

# ENLARGE YOUR KNOWLEDGE ON WEIGHT LOSS AND CREATE OWN WEIGHT LOSS PLAN

## How To Read This E-Book

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## Calorie Cutting Food Swaps

If you're looking to succeed on your [weight loss](#) diet plan, it's vital that you take a look at some of the simple ways that you can go about reducing your calorie intake so that you can make fast progress without feeling like you're on a very strict diet.

If the truth is told, for many people there are some very small adjustments they could make to their normal diet intake that would have a huge impact on the fat loss results that they see.

By taking the time to learn what these adjustments are and then getting them in place, you can see for yourself just how powerful they can be.

Let's give you a few quick calorie cutting food swaps to think about.

### Swap: Granola For Oatmeal

The first great swap to make is to exchange out your usual bowl of granola in the morning for some oatmeal instead. Oatmeal is very high in fiber and completely sugar free, which cannot be said for most granola cereals.

By choosing oatmeal instead, you can easily save yourself 200-300 calories in the process.

### Swap: Beef For Fish

The next quick swap that you may want to consider is exchanging fish for beef. While beef definitely is a good protein source in your diet, fish would be a superior option.

Fish is lower in calories and completely fat free, so when you're really trying to get the weight off quickly, it'll help you get there faster.

Allow beef once per week to help keep your iron intake up, but then have fish or chicken the remaining nights instead.

### Swap: Juice For Real Fruit

Another smart swap for faster weight loss is to exchange juice for real fruit. Juice is very high in calories and will produce a rather rapid spike in blood glucose levels due to the lack of fiber it contains, while real fruit is the opposite.

Real fruit is going to be high in fiber and nutrients and will fill you up much more quickly and help to keep you satisfied. Many people make the mistake of thinking that juice is a very healthy selection, but that's not the case.

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## Swap: Pasta For Spaghetti Squash

Finally, the last swap that you should consider adding into your diet plan is spaghetti squash for pasta. Pasta is another very high calorie food is and is very easy to overeat on. If you want to maintain that reduced calorie intake for faster weight loss, then squash is the superior choice.

This vegetable can be eaten in much the same way as normal pasta would be, but will help shave off 200 calories or more from that meal.

So there you have just a few of the quick and easy swaps that you can start making today. They won't really change the overall meal that you're having, just change the total calorie content and help you move closer to your end goal. Some

times it's the smallest changes that can make the biggest difference so always look for these first in your diet plan before making larger-scale changes.

## Can Weight Loss Hypnosis Help You?

One of the hottest trends going around right now is that of weight loss hypnosis. People who have tried to diet before in the past and failed miserably are now giving this trend a try, hoping that it may hold the key that unlocks them to greater success.

But, will it really work? Is it the answer to your prayers?

There are a few things that you must understand first before you make an informed decision.

Let's go over what you need to know.

### You Must Be Suggestive

The very first thing that you must remember is the fact that in order for weight loss hypnotherapy to work, you do need to be suggestive.

Those who are easily moved into a suggestive state will be able to be hypnotized fairly readily, while those who can't, won't.

It's really as simple as that. Some people are great with hypnosis, but for others, the effects aren't going to have that much of an influence on them. Of course, this does in part depend on the skill of the hypnotist that you're working with, but keep in mind that some people will just find it naturally works better for them.

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It may be worth your while to be hypnotized for something relatively minor (such as for entertainment purposes) first to see how suggestible you really are.

## **You Will Still Have To Work**

Second, it's important that you do remember that just because you are hypnotized, this does not mean you won't have to do some work.

You're still going to have to put in effort to eat properly and exercise regularly. It won't take away from that so for those who hope this is some magic cure that means they will no longer have to even try and weight loss will just come right off, they are in for disappointment.

You do still have to put in effort to see results. Failing to believe that is setting yourself up to fail.

## **You May Need Repeat Sessions**

Finally, the last thing that you'll want to keep in mind if you're considering using hypnosis as a method of losing weight is the fact that you may need to get repeated sessions with the hypnotist.

Some people view it as a one-shot cure-all. They go once and magically, they are no longer doing behaviors that prevent weight gain from occurring.

While in a few cases it may be this simple, in most, it's more complex than that. Especially if your habits have been highly ingrained in you for years, you may require multiple sessions on an ongoing basis until you finally reach your goal weight.

And even then, you may still require occasional check-ups to ensure it doesn't become a problem again.

So if you're going to consider it, just be sure that you are open to the idea that it could be a long term endeavor.

So there you have the facts to know about this rising trend in weight loss. If you're really struggling, it may just be the thing to help you out.

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## **Can You See Extreme Weight Loss And Stay Safe?**

If you're on a fat loss program at the moment, one of the top things that you may be questioning is just how fast you can lose weight and stay safe while you do it.

While you will always get those people who just want to lose weight and don't really give a care as to how they do it – they just want it gone now, most people do realize that health must remain a priority.

Besides, there's no point jeopardizing your future health just to fit into your skinny jeans in a week – not to mention torture yourself while you do it.

Instead, you want to take the moderate approach and lose weight quickly but without causing your body too much distress in the process.

So how fast can you lose weight? What's the most extreme rate of weight loss that you should even consider?

Let's have a look at what you should know with regards to this topic.

### **Your Diet Time Frame**

The very first thing that you must think about is how long you plan to use the diet. Are you just dieting for a week or so?

If that's the case, you can likely experience a slightly faster rate of total fat loss because you won't be starving your body for too long. Remember, all diets are essentially 'starving' you to some degree. How much is dependent on how severe the diet really is.

If you plan to diet for more than a couple weeks, you're better off accepting a slower rate of weight loss and making sure that it stays off for good.

### **How Much Weight You Have To Lose**

Moving along, also ask yourself how much weight you have to lose. Are we talking a couple pounds here?

Or are we talking 20-40? If you have more than 10 pounds to lose, you aren't going to do that using any extreme weight loss plans and stay safe.

If you have a few pounds to shed, then fine, you can likely do so without harm. Get on the intense diet and get off it just as fast.

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The more intense the diet is, the faster you'll lose that weight anyway, allowing you to come off that fast.

But, if you have many pounds to lose, you simply aren't ever going to lose them 'fast'.

## Your Body Tendency

Finally, also consider your body tendency. Do you tend to store fat easily? If so, your body isn't going to give it up so easily. In that situation, you may not perform so well on extreme weight loss diets. A more moderate approach will likely suite you better.

