



Article published on March 8th 2012 | [Health](#)

Everyone, especially women when they put on even a little weight get paranoid about losing it immediately. Everyone wishes for a shape that is just right for their height which they feel is attractive. So when women put on weight, they immediately go on a rigorous diet to lose it immediately. What many don't realize is that it can be quite harmful to go on rigorous dieting to lose flab immediately. Though the fat gets reduced, such dieting may result in a sagging skin that is even worse than being round.

To avoid this the best thing to do is have a good control over the food habits, though it sounds quite easy, it is very difficult to follow it, no one can resist a gooey delicious chocolate pudding or a mean burger and various other equally tempting and rich-in-fat food. Or if a diet is followed, then it has to be well balanced with a consultation from a good doctor or dietician. Again, dieting goes for a waste when a person resumes back to the older eating habits, in fact people tend to put on more weight when they finish a diet and go back to their food habits which they had before getting on to a diet. It does mean it is an end to eating cakes, pastries and other fast food, it just means having a control over eating these types of food. For example, if a person eats junk on a daily basis, then he can cut it down to thrice a week, and then bring it down to twice a week. This not only helps in controlling weight, but also prevents too many unwanted diseases from attacking the body.

It is not enough to just diet and reduce weight; one has to work out to tighten the skin. Once weight is lost, the parts that had excess fat will start to sag. This gives an appearance of being older than the actual age. To avoid this, exercising simultaneously will be of great help. Exercising not only helps in tightening the skin, but also helps in keeping the body fit. Exercising need not be going to the gym and working out; it can be simple exercises or walks and jogging which can be done on a regular basis. Though the effect is not as quick as going to a gym, it proves to be a better method on long run especially for those who don't have the time to go to a gym and workout.

While dieting, a balanced system has to be followed. Leaving out breakfast or lunch or dinner is not going to prove useful. If people eat a lot all the three times a day, then eating can be divided in to five or six times a day. Eating at regular intervals will provide a lesser consumption of food as people don't get hungry by the time it is lunch or dinner.

Though dieting helps in reducing weight, it should not rule our lives. After all, many of us are not actresses and models who have to have a toned body for their profession. We can all indulge in eating once in a while but it should not go overboard and result in obesity. The primary reason why we humans started to work is so that we can eat hearty meals at a regular basis; let us all not forget that. Eating healthy on a regular basis and eating junk food once in a while can be allowed. If we don't indulge once in a while, then we are missing out on some of the best parts in life – good food! Learn more on balanced dieting through the internet like the Xfinity Internet that has quite a lot of information on what the dieticians and professionals have to say on the subject.

Article Source:

<http://www.articleside.com/health-articles/going-on-diet-to-lose-weight-rapidly-can-be-harmful.htm> - [Article Side](#)

[Samantha Kirk](#) - About Author:

Samantha Kirk is a freelance writer. She loves to cook and her specialty is desserts. She loves to try

out new and innovative recipes that she gets from her a [Xfinity Internet](#). She is a big time foodie, but has a good balance with her eating habits.

Article Keywords:

Xfinity Internet , Fast Internet, Dieting

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!