Weight Loss

Weight loss diets, weight loss drugs, weight loss surgeries are all over the place today. The reason is simple - disorders like overweight and obesity are growing at an alarmingly high rate. Not limited any more to the high income group, these conditions are showing a dramatic rise in incidence in low and middle-income groups as well. Projections by the World Health Organization (WHO) in 2001 suggested that the number of obese Indians could rise by 300% in the next 25 years.

Being overweight or obese poses a serious risk for developing many complications like diabetes, hypertension, heart problems, weakened bones and even cancer. It's about time we do something substantial to save our society and the coming generations from this epidemic.

So what exactly is overweight and obesity?
Our body needs an optimum amount of fat to sustain life and it derives the same from the food we eat. However, when there is excess of fat going inside the body or the body is unable to burn the fat that is already there, it starts storing this excess fat.

When you are 10-20% in excess of your Ideal Body Weight (IBW), you are overweight. When you are 30% or more in excess of your Ideal Body Weight, you are suffering from obesity (morbidly overweight). Body Mass Index (BMI) is another measurement that is used to check whether a person's weight falls within the normal range or not. The normal range of BMI for women is between 20 and 25. The normal range for men is between 18.7 and 23.8. BMI higher than normal indicates being overweight. A BMI of above 30 is indicative of obesity.

Studies have consistently shown that higher the BMI, higher is the incidence of high blood pressure (hypertension), high blood sugar (diabetes), high cholesterol, heart disease, cancer, impotency and other complications.

Walking For Weight Loss

Walking is one of the best exercises, which has several health benefits that include stress reduction, toning up, prevention of several diseases, improvement of blood circulation and most importantly weight loss. Walking for losing weight is very beneficial. In fact, walking and weight loss often go hand in hand.

Walking for weight loss is a very common practice, followed by many people of different ages, all across the globe. This activity does not require any equipment (except perhaps a good pair of walking shoes) and can be performed anywhere and at any time of the day, based in the walker's convenience. A

walking for weight loss plan should include 30 to 60 minutes of brisk walk, at least five times a week, in order to burn the fat that has been stored, build muscles and boost the metabolism.

Walking can burn almost the same amount of calories as jogging does; however, it is easier on the joints and therefore, walking for health and weight loss is a lot more effective than many other forms of exercise. However, the speed at which a person walks definitely makes a difference to the amount of fat burned. Not everyone can walk at a fast pace, at least at the beginning. Therefore when one starts walking for weight loss, it is alright to approach the goal in three stages -

Getting started: Walk comfortably, for about 20 to 30 minutes, at least 3 to 4 times a week

Ramping up: Take shorter but quicker steps and bend arms at the elbows. It will be beneficial to increase the frequency, as well as the duration of the walks.

Intensifying and maintaining: Walk at top speed for some time or walk uphill, on sand, on grass or on trails.

There are many people who are trying hard to get rid of the fat that has accumulated around their bellies. Walking for fat loss would be a great way to achieve a flat stomach. Walking and belly fat can be related, as walking can flatten the stomach and help tone up, as effectively as sit-ups. However, one may need to find different ways to remain motivated, in order to maintain one's walking-routine.

An effective walking for weight loss program not only includes adequate walking time, it also needs to focus on the required stretching exercises before and after the walking routine.

Swimming and Weight Loss

Most people think of swimming as something fun to do in the summer, but as a regular exercise routine the benefits are many.

Swimming serves many functions that are healthy, restorative and slimming. Swimming raises the heart rate, strengthens muscles and burns calories. The advantages of swimming are that it coerces resistance with every movement and water reduces impact on the joints, allowing for strength building and a more comfortable workout. Statistics show that when a workout is enjoyable, the desired results become much more attainable.

Weight Loss

Since swimming is more enjoyable and relaxing, the propensity for weight loss is higher. In order to burn fat it is essential to raise the heart rate and keep it elevated for at least 20 minutes; it is only after 20 minutes that the body begins to burn fat and calories. The swimmer is achieving benefits that are two-fold. The calorie burning is a healthful weight loss routine and the resistance of swimming promotes muscle tone strengthening.

