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Of course, most overweight people have the desire to lose weight. But sometimes, despair encourage media, cosmetics, pharmaceutical companies and food manufacturers. Driven by profit without scruples, and really, these multi-billion dollar industry will benefit from their sense of insecurity about their figure and weight.

While an intense workout routine is great, there are some things you should consider: first, that each different level when it comes to their fitness and how much intensity they can actually manage. If you have been inactive for several years of hard work, you may have to walk half a mile daily.

Rapid weight loss is one of the most believed myths. Look, I know you would like to lose twenty pounds a week, but it is simply unrealistic. Safe, effective and healthy weight loss rate is 1 - 3 pounds each week (with the exception of the 1st couple of weeks where you can make more drastic loss of the original 4-8 pounds per week) No matter faster than it is unhealthy, it will cause your metabolism slowly and your body will lose muscle mass.

If your energy intake drastically reduces your body will be forced into "starvation mode" state and become really efficient in all the food to get it as your metabolism slows down downward. So by the time you get sick by not allowing yourself to make food (yes, it happens) and return to normal diet, you are more likely to pack the pounds back, and maybe more. Definitely not a long time long-term solution.

Losing weight is a lot more about just on a diet - it requires a whole lifestyle change. You must change the habits of diversity, specificity, and only eat foods and avoid others - is not the answer.

If To unsubscribe from pounds and keep them to look at your weight loss plans to completely change, because basically what you do - change your body!

The belief that unhealthy foods are completely off limits when trying to lose weight, is a giant myth. The reality is that you want to add some of your favorite foods diet at least once a week.

By number of unhealthy foods in your diet from time to time your metabolism will continue to function properly, rather than reach a plateau. Restaurants are similar to the exercise routine. If you are doing the same exercises every day, eventually you will stop seeing results because your body is used in everyday life.

Another popular myth is that you should limit your diet three times a day without snacking. In fact, you should feed your body in five or six small meals or snacks per day instead of pigging.

The breakfast, lunch and dinner. This will allow you to keep your body full power all day long. You will also be protected from rising food hungry and overeating.

Eating foods that trigger the insulin response is what makes us gain weight. And it also leads to diabetes and its further use. Insulin response caused by a hormonal imbalance that causes us to store food as fat. We do not store fat, we want to burn fat!

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[Robin Baker](#) - About Author:

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