

## How to Lose Weight

Losing weight has become a norm among many people. In fact, almost every individual wants to do it at certain times. Losing weight is not an easy process, and it requires full motivation, hard work, and determination. This paper seeks to explain the process, steps, and rationale behind losing weight.

One of the main things that you should do is determine your weight-loss goals upfront before you even think of anything else. Also, having a personal food diary is equally important, as food, in conjunction with other factors, determines a person's weight. It is important to assess or determine a healthy weight for your age and body type, and then work toward attaining it. Sometimes people want to lose weight to become thin, but this is not advisable, as it can lead to being underweight. According to a study published in the *Journal of the Academy of Nutrition and Dietetics*, those who keep efficient food diaries lose around 2.75 kg more than those who do not keep any food diary. This indicates the importance of keeping a food diary. Also, avoid skipping meals. The same study reported that people who eat three meals a day lose more weight than those who prefer to skip meals.

If people really want to lose weight, they should get rid of all the junk food in their homes. Getting rid of junk food means that they will not be able to see it regularly. Through this, it is guaranteed that they will find it easier to stop eating poorly, since people crave something delicious to which they have immediate access. Instead, they should start eating healthy foods and develop good eating habits. They should avoid eating fried and fatty foods. They should also keep carbohydrates to a minimum, as they are hard to break down once they are in the stomach.

Exercise is another important step in the quest for losing weight. Eating healthy keeps you from getting fat, while exercise lets you lose actual weight. The type of exercise depends on the particular areas a person wants to work on. For example, a woman who wants to work on her thighs is encouraged to do squats and lunges so as to turn fat into muscle. Those who wish to work on their stomachs can do crunches or sit-ups, whichever is easier. Sit-ups and crunches help burn fat off the stomach and can, in the end, lead to a healthier waistline, depending on how much fat has been burned and lost. Start with two sets of ten crunches or sit-ups, and then progress to three, four, five, and so on. If you do this on a regular basis, it becomes standard, and you can end up being able to do far more than just ten sit-ups. Aerobics or jogging is also encouraged for people who want to lose weight.

Other steps and guidelines for losing weight include reducing sugar intake and starches; consuming more vegetables and protein; lifting weights as regularly as possible; drinking a lot of water on a daily basis; drinking coffee or tea regularly; eating your food slowly, as this helps to boost weight-reducing hormones; and getting enough sleep on a daily basis.

The bottom line to losing weight is that you need to stick to the above steps and guidelines. Losing weight is not an easy thing and requires motivation and hard work. Therefore, you need to get motivation from any source and ensure that you do not miss the guidelines discussed in this paper.