So there you have the main points to keep in mind as you go about your diet program. Extreme weight loss may be possible in some cases, but in many where there is more weight to lose, a moderate approach is the safest bet.

## Can You Trust A Weight Loss Chart?

As you go about your weight loss program plan, one thing that you'll want to consider is whether a weight loss chart is really the best way to measure how you're doing with your program.

Many people use weight loss charts as they assess their progress and how they're doing, and it can really control their emotions.

If they see that they are now in the 'normal weight' range, they get very excited –thinking they're doing everything perfectly.

If they're in the overweight category however, frustration will be apparent and they may give up entirely, thinking they'll just stay overweight permanently.

But there are some very negative things that can come about because of using a weight loss chart. Let's take a look at what these are so that you can form a complete picture in your mind on how they may be throwing you off.

## They Encourage Fast Weight Loss

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The first problem with weight loss charts is that they can encourage you to go to extremes with your diet plan if you're going to aim to see as fast of fat loss as possible.

Basically, if you see that you're in the overweight category and have 15 pounds to lose to get to normal weight, that gives you a firm amount of weight to shed and you may think the faster you can do this, the better. You definitely do not want to be classified as 'overweight'.

But remember, fast weight loss doesn't always mean safe or healthy weight loss. When you lose the weight too quickly, very often it'll come back on just as fast as it left.

A slow and steady approach is a far better way.

## **They Don't Factor Muscle In**

The second reason why a weight loss chart isn't going to be ideal is because they don't factor in muscle tissue. If you've been building a high amount of muscle through intense workout sessions or are just naturally muscular as you've been athletic your entire life, the weight loss chart will not account for this.

In fact, it may place you as overweight even though you actually have very little body fat on your body.

For these people, it's just not going to work for them and won't be a good idea to use. If you feel like you have a high percentage of muscle on your body and that is why you're so heavy, a far better plan would be to have a body fat test taken instead. That is really going to tell you the complete picture of what's going on there.

## **They May Not Be Right For Teens**

Finally, last but not least, if you're a teen or a parent of a teen who is using the chart for them, realize that teens do grow at different rates and it can take a bit of time for their body weight to normalize to the weight they will naturally be at as an adult.

For this reason, avoid using the weight loss charts for teens. If your teen or you are slightly heavy, be patient. Let your body finish its growth process and then you can focus on dieting if need be.

Instead, concentrate on eating right at this time and being active. That will be the far better approach.

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So there you have the top points that you must think about as you go about your diet and consider your method of assessments. Overall, weight loss charts typically are not the best approach to be using.

## Creating An Extreme Weight Loss Diet Plan

Looking for extreme weight loss success? Have a deadline to reach for your weight loss goals?

Whatever the case, if you are in a hurry to shed the excess weight you're carrying around, chances are you're on the hunt for one of the ultra low calorie diets out there. In fact, as much as you hate to admit it, you may have even typed in 'Crash Diet' in the Google search bar.

You aren't messing around here – you need that weight gone yesterday!

But, before you run off on a poorly designed extreme weight loss diet plan, it's worthwhile to take a bit of time to educate yourself on how to do this correctly. While you should never use an extreme [weight loss diet plan](#) for the long haul (as they will cause harm regardless if carried out for extended periods of time), over the short term, if done right, they can be safe to use.

Let's go over the main points that you must know if you're going to be creating an extreme weight loss diet plan for yourself.

### **Focus On Protein**

The first component to get in place on any extreme weight loss diet plan is protein. Protein is what will make sure that you aren't burning up lean muscle mass as you go about the diet plan, so what will keep your metabolism running on high over the long term.

If you start to lose lean muscle mass, which is quite common on extreme weight loss plans, you're headed for long-term trouble.

You do not want to miss this point. Each and every meal and snack that you consume should have protein laid out as its base.



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## Get Your Greens

Second, make sure that you get your greens in. Eating enough vegetables on a fat loss diet plan is going to be incredibly important because these are the foods that are going to provide the most nourishment overall to the body and help to also keep you regular due to their fiber content.

Plus, they're also incredibly low in calories. So for any dieter on an intense diet program, that's really a win-win scenario.

Eating more greens throughout this diet is only going to make your life that much easier.

## Drink More Water

Next up, make sure that you stay well hydrated. Very low calorie diet plans do tend to have dehydrating effects on the body, so to avoid this from happening to you, make sure that you are staying as well hydrated as possible.

Aim for 8-10 glasses of clear fluid each and every day – more if needed.

## Keep A Calendar

Finally, last but not least, make sure that you keep a calendar of your time on the diet. Track how long it has been since you started and at two weeks, come off that diet. Doing it any longer than this period of time is only going to set you up to fail.

So there you have the main points to know about extreme weight loss diets. Do these wisely and you will see fast results and meet your weight loss deadline.

## Detoxing 101: How To Detox Safely

One type of diet program set-up that many people are starting to think about and look into more often these days is a detox diet. The idea behind detox diets is that you'll remove all the toxic waste that's impacting your body, creating a leaner and firmer figure in the process.

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In addition to that, you'll also improve your health and help ensure that you are able to burn fat optimally throughout the day.

This all sounds very appealing to most people and is what they're primary after with their goals, so it seems pretty clear that a detox plan is a smart way to go.

But is it? The fact of the matter is that when they aren't done correctly, detox diets are not going to be ideal for health, body composition changes, or for any other benefit that you may have in mind. They can be downright dangerous when done improperly, so this isn't something to just jump on like another quick-fix diet plan.

Let's have a quick look at a few of the main tips to know so that you can detox safely.

## **Get Sufficient Protein**

The very first thing that you must do in order to detox properly is to ensure that you are taking in sufficient protein throughout the day. This is perhaps the biggest mistake that most people are making – they're not taking in enough protein and thus end up losing lean muscle mass.

Most detox diet plans do not provide any protein at all, so this is something that you'll have to adjust with the program that you're using.

For best results, aim to get one gram of protein per pound of body weight each day. If you'd prefer not to use whole foods to do this as you feel it will take away from the 'detox' effect, a protein supplement is your next best choice.

## **Watch Your Calorie Level**

Moving on, the second thing to watch is your calorie level. It's vital that you are consuming an adequate number of calories to keep up with your activity level. Most detox diets will naturally be lower in calories, so as you go on them, make sure that you curtail on the amount of physical activity you plan to perform.

On those days where you are more active, think about doubling up on the fruit servings you're eating and possibly adding in some healthy fats such as nuts or healthy oils.

