

Common Sense Healthy Weight Loss Plan

The weight loss industry is big business these days. Everywhere you go you will find someone selling magic pills or the next greatest exercise machine. There are no magic bullets, if you want a common sense healthy weight loss plan it will take some will power and time. When you decide to try to use common sense to lose weight here are some things to consider.

Make healthy goal setting a part of your life.

One of the most important things you can do for yourself is to make setting healthy goals a part of your everyday life. Do not get on that scale and weigh yourself every day. When the pounds are not coming off on the scale it is all too easy to get discouraged. You may be getting healthier without the weight loss to show for it. Building muscle, retaining water and many other factors can slow the pounds coming off while you are getting more fit each day you stick with your goals. Set your goals for things like daily exercise and eating right instead of losing a pound a week. Think health first and weight loss second.

Stay clear of fad diets.

Every time I go to the grocery store I see another fad diet is all the rage. It just not make sense to me how doing away with entire food groups can be a good thing to do. The fad diet may work but I don't see how I could stay on these diets long term. Common sense tells me the best diet for me would include cutting out some of the fat and sugar from daily meals. A diet that is partially healthy that you can stick with will do you more good than a fad diet you cannot stay with. It is best to ease into any new diet plan. Diet changes made slowly seem to work best if you are going for the long term.

Exercise regularly.

Regular exercise is one of the best things you can do for your body. Get that heart rate going for at least 20 minutes when you work out is important to getting and staying fit. If you cannot spend that long in one setting try splitting your time up into intervals you can live with. The more you exercise the easier it becomes. When you start feeling like your energy level is higher you are probably on the right track.

See your doctor.

It is wise to visit your doctor before you start a diet or weight loss program. Talk over your plans and get a clean bill of health before you start.

Use a common sense healthy weight loss plan in your diet and exercise choices and you will be fine. Your health is the most important thing you have. Good luck in your weight loss adventures.

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About the Author

For more information on a common sense healthy weight loss plan try visiting http://www.lose-10-pounds.com/lose_weight_fast.html where you will find tips, advice and resources about topics such as healthy weight loss tips