The Secret to Staying Motivated to Lose Weight New Year by Lisa Beverley

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Research indicates that approximately 95% of people who start a fat loss program can not achieve its objectives. Why? While there are a multitude of reasons why this happens, no doubt, the main reasons are lack of motivation and the "weight loss", the results do not meet personal expectations. This article describes the most effective and science-based monitor the success of its program to reduce the fat - with the evaluation of bioelectrical impedance to provide a "roadmap" for your search.

What is bioelectrical impedance (BIA)?

BIA is an assessment that allows a very precise determination of the two components of body composition: fat / body fat and lean tissue (muscle and bone) while reducing the variation that can occur when using skinfold measurements repeated. BIA is comparable to the "gold standard" of determining body composition - weight underwater. (BIA is less invasive than skinfold measurements as the test can be performed fully clothed).

The BIA test involves using a BIA machine passes a small charge, imperceptible electrical connection between an electrode in his hand and an electrode on your foot. The unit of BIA measures the resistance (impedance) of electric charge, and this information accurately determine the percentage of fat and lean tissue percent.

Basically, the principle of operation is as follows: muscle that has a high content of water conducts electricity well and offers less resistance compared with adipose tissue containing a minimum of water and offers high resistance. Therefore, if the reading is low impedance, body fat percentage is low and vice versa.

Why BIA help with motivation and adherence to a weight loss program?

In another article on our website explaining the complications of using changes in body weight in judging the success of a campaign to reduce fat. We mentioned that the composition of the supervisory board is essential, since "weight loss" is a relative term and fluctuations in body fluids and muscle tissue complicate readings of the scale. For example, if you include strength training in the loss of fat in the campaign and based on the reading of the scale, you may get discouraged when you put on weight as muscle, which is high in content water "weighs more than fat."

BIA is a great way to provide a plan or a map to track your progress and stay motivated as they are able to control the two components of weight - the fat and lean tissue (muscles and bones) independently. BIA offers concrete evidence of subtle changes in muscle tissue and fat percentage - even when body size and body weight can not give an indication. This is important because an increase in the percentage of lean tissue (resistance training, for example) automatically reduces the percentage of body fat and vice versa.

What other benefits offered to help BIA to stay motivated?

Besides being able to measure fat and lean tissue, BIA is also able to provide varies ideal body fat and lean tissue based on actual test results - no tables of height / weight and other normative data. This makes your fat loss goal more realistic and scientific personnel - motivation boost.

Most BIA units also provide your basal metabolic rate or BMR. BMR is the minimum amount of

energy (calories) your body needs to maintain basic life functions such as heartbeat and breathing. BMR is directly proportional to the content of lean muscle tissue, because muscle uses energy and produces body heat. For example, even at rest, a bodybuilder who have a high metabolism and consume more energy than a sedentary person unconditioned.

In addition, some units can even calculate a BIA Estimated Average Requirement or EAR, the number of calories (energy) needed a day to maintain your current weight based on your BMR and daily physical activity level reported.

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Lisa Beverley - About Author:
Lisa Beverley writes highly informative and researched articles for end consumers about a variety of a weight loss tips including remedies, a health tips and a diet nutrition tips, slimming, weight loss products, bodybuilding supplements and diet tips.

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