This will provide you with the extra energy you need at this point. If you begin to lose lean muscle mass, it will just be a downward spiral from there.

## **Limit Your Detox Length**

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Another thing to remember is that you should limit the length of the detox plan you use. Don't detox diet for any longer than one week total. Anything more than this is likely to put you at a nutritional deficiency and will definitely have an influence on how you feel on a day to day basis.

Instead, keep the detox short and sweet. When done properly, this is all the time that you'll really need to spend on it.

### Supplement

Finally, last but not least, consider [supplementation](#). Taking a multivitamin is the perfect way to provide assurance that you aren't missing out on any nutrients and that you aren't going to do long-term harm to the body.

You will be low in calcium, iron, zinc, along with vitamin B in most instances while detoxing, so the multi will provide some relief.

So there you have the primary things that you should note about detox diets. Be sure to use them wisely and you will feel great and see optimal results.

## Diet Tricks To Beat A Weight Loss Plateau

If you're on a diet program and have recently noticed that the weight you were losing has seemed to have slowed and it seems like it's been forever since you've shed a few pounds, it might be time to consider that you are stuck in a diet plateau.

Many people will face a diet plateau at some point or another as they do tend to be incredibly common along the weight loss journey. This is especially the case if you've been using a lower calorie diet for an extended period of time as the body will be fighting hard to help keep you from starving to death.

But, if you approach the plateau in the proper manner, you should be able to bust through it relatively easily and get back on track to maximum success.

Let's go over a few of the smart diet tricks that you can use to bust through any plateau you face.

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## **Zig-Zag Your Calorie Intake**

The very first thing that you should do is zig-zag your calorie intake. What this does is essentially tricks your body. At first it may have thought it caught on to you and slowed its metabolic rate down to the amount of food that you were eating.

But, if you then add a much higher calorie day into the mix, you confuse it. Now it's getting more fuel, so it may start to speed up again to compensate for this.

Your body does try and maintain homeostasis as best as possible, so it will speed up and slow down with just three to five days of intense dieting.

By having some low and some high calorie days throughout the week, you never give it this consecutive period where receiving the same amount of fuel, day after day.

## **Eat More Variety**

The second dietary strategy that you can use to bust through a plateau is to try and consume as much variety as you possibly can. Don't gravitate to the same three foods over and over again.

Mix it up, as long as they stay healthy.

While this won't have an incredibly huge impact on your progress, it still can make a difference and every little bit will add up.

## **Add A Two To Four Day Diet Break**

Finally, if you've been dieting intensely for quite some time, it may just be time to consider a two to four day diet break. Sometimes a one day high calorie day isn't enough to get things kick-started again and you instead need to elevate calories and keep them there for a longer period of time.

A short break off your diet and eating at maintenance levels can be just the thing to get you out of the plateau and on track again. So next time you feel like your progress is moving slower than it should, consider these strategies. Using them should get you moving forward again so that you don't end up any more frustrated than you already are.

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## Dieting Over 50: Is There A Difference?

If you're someone who's beyond the age of 50 who is looking to lose some body fat, you might start to wonder if there should be a difference in the approach you use versus the approach of someone who is younger.

After all, your body is different now than when you were in your twenties, so it only stands to reason that you may need to use a different type of diet.

So what differences should someone over 50 take note of? What alternations will best help you see success?

Let's go over the main things that you should know so that you can get right on track to progress.

### **Alterations To Your Calorie Intake**

The very first thing that you will likely want to do is use a slightly lower calorie intake at this point in your life. Now, there is the common saying that the metabolism naturally slows with age. While this is true, it's not for the reason many people believe.

The primary reason why your metabolism will decrease as you get older is because you're losing lean muscle tissue. If you're someone who has been active for the last 20 years, then you likely don't need to use a reduced calorie intake as you will have more lean muscle tissue.

If you haven't been exercising though, then a slightly lower calorie diet is in order. Try starting at around 10 or 11 calories per pound of body weight.

At this point in your life you may not be quite as physically active overall either as you were when you were younger, so that will also factor into your total daily calorie burn.

### **Accounting For Nutritional Deficiencies**

Another adjustment that you should make is accounting for nutritional deficiencies. Those who are older will want to really make sure that they are taking in enough calcium, iron, and B vitamins.

This will help ensure that they maintain strong bones and high energy levels. In addition to that, make sure that you're taking in a very high quantity of fresh fruits and vegetables daily on whatever diet you choose as these will help to protect against some of the common diseases that can develop as the years go on.

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## **Adding Extra Protein**

Finally, the last thing that you should adjust on your diet protocol is your protein intake. Many older individuals are not getting enough protein total, so it's important that you bump up your intake.

Additionally, since you aren't quite as active as you were when you were younger, having more protein in the diet will help to further safeguard against lean muscle tissue loss, so will help to keep your metabolism higher long term.

Remember to add plenty of low fat dairy sources of protein in particular such as Greek yogurt, skim milk, and low-fat cottage cheese as these are both high in protein and high in calcium, so will really help you along your way.

So there you have everything that you need to know about dieting past 50. While the general approach should still be quite similar, making these few additional changes would be well worth your while.

## Exercising While Detoxing: What You Need To Know

If you're gearing up to begin a detox diet plan, one thing that you do need to be careful and aware over is how much exercise you're doing. Exercising when you're using a very low calorie intake is going to set you up for some problems as the body simply doesn't have enough fuel to complete each session.

While you may be able to get through the first one or two days perfectly fine, after that, you'll be facing some problems.

So what should you be doing with your exercise while on that detox diet approach? Let's go over the most important things to remember.

## **Cut Back On Duration**

The very first thing that you must do is make sure that you are watching the total duration of any sessions that you plan to perform. Aim to limit your cardio workouts to just 20 minutes maximum and for the time being while on your detox diet, strength training should be kept low as well.

One set of each major lift so that you are hitting each muscle group in the body will be sufficient to retain lean muscle mass and make sure that you keep your strength where it needs to be.

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## Limit The Intensity

The second thing that you should be thinking about as you go about your workouts is that the intensity needs to be lower. Don't attempt interval training at this time. It will simply be too much for your body to handle.

Instead, consider moderate, steady state cardio training. While you may have heard in the past this is the most non-effective variety for fat loss to occur, it's what you need to do right now. It's all your body will be capable of handling at this point in time.

## Consider Relaxation Focused Workouts

Finally, the last thing that you should be thinking about is the possibility of shifting your workouts away from the 'everyday' and instead using just strictly relaxation focused workout sessions.