Two swimming exercises that will accomplish both body toning and weight loss:

- Standing in the shallow end of the pool, slowly sit back in the water, treading water with hands at sides. Lift both legs together, out straight until toes and head are out of the water. Maintaining this position, cup hands down by waist and propel from one and of the pool to the other. It will take a little practice, and it is necessary to work up slowly, but this exercise works every part of the body.
- This is an example of another beneficial pool exercise and this one requires the use of an eight to 12-inch beach ball. Hug the beach ball to chest and float on back, keeping legs straight and feet together. Holding the beach ball firmly to the chest roll to the left and over top the ball. Be sure and use the entire body to accomplish this (shoulders, legs, back, abs or center etc.) Make a full revolution, take a breath, and repeat to the other side. Continue doing this for 10 minutes, and again, work up to it.

These are just a few such weight loss, body toning exercises that can be done in a pool. When swimming, become creative, because any routine accomplished in the pool will be beneficial.

Swimming is also a very versatile sport. Even the act of playing in the water with friends burns calories. Mixing up routines in the pool keeps exercise from becoming boring, thereby fostering persistence. It is a good idea to acquire a few basic pool toys to incorporate into your daily routine. The long noodle floats, webbed poly gloves, dumb bell floats, just to name a few. Also a good pair of swim goggles will add comfort to any pool routine. Finally a fun work out, and whether in the summer or through the use of an indoor pool, swimming is the ideal work out for all ages and fitness goals.

Weight Loss with No Exercise

Often people keep mumbling and moaning about the increase in the number of pounds that reflects on the weighing scale. Weight loss is something that has given many sleepless nights, lying in the hope of a miracle. Endless trips to the gym are pursued in the hope of a svelte body. Yet losing weight seems to be a tremendous task.

Experts have always insisted upon having an exercise program for a healthy weight loss. There are many who have opted for a home exercise routine. However, there was no miracle that helped them towards a faster weight loss. Does this seem to be your story as well? Natural weight loss should always be the prime concern for all. If you wish for a healthy body and mind, exercise and a balanced diet are a must. However, there are many professionals who cannot really opt for the gym nor plan any home exercise routine. In that case, one wonders what can be done in situations like these. Well, weight loss without a

certain amount of exercise is possible. This would help you to break free from your couch potato status and be an active personality. Sounds difficult? No, it really isn't! Take a look at this program for weight loss with no exercise.

Weight loss without strenuous exercise

There is no fixed formula to lose weight quickly. The best ways to lose weight can be incorporated with a little effort in your daily life. Of course! An exercise routine is very much needed but then, there are ways you can cheat to lose weight. These tips will help you to get through the weight loss routine.

Avoid skipping meals

One of the first and foremost things people do is avoiding meals to lose weight fast. This however, does more harm to the body. Plan for a balanced meal that includes healthy food. Starvation will only make you feel weak. A diet that contains all the major components will help you to maintain a normal body weight.

Monitor the portions you eat

One of the tricks that will help you in weight loss is being in control of the quantity of food eaten. Eat in smaller portions. Have 3-4 small meals in a day. This will help you to avoid excessive binging on food during those in-between hours. When you go out to a restaurant, it is not always necessary for you to finish everything served before you. Eat only as much as required.

Maintain a food journal

A food journal will help you to keep track of the kind of food you eat. In this manner, you can even know the amount of calories consumed. You can consult your doctor to know the amount of calories needed for the body. Use charts to know your current intake and where you can cut down on the calories.

Pamper yourself once a week

Staying away from fast food or eat-outs can be really difficult. But you need not punish yourself as you will only feel miserable. Indulge in sinful food once a week. This will help you to stick to your routine and look forward to an occasional binging spree. Some hard work and a reward. That's the key towards a healthy weight loss.

Tips for weight loss on an everyday basis

We all know about all the excuses given to avoid the gym or exercise routine. But do you know you can make use of many moments in your everyday life? Use these tips for weight loss with no exercise, yet these do incorporate some ways of burning calories.

