

THE DO'S AND DON'TS OF WEIGHT LOSS



Getting rid of fat from your body can be a nightmare for some people. As easy and simple as it sounds, the process is long and complex. Not following the proper procedure(s) could result in many issues relating to your health. In this article, you will be provided with correct procedures and precautions you must take to shake off those extra pounds.

The Do's

When people venture off to the path of losing weight, they often negate the most common habits that result in a healthy weight loss. However difficult the journey is, you should never forget the procedures that produce results.

Drink Lots of Water

Over the years, many scientists have observed how taking appropriate amounts of water on the daily actually increases the rate at which you burn calories. It improves your metabolism and rids your body of toxins that cause a gain in weight.

Keep a Healthy, Balanced Diet

There's a misconception around weight loss diets that you need to eat less to remain in a calorie deficit. However, that is dangerous territory since eating less can lead to health problems like malnutrition and dietary deficiencies. Eating foods that don't contain extra preservatives and calories is recommended, so your body functions normally as you are going through the process of losing weight.

Plan Your Meals A Week Prior

Planning your meals ahead of time gives you an idea of what you have to eat throughout the week. Making spontaneous decisions about what you want to eat in your day often leads to confusion and a lot of unnecessary effort. Planning ahead always has you prepared for the week and helps you avoid daily dilemmas of what to eat. It also helps if you mix things up. Eating the same foods throughout the week puts you at risk of getting to a plateau period of a weight loss. Plan what proteins and carbs you should take on certain days so you avoid a monotonous routine.

Keep Your Visits to The Gym Regular

Probably the most important factor of them all; being a regular gym member does wonders for a weight loss. Keeping a healthy gym routine consisting of weight lifting, cardio, and HIIT burns off significant fat from your body. Always allocate a time of your day to going to the gym so your weight loss journey sails smoothly.

The Don'ts

It is all good when you doing everything necessary to keep up your weight loss. However, it is also important to not indulge in activities that will divert you from your goal. The do's and don'ts go hand in hand. Here are some habits you should avoid at all costs for a steady weight loss.

Don't Starve Yourself

The biggest misconception about weight loss is how eating little (or nothing) will lead you to drop weight. Your body needs essential nutrients to get through the day, so depriving it of the necessary nutrients actually results in your body to go into starvation mode. When you don't supply your body with the appropriate diet, it will

start to rely on fat cells and complex carbohydrates to keep it functioning. Hence, eating less actually hinders weight loss.

Keep an Eye Out for Your Alcohol Consumption

At the end of the week, all you want to do is sit relax and go out for a few drinks with your friends. Although a weight loss diet does not condemn you from having fun, it is also important to note that drinking too much can be a very damning habit when you lose weight. Alcohol contains a lot of calories and has no nutritional value. It also slows down your metabolism and limits your body from maintaining a healthy blood sugar level.

Don't Restrict Yourself to A Diet for Life

It is literally impossible to stick to a diet for life. Some people are under the impression that if they succumb to a craving once every now and then, it will completely ruin the effort they put in weight loss. However, it is recommended that you keep at least one cheat meal to keep your body sane. Besides, consistently eating healthily also deprives your taste buds off various tastes. So, it is better not to think about it too much, as that can lead to demotivation.

Don't Give In

The process of losing weight is long and hard. Most of the people trying to lose weight struggle with time. Understanding that the process requires time and a lot of effort is important. Rome wasn't built in a day, and the same logic can be applied to weight loss. It is best to keep going and keeping yourself motivated eventually leads you to achieve your goal.