This could include a lengthy stretching session, some yoga, pilates, or anything else that keeps your total intensity down and puts you in a relaxed frame of mind.

These forms of activities will still keep you active but won't tax the body like an intense cardio or weight lifting workout would, which is precisely what you're looking for right now.

So there you have the primary points to keep in mind regarding your workouts while detoxing. If you are detoxing properly, you should only have to carry out the detox for about one week total before resuming a more standard diet plan, so even if you choose to take the week off exercise entirely, it's really not going to have that large of a negative influence on your progress.

More importantly is that you focus on eating right and taking in as many fresh fruits and vegetable as possible during this time to really see the full effects of what the detox has to offer.

## How To Deal With An Injury

There's no question that one of the most frustrating times is when you suffer an injury. You were highly motivated with your program, giving it your all each and every session and then out of nowhere, you become injured.

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Now you're sidelined, frustrated, and feel like all that hard work is flying right out the window.

How do you deal?

Fortunately, an injury doesn't have to mean a terribly large set-back if you know how to approach it properly.

Let's look at some key things that you should be doing now that you're in this situation. Remember that prevention is always the best strategy so maintaining proper form during your workouts is a must. If you do that, you can avoid this situation altogether.

But since you're here now, let's look at what you should do.

## **Consider An Altered Workout**

The very first thing that you should do is assess whether you may still be able to continue with portions of your workout that are unaffected by your injury. For example, if it's knee pain that you're experiencing, this doesn't mean that you have to forgo your upper body workouts.

You should still try and get those in on a regular basis as this will help to keep your metabolism high and prevent muscle mass loss.

Try and make the most of what you can do and you'll feel a lot less frustrated about the whole situation.

## **Increase Your Knowledge Base**

If you are in fact going to be completely sidelined for whatever reason, then it's time to turn your focus elsewhere. To prevent getting too down about the scenario, use this time to enhance your knowledge base and learn some new workout facts to help you improve further.

Research up on the latest workout techniques and diet programs that you can implement in your routine to take your progress even further.

Knowledge is power when it comes to weight loss progress so use the downtime wisely.

## **Focus On Your Diet**

Another important thing to do at this point is cut back on your diet plan slightly. Since you won't be hitting the gym as often, you won't be burning off as many calories as you normally do. To prevent



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Weight gain from occurring, knock your calorie intake back by 200-400 per day according to how long and hard your workout sessions were.

Diet is really the most important factor for weight loss success anyway, so if you get this right then weight gain shouldn't be a concern.

## **Perform Healing Activities**

Finally, make sure to stay up on any exercises that you've been prescribed by physical therapists to get past this injury. Some people get into such a slump that they don't even want to do that, but if you want to make a speedy recovery, it's really necessary.

Do whatever you are supposed to that will enable you to get back into the gym sooner so that you can start training hard again.

So there you have the important things to note about dealing with an injury. If you maintain a positive mindset through this then it really doesn't have to impact you in a negative way and you can still progress further along the road to weight loss success.

## How Weight Loss Hypnosis Assists Fat Loss

If you're someone who is really struggling with your diet plan and just can't seem to see the results you're after, one thing that you may be considering trying is weight loss hypnosis. You may have heard many great things about this from others and now be wondering if perhaps it could be the thing that helps you get through your dietary hurdles.

So what's the truth about weight loss hypnosis?

Can it really help you lose weight?

By understanding how this works in the first place, you can get a better grasp on the answer to this question.

## **Fixing Bad Behaviors**

The first way that weight loss hypnosis can potentially help you is by allowing you to rid some of the bad behaviors you're doing that are causing you to become overweight.

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For example, if you are a big night time eater and this is what's causing the bulk of your weight gain, hypnosis may be able to get you to stop this night time eating, resolving the situation.

If you aren't taking in all those excess calories in the evening hours, this may make it incredibly easy to stay the course on your diet.

## Learning Proper Behaviors

Secondly, another great way in which weight loss hypnosis will help you out is that it will help you learn better behaviors as well. For example, if you absolutely dislike exercising right now, hypnosis may help you reshape your believe and make it a more favorable experience. If you then go on to do regular workout sessions because of this, that will obviously make it easier to see the weight loss results that you desire.

Likewise, with food intake, it can help you learn to like certain foods over others (healthier choices over unhealthy for instance), making it easier to stay on track with your diet plan.

## Gaining Self Esteem

Finally, the last way that weight loss hypnosis may help you out and get you seeing faster fat loss success is that it may help you increase your level of self-esteem and confidence in being able to do the program itself.

Some people tend to get into a funk where their self-confidence is very low and they just don't believe that they have what it takes to lose weight.

When you believe this however, it almost becomes a self fulfilling prophecy, so that in itself can hold you back.

When you believe that you can see the weight loss results you desire however, the opposite occurs. You'll try harder and likely be met with more success, which then just means you move forward faster than you were before.

All in all, if you're someone who is ready to still put in the time and effort to work hard towards your weight loss goals but who just needs a bit of help staying committed and breaking bad habits, then weight loss hypnosis will likely be a good way for you to increase your chances of success.

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## Maintenance Tips: Succeed With Keeping Weight Off

One of the most important things that you must do after you've finished your fat loss plan is move into successful maintenance. Really, a diet is not successful unless it allows you to keep the weight off that you've lost for good. Otherwise, you just found a temporary fix to a long-term problem.

Many people do often struggle with maintenance which is why they find themselves back in the diet seat shortly after they come off their diet plan.

Fortunately, with a few key tricks you can succeed with maintaining your new body and enjoy all the hard work that you put in.

Let's have a quick peak at some of the top maintenance tips to remember.

### **Keep A Tight Weight Range**

The very first thing that successful maintainers do is set a narrow weight range that they will allow themselves to fluctuate between. For instance, if your goal weight is 125 pounds, you might only let yourself get up to 128 before you start taking action.

Remember, it's far easier to shed 3 pounds of weight gained with a few simple diet modifications than it is to shed 20 that you've let yourself gain back.

As soon as you see yourself creeping upwards, take action and tighten up your diet or a week. It'll be gone in no time.

### **Diet During The Week**

The second thing that you might consider to help you with maintenance is to maintain a lower calorie intake during the week. What this does is creates a mini-calorie deficit that you can then use during the weekend when you are more social and the chances of you consuming more calories are greater.

Since most people do struggle with the weekends a lot more than weekdays, this gives you some leeway for going out to social functions or just treating yourself to something that you desire.

