other ones available.

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

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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.

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