

## The Most Important Tool In Weight Loss

If you struggle with weight gain it's a good bet that you have tried at least one of the "fad" diets that crop up on a regular basis. There's the Atkin's Diet, South Beach, the Sonoma Diet, and many more. The truth is that some of these diets may grant you temporary weight loss which in many cases is just due to changing the foods you were eating or even a chemical reaction. In the usual case, however, the weight returns as soon as you stray from the diet which is why most people are unsuccessful at dieting. If a diet is too restrictive it is bound to fail.

The bottom line is that you gain weight because you consume more calories than your body is able to use and no diet is a substitute for good eating habits. It is simple, you eat TOO MUCH! Forget about what you were told as a child about cleaning your plate, one of the best things you can do to lose weight is to leave some food on the plate. Those starving kids from India aren't coming here to eat it. It is simple biology; your body requires a certain number of calories in order to function properly. If you truly wish to lose weight, you must burn off more calories than your body requires. And contrary to all the late night infomercials you will lose more weight if you exercise plus you get the added effect of an increased metabolism if you add weight training to it. Why is that important? The more muscle mass you have the higher your resting metabolic rate which means you are burning more fat even when you are doing nothing.

Before you begin a weight loss program, however, it's important that you fill your arsenal with every possible tool available to insure your success. The most important tool in your weight loss program does not include diet or exercise. There is no special equipment you need to purchase. You don't need to join a gym or health club. And, you already have every component you need to put this tool to work for you and begin a successful weight loss program. What is it? It's your mind. That's right, your mind. You must be focused and dedicated before you even begin. You must write goals down that you wish to accomplish and make them weekly and monthly goals. Without written goals you are doomed to failure. Use your mind and your diet will be a success.

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### About the Author

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