### **Maintain Your Exercise Levels**

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Another key thing for successful maintenance is making sure that you maintain your exercise levels. Exercise is one of the biggest factors that will predict long-term weight maintenance so stick with that workout program.

This will help you maintain a higher metabolic rate overall to prevent fat gain and also help you maintain lean muscle mass, which naturally burns more calories all day long.

### Indulge Once Per Day

Finally, if you decide that you do need to treat yourself on any given day, make sure that you limit yourself to just one treat per day. If you let yourself get too out of control and are treating here and there all day long, it will add up to weight gain.

If you're craving chocolate, have a small piece, enjoy it, and then put the box away. A 100 calorie treat really won't have much influence on your weight but six or seven of them will. Remember that and you'll keep yourself in check.

So there you have the top things to note for successful maintenance. If you work hard at it and make sure you keep yourself accountable, you can maintain your new body for years to come.

## Making Smart Alcohol Choices

If you're on a fat loss diet program, alcohol is something that you should be strictly limiting. Not only is alcohol very calorie dense coming in at seven calories per gram, but it's also going to put an immediate halt to all fat loss progress going on when you consume it.

Not to mention the fact that when you indulge in a few drinks your will power to stick with your diet will also go down, therefore it could cause you to start eating foods that you shouldn't.

That said, not everyone can cut out drinking from time to time as it is something that's heavily linked to normal socialization, so if you feel like drinking isn't something that you can give the boot to, at the very least it's helpful to know which drink choices you should be choosing.

Let's have a look at the top considerations.

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## The Good

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### **Straight Liquor With Seltzer Water**

The very first choice that you should consider is one ounce of your favorite liquor with simple seltzer water or plain water. This will contain only around 70 calories per drink, so is a much lighter option.

If you can alternate this with one glass of plain water, all the better.

### **White Wine**

If wine is your thing, the good news is that this is also a relatively lower calorie choice as well. Most wines range from 90-150 calories per glass depending on the variety, so if you keep your total number of glasses down, it doesn't have to destroy your diet plan.

Like the above, it's always a good idea to alternate one alcohol drink with one non.

### **Light Beer**

Light beer is another choice that you may want to consider. If you're a big fan of beer but don't like what it does to your weight, light beer is almost half the calories so will be much less devastating to your diet plan.

Light beer is also lower in total carbohydrates, so that's definitely a plus as well.

## The Bad

### **Creamy Liquors**

Now we move on to the less than optimal choices. Creamy liquors are one drink to beware of as they contain alcohol, fat, and sugar in one, so will really be a doozy as far as sticking with your diet is concerned.

Often these are mixed with milk as well, so while the milk is healthy, it will add extra calories. Most creamy liquors will come in around 120 calories per ounce, so it will add up quickly.

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## Frozen Beverages

Frozen slushy beverages are also something to be very careful about. These can easily contain upwards of 400 calories once everything is added in and will do a real number on your waistline.

They contain far too much sugar as well, which will be very bad if you're trying to prevent a hangover. The combination of so much sugar plus alcohol entering the body is a sure-fire recipe for body fat gain. The sugar will spike the insulin levels and since there is no carbohydrate oxidation taking place (as the body will be 100% focused on burning off the alcohol calories), this means that sugar will move right into body fat stores.

## Cocktails

Finally, the last beverages to avoid are any fancy cocktail like drinks. These also contain higher amounts of sugar and will often contain more than one different type of alcohol as well.

Most come in at around 300 calories or more, so will put a big dent in your diet if you have two or three that evening.

So be sure that you keep these points in mind if you do plan to drink on your diet. Alcohol does tend to hinder your progress so you really must make a choice as to what is most important to you – weight loss success or indulging in your favourite drinks.

[The Most Common Reasons People Gain Weight. Stop Making  
These Mistakes](#)

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If you're interested in experiencing fast fat loss, it's vital that you come to learn some of the biggest mistakes that many people make as they go about their plan and often completely steer them right off track.

It's easy to overlook the smallest of things that could in fact be having a big impact on your overall progress, so by discovering what you must watch out for, you're one step ahead of the game.

Let's have a look at the most common mistakes that cause weight gain in others, so you can be sure they don't hinder your results.

## Neglecting To Plan

The first and most important reason why people gain weight is because they simply don't have a plan in place. It's an absolute must that you know precisely what you will be eating at every point in the day if you want to see the greatest success with this goal.

If you can come up with a plan and follow it, you know precisely how many calories you are taking in and can adjust this based on your real world results.

If you have no plan then you're leaving [weight loss](#) up to chance. If you don't plan for meals away from home and bring appropriate food items with you, you're counting on the fact that you'll be able to find something healthy while out and about. More often than not this is not the case. Plan to succeed and you will.

## Neglecting To Account ALL Calories

The second big problem is neglecting to factor all calories. You know how it goes, 'Oh, but I was standing when I ate that, so it doesn't count'.

Yes, it does. If you want to succeed with weight loss, *everything* will count. Beverages included. Don't forget to tally up those 300-500 calorie smoothies or gourmet coffee that you down each day as well.

If you aren't including these, you won't see weight loss and will question why you aren't moving forward. It's due to the high intake of these beverages.

## Neglecting To Factor In Individual Preferences

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Another mistake to avoid is neglecting your individual preferences. Try and avoid going on a diet that you hate. If you do this, you're setting yourself up to fail from day one.

Yes, you will have to make some changes and may have to give up the junk food that you do enjoy, but if you can't stand the thought of cutting out carbs or using a low fat diet plan, don't. There are plenty of diet approaches that can work well so you should easily be able to find one that you will enjoy.

Dieting really doesn't have to be as torturous as so many people make it out to be if they just invest in some quality research finding the right plan for themselves.

## Neglecting Physical Activity

Finally, last but not least, make sure that you don't neglect physical activity. It's very important that you stay active all the time as this will help you maintain a higher metabolism and help to give you more freedom with your diet.

One mistake is thinking that only diet matters. While it's true that diet is the most important factor for losing weight, it's the exercise that goes along with it that allows you to really change the way your body looks while you lose weight.

If you want a complete transformation, adding the workouts will be a must.

So there you have the top mistakes that some people make as they go about their weight loss journey. Do you see yourself in any of these?

## How To Maintain A Healthy Relationship With Food While

### Dieting

If you're on a fat loss diet plan, there may be a chance that you could come to 'fear' certain foods after so long. You've been conditioned to know which foods are 'good' and which foods are 'bad' and do everything you can to stay away from the bad ones and only eat the good ones.



