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Losing weight permanently, can seem like an unattainable goal. When beginning a new exercise routine, you will most likely be filled with enthusiasm, however many people soon find that after a few days, the initial enthusiasm often wanes. What can you do to make sure you're a success?

But, before we start, beware,, fasting to lose weight rarely achieves permanent weight loss

Think about what you really want to accomplish, what goals you have, and then you are ready to begin. Set targets to achieve in small steps - say set a target for the end of next month, and then take each subsequent month in turn. Is there a certain number of pounds you want to lose? Is your goal to feel more refreshed and regain lost energy, or is your health the motivating factor? This is what you will want to ask yourself.

You need to monitor your weekly weight loss. Set a time that you will weigh yourself each week and then stick to it. Log what you eat in a food journal each day. Making a note of what you consume gives you accountability, this is a vital aid to making beneficial food choices.

Many people believe that they can only lose weight by feeling hungry - that is an incorrect belief. Your ability to make good choices will be reduced and will cause you to eat potentially unhealthy items. Any long-term successful weight loss diet involves a degree of organisation. Plan your meals and snacks for each day and packing them to take along where ever you go. It is a good idea to bring a lunch with you from home. Alternatively, eating at home will be a money saver and it also allows you to monitor fat and calorie consumption more accurately.

As previously said, exercise is also an important part of any weight loss plan. Exercising at least 3 times a week is great while exercising every day is not essential. Exercising can prove to be monotonous for many people. Start thinking about how you can incorporate exercise in with your hobby or past-time pursuits. If you've a fan of dancing, taking a class is a great way to workout while still having fun.

One tip that will help you follow your weight loss regime is to clear the fridge of any unhealthy, high calorie, high fat foods. This will make it easier for you to cease consuming them. This easy to follow tactic will lead to there being healthy snacks in your fridge and cupboard. Then you will simply find the possibilities to eat inappropriate foods limited. Aim to fill your fridge and pantry with healthy choices such as fruits, vegetables, and low-fat proteins. Remember, when trying to lose weight, ready-made packaged meals, highly processed foods, takeaways and junk snacks are you enemy. Once you replace the diet-unfriendly foods with the healthier options, then you have set yourself up to make better food decisions.

When embarking on a weight loss diet plan, always let those close to you know. Although they can't lose the weight for you, they can be invaluable in providing much-needed motivation to help you going forward. Being responsible for regularly reporting your progress to someone can prevent you from giving up when times get tough. You will be surprised, most genuine friends will enter into the spirit of things and positively encourage you in your quest. They can give you the advice and assistance you need to overcome any low periods that you may encounter along the way and assist you to re-focus on your weight loss target.

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If you want a few tips to lose weight fast, here are some good guidelines to get you underway. An excellent resource on the web can be found at a <http://www.best-diet.co.uk>. You will find it worthwhile to visit this website.

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