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## How To Lose Weight Sensibly and Keep It Off

By Johnny Layton

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Who should lose weight? Health experts generally agree that adults who are overweight and have weight-related medical problems or a family history of such problems can benefit from weight loss. Some weight-related health problems include diabetes, heart disease, high blood pressure, high cholesterol levels, or high blood sugar levels. Even a small weight loss of 10 to 20 pounds can improve your health by lowering your blood pressure and cholesterol levels.

Your body weight is controlled by the number of calories you eat and the number of calories you use each day. So, to lose weight you need to take in fewer calories than you use. You can do this by becoming more physically active or by eating less.

Following a weight loss program that helps you to become more physically active and decrease the amount of calories that you eat is most likely to lead to successful weight loss. A weight loss program should also help you keep the weight off by making changes in your physical activity and eating habits that you will be able to follow for the rest of your life.

To lose weight and keep it off, you should follow a weight loss program that will work for you. Three types of weight loss programs commonly used include: do-it-yourself, clinical and non-clinical programs.

Any efforts to lose weight by you or with a group of like-minded others through support groups, worksite or community-based programs fits in the "do-it-yourself" category. Individuals using a do-it-yourself program rely on their own judgment, group support, and products such as diet books for advice.

Clinical program may or may not be commercially owned. Services are provided in a health-care setting such as a hospital, by licensed health professionals such as physicians, nurses, dietitians, and/or psychologists. In some clinical programs, a health professional works alone; in others, services are provided by a group of health professionals. This program may offer services such as nutrition education, medical care, behavior change therapy, and physical activity.

Non-clinical programs may or may not be commercially operated, such as through a privately-owned

weight loss chain. They often use books and pamphlets that are prepared by health-care providers. These programs use counselors (who usually are not health-care providers and may or may not have training) to provide services to you. Some programs require participants to use the program's food or supplements.

Other weight loss methods used to treat severely overweight patients include low-calorie diets, prescription weight loss drugs and surgery. If you are considering a weight loss program and you have medical problems, or if you are severely overweight, programs run by trained health professionals may be best for you. These professionals are more likely to monitor you for possible side effects of weight loss and to talk to your doctor when necessary.

The key to successful weight loss is making changes in your eating and physical activity habits that you will be able to maintain for the rest of your life. The first step is to look at your eating and physical activity habits, thus uncovering behaviors such as television watching, that lead you to overeat or be inactive. Next you'll need to learn how to change those behaviors.

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**"Trying" To Lose Weight? Don't!**

**By Mark Idzik**

**"Trying" To Lose Weight? Don't! by Mark Idzik**

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.

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.

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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