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The big problem with this good and bad thinking however is that it forms a negative association in your mind regarding certain foods in the diet. If you're not careful, this could lead to eating disorders over time, which are very serious and could require extensive treatment to overcome.

Let's take a quick look at some of the important things that you should remember that will help you maintain a more positive relationship with food while dieting.

## **Think In Terms Of Healthy Or Not Healthy**

The very first thing that you should be doing to maintain a healthy relationship with food is think in terms of healthy or not healthy rather than good or bad. This shifts the perspective and allows you to focus on the health benefits that certain foods provide, which is a much healthier association.

Try filling your diet with the most nutritious foods that you can, not because they are low in calories but because they will do the most for you from a nutritional point of view.

## **Plan For Cheat Meals**

Next, another thing that you should be doing is planning some cheat meals into your program. Cheat meals are great because they give you psychological relief from strict diets and help you see that eating a food that's 'off' your diet list won't automatically make you gain all the fat you've lost right back.

This is key for maintaining that healthy relationship with food. Cheat meals should be scheduled once every week or two for maximum benefits. More frequently may not be a good idea as it could hinder progress, but making sure to get them in every so often is important.

## **Periodically Take Diet Breaks**

Finally, the last thing to keep in mind is that you should periodically add some diet breaks as well. This is key for helping you learn your new maintenance calorie intake so you don't start thinking that you must maintain a very low calorie intake in order to succeed with keeping the weight off.

Often what occurs is that as you progress on the diet, your metabolism slows down so you start decreasing your calorie intake further to spark more fat loss, but over time, this leads to a very low calorie intake.

Before you know it you're scared of eating more again for fear all the weight will come rushing back on.

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Diet breaks will not only help to reset your metabolism but also teach you that you can eat more food and still maintain your body weight.

So there you have the most important things to note about maintaining a healthy relationship with food while dieting. For your psychological health, this is a must.

## Sneaky Tricks To Outsmart Your Body And See Faster

### Success

If you've been going about your workout and diet program for a while now, seeing so-so results, but wondering why you just aren't getting that remarkable level of fat loss you crave, it may be time to do an assessment of your approach.

There are certain things that you can do as you go about your diet and workout that will really increase the chances that you see faster results, but that few people ever make use of. If you aren't taking all

things into account, you could be missing out on small parts of the picture that will really have that dramatic influence on how you progress at the end of the day.

Let's take a bit of time right now to go over some of the top sneaky tricks that you should be using to outsmart your body and see faster fat loss.

### **Add A Cheat Day**

The very first thing that you can do to quickly outsmart your body is to add a cheat day into the mix. The reason this works is simply because of the fact that a cheat day will give your body the impression that it's coming off your diet, thus it will speed up its daily calorie burn for the few days following.

This additional boost can often be enough to get fat loss moving along at a faster rate, so if you do this any time you feel like your progress is getting sluggish, then it may just save the day.

Just do be aware of sluggish progress and your desire to just eat the foods you want. Don't let yourself use the cheat day as an excuse, doing it far more often than you know you should.

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## Use More Than One Mode Of Exercise

Next, to change up things on the workout part of the equation and outsmart your body, make sure that you never do the same mode of exercise two days in a row.

For example, if you're going to do a session on the treadmill one day, do a session on the elliptical the next.

Hitting the gym? Go to the pool the day after.

Adding more variety like this makes sure that your body is never going to adapt and instead, continually keeps responding day after day.

## Diet In Two Week Stages

Finally, in addition to tossing in the odd cheat meal here and there, consider using a two week diet plan. This is one of the best ways to outsmart your body because just as your body is getting used to the process of dieting, you come off the plan and give it a break.

This goes a long way towards preventing the adaptations that often take place when dieting, that could leave you head first into a plateau.

Diet for two weeks, and then take one week off. Repeat the cycle as many times as necessary until you reach your goal weight.

So there you have some quick and simple ways to outsmart your body. Use these and watch your success skyrocket.

## Tips To Avoid Burnout

As you move along with your weight loss diet plan, one of the most frustrating things that you might come to experience at times is burnout. You've been following the plan, eating your scheduled meals as you should and frankly, you're sick and tired of it.

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You want a break. You want to finally give in to your cravings and experiment with new foods that you haven't tried before. You want dessert!

What do you do when you're at a point of burnout and uncertain if you're going to be able to continue? By using the following helpful tips, you can combat burnout head on so that you can stick with your diet and carry on to see the success that you're after.

Let's look at what you should know.

## **Re-Evaluate Your Approach**

First things first, in some cases the cause of burnout is simply because the plan isn't structured properly. Are you taking in sufficient calories? Are your carbs too low that you have energy lows at all times?

A poorly planned diet will lead to burnout because you'll feel miserable on it. If this is the case and you're experiencing burnout after a very short time following the diet, you should assess to see if these factors could in fact be coming into play.

If they are, it may be time to try an alternate approach.

## **Incorporate New Healthy Foods Into The Plan**

The next thing to do to avoid burnout is to try and incorporate new foods into the plan that are healthy. Who says you have to eat the same thing day in and day out? There are plenty of healthy recipes that you can use that will fulfill your diet and satisfy your taste buds.

Start experimenting. Make it a ritual every Sunday night to prepare a new dish. This will give you something to look forward to so the week doesn't seem so dreary eating the same thing over and over.

## **Assess If A Cheat Meal Is In Order**

Another factor to consider is actually giving in and having a cheat meal. When planning properly, cheat meals can definitely be incorporated into a successful diet. You really can eat foods you crave and continue to lose weight if you plan it wisely.

A single cheat meal could really mean the difference between sticking with your diet or not for many people, so factor this in.

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Cheat meal provide much psychological relief as well, which is something you definitely need when facing burnout.

## Remind Yourself Of Your Goals And The Benefits Of The Diet

Finally, the last way to beat burnout is to remind yourself of the benefits you'll get from the diet. Think back to how you really felt when you weren't eating healthfully. Chances are you didn't feel that great.

Do you really want to go back to that? If you stop and think about it, you'll realize you don't and that can help propel you forward.

So there you have a few important points to keep in mind at all times. Burnout is common so don't feel like a failure if you're experiencing it but instead, use a proactive strategy to overcome it.

## Top Diet Trends To Jump On This Year

With the New Year now underway, many of you may be looking at little things that you can do to improve the nutrition of your diet. Constantly staying on the lookout for the latest research regarding what works and what doesn't when it comes to your diet is important if you hope to see success.

