

Why should I lose weight?

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Menopause, Andropause And Other Hormone Imbalances
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By Renee Kennedy

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Carrying around extra pounds can be detrimental to your health. If you are considering starting a healthy eating and exercise plan or you have fallen off your diet, this article may motivate you to get in gear.

What Extra Weight Can Do to Your Body

1. Carrying around excess body fat will decrease your energy level. Having just 10 lbs. of excess body fat is like carrying around a 10 lb. bag of lard.
2. Your heart has to work overtime to support more of you. Obesity has a harmful effect on your entire cardiovascular system. Your cardiovascular system includes your heart and all your blood vessels like arteries and veins.
3. You may develop breathing problems. For example, sleep apnea is a breathing problem that causes you to stop breathing for short instances during sleep.
4. Extra weight will take a toll on your joints. Obesity has also been linked to Gout.
5. Women can develop problems with their reproductive system including infertility.
6. Type 2 Diabetes has been linked to obesity.
7. Extra weight will put you at a higher risk for certain types of cancer. Obese men have a higher risk of developing colon, rectum, or prostate cancer. Obese women have a higher risk of developing gallbladder, breast, uterine, cervical, or ovarian cancer.
8. Being overweight may have an effect on your self-esteem that, in turn, will have a negative effect on your overall health.

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Assessing Your Risk

Body Mass Index or BMI is an estimate of your total body fat. You can see a charts for calculating BMI here:

<http://www.nutricounter.com/articles/bmi.htm>

Weight loss is recommended if your BMI is over 30.

Weight loss is recommended if your BMI is 25 - 30 and you also have two or more of the following risk factors:

1. If you're a man, a waist circumference of over 40 inches.
2. If you're a woman, a waist circumference of over 35 inches.
3. High blood pressure
4. High cholesterol
5. High triglycerides
6. High blood glucose
7. Family history of premature heart disease
8. Physical inactivity
9. Cigarette smoking

By the above standards, if you think you need to lose weight, you should see your health care provider for a more accurate assessment.

Need help losing weight? Come and visit the NutriCounter web site and learn how you can lose weight and keep it off: <http://www.nutricounter.com>

Renee Kennedy is the editor of the monthly ezine NutriCounterUpdate. Come and visit the NutriCounter web site at <http://www.nutricounter.com/news.htm> for an extensive selection of articles on health, nutrition and exercise.

"Trying" To Lose Weight? Don't!

By Mark Idzik

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Are you trying to lose weight?

If you are, STOP!

Funny thing to say coming from someone that wants to help you lose all the weight you want, right?

Actually, there's a good reason.

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You see, you can't try to lose weight. Don't believe me?

OK, let's use an example. Look around where you are sitting right now and find a small object. Perhaps a pen, envelope or book. Got it?

Now, try to pick it up. Go ahead.

Is it in your hand? If it is, well, then you didn't try, you actually picked it up. If it's not in your hand, you didn't.

Simple, right?

There's no middle ground in doing. You can't "try" to do anything, it's a fallacy. You either do it, or don't do it.

The same applies to losing weight (or anything else for that matter). Saying that you'll try gives your mind fuzzy instructions, and it will return fuzzy results, results that aren't what you really want. It also gives you a "way out" if you don't achieve the goals you set out to reach.

You see, your subconscious mind doesn't interpret your directions, it just goes to work following them as complete truth. When you say you'll "try to lose weight", it will "try" to follow your instructions, which we now know is impossible.

What in fact you want, (if you really do) is to lose weight. To feel better. To have more energy. To overcome health challenges. To look great.

Now, if you say you want to lose weight and are not successful, or continue to use language that includes words like "try" or "we'll see" or "maybe", perhaps you're wired backwards.

What does that mean? Well, maybe you say that you want to lose weight, but your mind says it doesn't. Somewhere along the way you gave your mind instructions that it's too hard, or impossible, to lose the weight you want. Perhaps you're more comfortable where you are now, but know that it's the right thing to say that you want to lose weight.

If this is the case, ask yourself what beliefs you hold that are at odds with what you want. For example, "it's too hard to lose weight", "it's impossible to lose weight", "I can't lose weight because I'd have to exercise all the time", "I'll lose my friends if I lose weight", "I can't lose weight because I've always failed".

Ask yourself if in fact they are true. Are they making your life easier, or more difficult? Do these beliefs serve you or harm you?

Then, replace the old beliefs with new ones. Positive, confident statements about how you want to look and feel.

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The best way to lose weight is to avoid saying you'll "try" to lose weight, and say you "will" lose weight. See yourself at your ideal weight. Imagine how great you look and feel. Use positive language and give your mind specific instructions like "I'm now happily at my ideal weight of (number of pounds) weight" or "I now happily choose to wear a size (your ideal size)".

Watch your language and self talk closely and avoid using "try". It may take constant attention at the beginning, but after a short time, you'll get used to keeping your language positive, upbeat and confident.

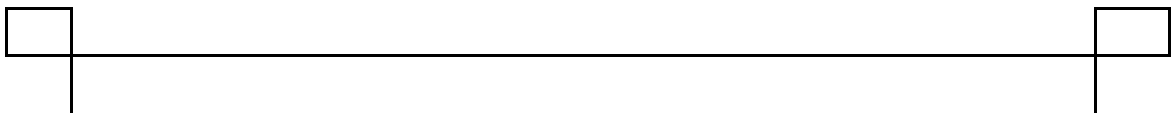
Your weight loss results will follow immediately, depending on how confident, committed and persistent you are in applying these exercises. The more confident, committed and persistent, the faster your results will appear.

You CAN do it!

Mark Idzik is a health coach with a national clientele who helps his clients lose weight, feel better, overcome health challenges and make better health choices. Get his 37 free tips to guaranteed weight loss by visiting: <http://www.Everyday-Weight-Loss.com/?src=try#tips>



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