Vacuum the house: Make vacuuming an everyday task. This will keep your body active with all the stretching and the cleaning and better still; your house will also remain clean!

Take a small stroll: How does your daily meal time hour look like? You probably eat food and then lounge around for some time. Instead, go for a brisk walk around the neighborhood either before or after your mealtime.

Dance to some music: Are you the one who completely loves music? Well, put on some great dance numbers and dance the evening away with a friend. A sure great way to lose some calories!

Park away from your destination: If you cannot avoid using the car, here is a simple thing you can incorporate in your routine. Park a little away from the destination and walk. A casual stroll will not only cheer you up, it will also keep the body active.

Enjoy playing a sport: There's nothing like a game of tennis or an energetic swimming session. Forget those hours of surfing the net, rather, go out with a friend and enjoy a game to have positive energy flowing through the body. You will enjoy the activity and it will not even seem as exercise!

Exercise and weight loss do go hand-in-hand, however, you can utilize these tips to ensure you remain fit despite a busy schedule. With time, weight control will soon be within reach and you will no longer dread stepping on the weighing scale!

Eating Smart Can Help Weight Loss

Are you one of the thousands of people out there wondering what the real secrets of eating right are? With so many fad diets and gimmicks available on the TV and in the media today, it's hard to sort out fact from fiction.

You can choose a diet geared toward weight loss that is simple and easy to follow, and you don't have to spend hundreds of dollars on supplements to do it.

How do you know how to eat smart?

Food Combining

It's not about complex strategies of mixing A foods with B foods here. What you really need to focus on to lose weight in ensuring that you always combine protein, carbohydrates and fats during meals.

No matter what meal you are eating, it is important that you eat a small portion of protein, fat and carbohydrate at each sitting. If you eat a meal that is simply one or the other, such as a plate of pasta with no protein, you are only partially supplying your body with the nutrients it needs to function. You are also only partially fueling your metabolism, which needs proper fuel in order to burn fat.

If you are consistently feeling sluggish and lackluster during the day, consider adjusting your dietary intake and ensure that you are consuming at least one food that contains each of these important nutrients.

The Importance of Water

Believe it or not, drinking more water will help you lose weight. Most people walk around in a state of semi-dehydration. In fact, if you feel thirsty chances are you are not drinking enough water. Your body needs water to flush out toxins and process fats. Drink too little water and your body will be "tricked" into thinking its hungry too, and you're likely to eat more than you would if you were properly hydrated.

If you're not drinking 8 10 oz glasses of water every day, you're not drinking enough and you may be sabotaging your weight loss. Remember that your body is partially made up of water, and it needs water to function efficiently and burn calories.

Take Your Vitamins

Vitamins and minerals are important to healthy metabolic functioning. Vitamin C and the B vitamins also help your metabolism function effectively and efficiently. Consider supplementing if you are not getting an adequate supply in your diet. Studies also suggest that intense stress and environmental pollutants may negatively impact your energy level, inhibiting your ability to workout efficiently. The B vitamins in particular are well known for combating stress and providing energy.

Eat Smart

Importance of eating clean cannot be emphasized enough. The best thing you can do to lose weight and keep your metabolism running efficiently is to eat several small meals per day. By eating five to six smaller but highly nutritious meals every day, you'll provide your body with an ongoing supply of essential nutrients and energy. Your metabolism will be constantly at work, burning calories and fat. You need to eat often because your body also requires constant energy during the day.

Also remember to avoid processed foods and high sugar products throughout the day. By simply cutting out excess sugars and avoiding the bread basket at dinner, you'll shed pounds more efficiently and swiftly.

Consumption of plenty of fruits and vegetables would not only result in satiety but would also help to maintain adequate micronutrient intake. Frequent fasting/semi-fasting (cyclic weight reduction) followed by adequate or excess food consumption only aggravates the problem of fat gain.

Losing weight doesn't have to be a challenge; for the most part it is common sense. Eat clean, eat smart and lose weight.