Recently a study put out by Pollock Communications listed a few key points that you should keep in mind. If you can start to incorporate these into your very own diet program, you should see progress coming your way.

### Think Green

The first trend is to think all natural. The more natural you can make your diet, the better says dieticians of this research group. Much focus in today's world will be placed on eating foods that come in their

completely natural state while turning away from all the processed foods that line the supermarket shelves.

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## Use Herbs More Often

The second trend that you'll see being mentioned more often in 2012 is using spices to add flavor to your foods rather than condiments and sauces. Many spices have their own unique benefits as well, so this further adds to the benefits you'll receive from having them in your diet plan.

Just be on the lookout for high-sodium spices and make sure that you stay away from this variety.

## Focus On Micronutrients

Micronutrients will be another large focus for many people moving into the coming year. Rather than strictly looking at how many grams of protein, carbs, and fats you're consuming, more people will be looking at fiber, antioxidants, vitamins and minerals.

More awareness is being raised about just how important these nutrients are to form a healthy diet so people are starting to make sure that their diet doesn't have any weak spots where nutritional density is low.

## Seasonal Produce Is Big

More focus is also going to be placed on all the seasonal fruits and vegetables that you can buy. Far too many people are getting in the habit of consuming the same foods day in and day out and this is having a very negative impact on their nutritional standing.

Start experimenting with new options when you see them at the supermarket.

## Use MyPlate As A Guide

The old food guide is now being replaced by a new guide – the MyPlate guide, which has a brand new set-up to consider for your food consumption. With this set-up, you'll be having half your plate divided between protein and grains, with the other half consisting of vegetables and fruits. Dairy will be a small serving on the side to add extra protein and calcium.

This much smaller dedication to grain products is going to help to combat diabetes along with many other negative health conditions associated with a very large carb intake.

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So there you have the primary points to consider as you move into 2016. Follow these and you can feel confident your diet will be better because of them.

## What To Look For In A Workout Buddy

As you get geared up to start your workout routine, one thing that you must do is take into account the benefits of having a workout partner. Having someone there alongside you is great for motivational purposes and will also help to keep you on track and using the right form.

Workout buddies are a very powerful way to stay committed so if your motivation often lags behind and that's why you fall off your program, you'll definitely want to get yourself one.

But, as you go about the search for a workout buddy, it's important that you keep a few things in mind so you can make sure that you and that workout buddy are a good match.

Just like dating, you don't want to be workout buddies with someone who isn't right for you. Let's look at what you want to know.

### **Assess Your Skill Level**

The very first thing to look at is the skill level of you and your potential workout buddy. While it's highly motivating to workout with someone more fit and in better shape than you, it may not be quite as rewarding on their end.

Likewise, if you're much more advanced than the person you have in mind, you may find that you start to get frustrated during the session as you want to advance quicker than they're able to.

The best case scenario is that you're at the same skill level, and then obviously working towards the same goal.

It's going to be best if both of you are focused on fat loss as then your workouts will be very similar already.

### **Determine Common Workout Time Preferences**

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The second thing that you absolutely must do is confirm that you are able to get together at a time that works for both of you.

If your potential partner likes to workout when the sun rises and you can hardly crawl out of bed without a cup of coffee at your side, there may be trouble ahead.

If you're going to have a workout buddy, you must make sure that the workout buddy is going to show up on time for each of your workouts. Otherwise you'll just get doubly frustrated as they're not present and it feels like too much work to even schedule a session in.

## Check For Personality Match

Assessing for a good personality match is important as well. Are you someone who likes to push really hard during your workouts, moving quickly from set to set with little to no rest?

Or do you prefer to take your time and go at it using a slower pace so you can socialize and enjoy the process?

If you're someone who likes the fast paced, down-to-business style of workouts and you pair up with a workout buddy who wants to chat between sets, you will be beyond frustrated in no time.

Your workout styles must match each other or one person is never going to feel fulfilled from your sessions together. This is also going to play a key role in the type of program you choose as well as those intense personalities tend to gravitate to more intensive programs, so it will determine whether you're even using a similar workout approach also.

So there you have the key things to note about choosing a workout buddy. When chosen correctly, this will definitely have a good impact on your success and allow you to stick with that workout long-term.

## Why Stretching Is Important For Workout Success



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If there's one thing that many people neglect when it comes to their workout plan, stretching is it. They devote a high amount of time and energy to performing their cardio and resistance training, but as soon as that's finished, they're getting out of the gym as quickly as possible – they have a life to lead!

But, if you're skipping the stretching component of the workout, you're really missing out on a number of key benefits that it provides.

Let's take a quick peak at the main reasons why stretching is so important to workout success.

## **It Enhances Your Range Of Motion**

The very first reason why stretching is a must is because it's going to help to enhance your range of motion so that you can move throughout your exercises better. If you want to see the full benefits that any exercise has to offer, it's important that you work the muscles through the full movement pattern.

It would be like performing a squat but only going partially the way down. If you really want to see maximum benefits, you must go as low as possible as this is when the glutes will really be called into play.

If you're very inflexible though, this will be next to impossible therefore you won't see the benefits you could be.

We do tend to lose range of motion with age, so if you aren't stretching, it's only going to get worse from here on in.

## **It Keeps You Injury Free**

The next important reason to add stretching to your routine is because it keeps you injury free. If you're not stretching after a workout, your muscles are going to be tight and tense and any force that acts upon them could end up pulling or straining a ligament.

Those who are more flexible often find they do suffer injuries a lot less frequently as they are quite limber and able to accommodate to forces acting on them.

An injury will quickly sideline you from all workouts and really hinder your progress – in fact, it'll put a temporary stop to all progress entirely.

## **It Reduces Post-Workout Muscle Soreness**

Finally, the last reason why you must be sure to add some stretching to your routine is because it will help to control post-workout muscle soreness.

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Stretching is going to help remove the lactic acid build-up from the muscle tissues that's responsible for that high level of pain and discomfort you often experience the next morning when getting out of bed, so by stretching at the end of the session, you can curtail this.

Stretching will allow the muscle fibers to relax and lengthen so that you don't feel quite so tense and sore later on.

So as you can see, stretching is really a must-do for success. It only takes ten minutes total at the end of your workout but this is some of the best ten minutes you could spend if you want to see success. Get in the habit of doing it now and you'll never think twice about skipping it again.

### Why Weight Loss Plateaus Occur

If you're on a fat loss plan and have been doing your workouts religiously while following an intense diet program, you are likely hoping for nothing but the best of success.

