

Rapid Weight Loss

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Whether you are following a rapid weight loss diet plan or trying to lose weight slowly, you are facing a life style change that is based totally on how your working week goes. This is all about attitude change and the determination to succeed in the diet you have chosen. Many factors are involved in how quickly an individual will lose weight; some of these are listed here:

- Genetics
- Previous mental trauma
- Current mind frame

A person's weight can cause severe mental and physical anguish. Losing weight can be the turning point in an overweight or obese person's life and they can get their self-respect back and reduce the number of associated health risks. Is it surprising that rapid weight loss programs are so popular where there is so much to be gained; regular exercise and a healthy nutritious diet are also going to be part of this plan. Exercise should be regular and consistent with at least fifteen minutes per day doing anything that is good for cardiovascular health, like swimming, running, brisk walking and even dancing.

It must be remembered that despite the number of rapid weight loss diet plans around, they will not all work with everyone that is on them; there will be different weight loss speeds and levels of success with anyone that uses them. If you are finding that the weight is not being lost as quickly as it should be then perhaps you will need to adapt your exercise routine to something that is more arduous and change part of your diet plan to increase energy levels. Listen as the body speaks because each and everyone's body metabolism reacts differently to the various fast weight loss programs so try substituting one program for another to compensate for the body's reaction.

You would be wise to choose an exercise method that suits your physical abilities so if all you are able to do is walk then that is fine; don't be concerned if you find yourself building a little muscle from the activity as it will just burn the calories all the faster. Drinking water regularly throughout the day is very important; whether on a rapid weight loss program or not, don't forget the benefits of at least six 8oz glasses of water each day because it also flushes out nasty toxins as well. Removing fried foods from the diet plan should almost go without saying as the fat content in these foods is incredibly high and in some instances, this will include certain fish as well.

Wherever possible have your food grilled as almost all of the fat is lost if not all of it so it's much healthier. It is not a good idea to cut out carbohydrates altogether as they are the fuel your body needs to keep going. A weight loss diet like this will enable someone to lose about a pound a day as they will be on anywhere between one thousand to fifteen hundred calories a day, but once they start eating more the weight will go back on again.