Drinking water and losing weight

Weight Loss

"Drink 8 glasses of water each day" is what we hear all the time but what weight loss benefits do we get from drinking water?

All functions within the body require the presence of water. A well hydrated body enables these functions to occur quickly and efficiently. All chemical processes involve energy metabolism and drinking plenty of water will make us feel more energetic and boost our metabolic rate.

Water makes your metabolism burn calories 3% faster.

Drinking water is important if you're trying to lose weight, some studies have shown that thirst and hunger sensations are triggered together. If there is a slight dehydration the thirst mechanism may be mistaken for hunger and one may eat when the body is actually craving fluid. As most food contains some water, if one doesn't drink much they may be subconsciously driven to eat more to gain the necessary water supply however, you also gain the undesired effects of increased calorie consumption. Drinking more water can help to prevent overeating and benefit weight loss.

Importance of drinking water in the modern diet

So many new food product created today not only contain high amounts of energy from added sugar and fats, they also contain very little water. Foods today need to be stored for longer periods and foods with a high water content tend to spoil much faster, think about milk, yogurt, eggs, fruits and vegetables. It may be great to think that we can stock our cupboards full of all these tasty foods that last for months, trouble is, it means less water consumption from foods.

If a weight loss diet doesn't allow much food or if food consumption is mainly in the form of processed, TV dinners it may be necessary to drink even more water to help stop strong cravings for food.

 For the average person experts suggest getting at least 64 ounces of water daily or eight 8-ounce glasses. If you are on a diet to lose weight it is more important to consume more and keep drinking water throughout the day, unless you have any medical condition that doesn't allow much water intake. A good guide for daily intake is to drink 1 ounce of water for every 2 pounds of body weight. A 200 pound person should be drinking around 100 ounces (12.5 cups) of water in order the gain the benefits of increased energy and metabolism.

If exercising is part of a weight loss program a bit more water should be included to account for water loss from sweating. Drinking water before, during and after exercise will keep energy levels high and help recovery after training.

Many people don't like drinking pure water. Gaining water from eating fruit high in water content is a great way to boost water consumption without drinking it directly. Fruit will also help fill up the stomach with low calories and gain tons of vitamins, minerals and phytonutrients to increase vitality. In fact, any food with high water content can boost water consumption; most foods high in water are naturally occurring, healthy foods, another reason to eat a healthy diet!

Maintaining Lost Weight

Once you have achieved a desired weight, a positive attitude is very important in your efforts to successfully manage it. To lose weight permanently, you must make a commitment to gradually adopt a healthier way of life.

Controlling your weight is not an impossible task. It simply means eating less food or burning up more calories than you need. Eating smaller portions and choosing foods that are low in total fat (as fat is a major contributor to calories), are essential to maintaining your desired weight. Establishing a regular exercise routine is equally important.

Do not "starve" yourself. That can leave you to feeling deprived and increase the temptation to binge (eat an uncontrolled, excessive amount). Often, very low calorie diets make you lose muscle instead of fat. Regular exercise helps you keep the muscle and lose the fat. Very low calorie diets also lack many important nutrients -- increasing your risk of becoming malnourished. If you are considering a very low calorie diet, consult your doctor first.

People who lose weight slowly, by eating less and exercising more, tend to keep the weight off.

Goals for healthy eating

Set realistic weight loss goals, such as a 1 to 2 pound weight loss per week.

Eat fewer calories by cutting down on portions and/or decreasing the total amount of fat you eat to 30% or less of your total daily calories.

Do not skip meals.

Keep low calorie, low-fat snacks on hand, such as pretzels, raw vegetables with low calorie dips or fruit. Keep in mind that there is no difference between calories in low-fat foods than those found in fatty foods and you should eat appropriate portion sizes.

Choose foods high in fiber such as whole-grain breads, cereals, pasta, rice, fruits and vegetables.

To ensure you are eating healthy, keep an accurate food journal. Write down everything you eat or drink. Be honest and accurate, otherwise the journal is not as helpful. The food journal will help you learn about your eating habits and help you assess the food choices you are making.

Eat a variety of foods to get all the nutrients you need.