So when you see your results start to slow down, you may seriously begin to wonder what's up and get frustrated over the fact that you just don't seem to be getting results.

What gives? You were making excellent progress and now you are hardly moving forward at all.

It's frustrating to say the least.

If this is the situation at hand, you are definitely in what's known as a weight loss plateau.

Let's take a look at what weight loss plateaus are and why they occur.

#### **What A Weight Loss Plateau Is ?**

First let's take a look at what a weight loss plateau is. Simple stated, a weight loss plateau is any point in time when you're following a reduced calorie diet program and workout where your weight loss comes to a halt.

Basically, just as the situation described, what you were doing was working but now it's not. It might almost feel like your body is trying to fight you.

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Often, you'll be miserable, you'll be hungry, and you'll be so irritated that your friends and family may not want to be around you.

You are not a happy dieter – that is for sure.

## Why Weight Loss Plateaus Occur ?

So what causes a weight loss plateau to occur in the first place? Understanding this can give you insight so you know how to resolve it.

The primary reason why weight loss plateaus occur is because your body begins to adapt. Your body does not want to be on a diet plan. In fact, your body loves excess body fat – to it, it means that should a famine occur, you have plenty of resources to stay alive. It's not exactly willing to part with your body fat tissue.

But yet, here you are, giving it less food than it wants and basically forcing it to starve. As such, it takes measures against you.

It's going to cause your metabolism to slow down so now you're burning fewer calories each day. Since you're consuming fewer calories, it tries to match this consumption so no further weight loss will occur.

When this happens, that's when you reach the weight loss plateau. Now you're hardly eating any food and your body weight is staying constant. Your body has now adapted.

So to bust through the plateau, you're going to have to shock your body with something new so that it's no longer adapted. When you do that, that's when you'll finally be able to start seeing results again.

There are ways to do this on both the diet as well as the workout front, so it must be a comprehensive approach when really trying to tear through that plateau in record time.

So there you have the main factors to know about a weight loss plateau. As frustrating as they may be, you can get out of them if you use smart strategies and a sound approach.

## Why You Should Toss Your Scale Today

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If you're on the quest for successful fat loss, one of the best things that you could do right now, contrary to what most people believe, is chuck your scale.

"But how will you know if you're progressing?" you might think. The truth of the matter is that there is really no reason to have a body weight scale in your house.

Let's go over why this is and present you with some smarter strategies for faster success.

## The Problem With The Scale

The big issue that occurs with the scale is the fact that the scale will not account for fat or muscle mass lost, or will it take into account you gaining water.

If you eat a high salt meal the night before, it's highly likely and probably that you could be two to three pounds heavier the next day.

Did you gain body fat?

Definitely not.

Your body is just retaining water from the extra sodium you took in. Most people don't realize this, thus it instantly causes disappointment and frustration to set in, which then may lead them to pack their diet in entirely.

Additionally, if you've been working out hard and gain lean muscle tissue, this could make your scale weight go up, which you would then view as a negative thing. But really, it's a very positive thing.

More lean muscle mass means a firmer, fitter body, plus a higher metabolic rate. It's really a win-win, yet few people would celebrate the scale going up.

## The Better Approaches

So what's the better approach? How can you measure your progress if you aren't using a body weight scale?

The first great strategy is to simply use the mirror. Let the mirror be your guide.

Do you look leaner? Look more defined? Can you see your waist size decreasing? If so, these are all great indications of progress. Chances are, you will be moving in the right direction.

In addition to this, you might also consider getting your body fat test taken. This is the true way to measure your progress as your body fat will represent how much actual body fat you have on your body – which is what you want to decrease.

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It gives the complete picture of what's going on so that you know that your body fat is in fact changing.

Finally, the last method to use is the clothes trick. If you're losing body fat, chances are your clothes will fit looser, even if you are gaining muscle mass since muscle tissue is such dense tissue altogether.

If you are now fitting into jeans you never used to, this is a very good sign and you should keep on doing what you're doing because you're on path to success.

So there you have the main things to consider about the scale. It really doesn't work in your favor in any way, so choose otherwise. Use a different measurement and you'll likely have more success because of it.

### Workout Techniques To Smash Through Any Plateau

Suffering from a weight loss plateau? If so, chances are you are mighty frustrated by this point – and possibly even considering giving up altogether.

But, before you do, it's vital that you think about a few of the simple yet highly effective things that you could be doing instead to get through this plateau and back onto greater success.

There's no sense tossing away all the hard work you've put in when by making a few adjustments, you can accelerate your progress forward.

Let's have a quick peak at a few of the top workout techniques that you should try out if you're stuck in that dreaded weight loss plateau.

#### **Introduce Interval Training**

The first and probably most effective way to bust through a plateau is to introduce interval training. If you've been slugging it out on the treadmill, bike, or elliptical, doing moderate paced sessions for what seems like hours on end, this has got to change.

These types of workouts are just not going to produce the high level of results you're after so really should be avoided in the first place.

# ENLARGE YOUR KNOWLEDGE ON WEIGHT LOSS AND CREATE OWN WEIGHT LOSS PLAN

Instead, try out interval training. Substitute periods of very high intensity work with periods of lower intense workout for 30-60 second intervals. Repeat this 6-10 times and add a five minute warm up and cool-down.

Do that two to three times per week and watch your results soar.

## Change Weight Lifting Formats

Next, also consider changing around your strength training program. If you've been using free weights for quite some time, think about switching it up and using weight machines instead.

Or, try kettlebell training.

There are so many different ways that you can go about putting together a strength and conditioning program for yourself, so there's no reason to ever allow your body to adapt.

Even just changing some of the exercises you're doing around can be enough to totally renew the program and get you seeing faster results.

## Take A Week Off

Finally, last but not least, consider taking a week off your workout program. As odd as it may seem, sometimes rest is the key.

If you've been pushing hard for a very long time, chances are your body is quite exhausted and could use the break. Give it some rest and as soon as you come back and start training again, don't be surprised if results start moving along far more quickly.

Plus, this will also help to re-energize your mind and help enhance your motivational level as well, both of which can be excellent for keeping you going with your program.

The important thing to remember about busting through a plateau is to avoid getting too frustrated and instead to think rationally. Try making a few changes here and there and see what results come about.

Usually all it takes is just one or two small adjustments and you'll be back on track again, seeing great results.

**To learn more about Weight Loss and Weight Loss Supplementation**

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