

Weight Loss Diet Plan to Lose Weight

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The process of developing a slimmer, healthier body has been a dream that millions of people have sought to fulfill for decades. Estimates now place 2/3 of all adult Americans in the category of overweight. The term overweight can refer to those who are carrying around an extra 10 or 20 pounds, all the way to obesity in the range of over 100 pounds.

Weight loss can be a challenge for anyone. It is important to develop a smart weight loss plan that will work for you. With some mild dietary changes and making sure to get the necessary nutrients, most people can successfully lose weight without depriving their bodies of food. In order to come up with your smart weight loss plan, there are a few steps that you must take.

Diet plan is an effective option to lose weight. It is especially recommended to those that hate exercising or don't have the time for it. Although diet plan alone can help you in losing weight but if combined together with exercising regularly, results can be even more effective.

A healthy

weight loss diet plan would consist of the 3 basic food groups in their proper proportions, carbohydrates, protein and fats, supplemented by vitamins and minerals that are found in vegetables and fresh fruits. Carbohydrates should be in the form of unrefined wheat or whole grain products like whole grain bread, brown rice and oats. The healthy weight loss diet plan includes protein because protein builds and repairs muscle tissues in our body. Healthy fat helps in building and repairing tissues, and absorption of vitamins and minerals that is important in a healthy weight loss diet plan.

Most lose weight diet programs promote cutting calories. Some restrict you as far as 1000 calories a day. A couch potato who doesn't move all day is recommended a minimum of 2000 calories a day, which should set off alarms about how wise a highly restrictive calorie weight loss program is. Your body cannot receive the proper nutrients, vitamins, and energy to run properly if you are not putting enough into your body. When you restrict calories you actually cause your metabolism to slow down and there for make it harder to lose weight than if you were consuming more and burning them off.

Having a good exercise program is a critical key to a successful weight loss diet plan. Remember, we are not trying to look like Arnold here, we want the best and most efficient way to get the results we are desire. To begin we will want to start with some type of aerobic activity. This might mean a brisk walk around the neighborhood or a set amount of time on the treadmill every day. Aerobics are the best way to burn fat, enabling us to start dropping the pounds. Other types of exercise, like strength and flexibility training, are positive steps, but the results will appear minimal until that extra fat has been burned away with some cardiovascular activity.

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Weight Loss

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