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Change in Lifestyle: the Best Weight Loss Program

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Obesity is a rampant problem with the youth in Australia and across the world. The modern lifestyle with all the facilities at your doorsteps, entice people to give up physical activities and rely entirely on automated tools and services for their comfort and leisure. This kind of lifestyle, combined with work/relationship-related stress and poor eating habits can take a toll on your health. Because of strict deadlines at and priorities at home, people donâ€™t get time to keep a check on our health. Junk food such as pizzas, work hamburgers, French fries, steak and numerous other high cholesterol foods and beverages accumulate in our body in the form of fat. These diseases can cause numerous other health implications like coronary heart disease, type 2 diabetes, cancers, strokes, back and knee problems, etc. Also, on the personal front, they take a toll on oneâ€™s self-esteem and self-confidence.

In recent times, people have noticed the social, health and economic implications of overweight and obesity and have started to take action against it. One of the popular methods adopted by people to lose weight and keep it off is a good weight loss program. Numerous weight loss programs are there, some of which concentrate on oneâ€™s diet and daily food habits while others look at oneâ€™s exercise and routine physical activities, but the best weight loss programs are the ones which take both the factors into consideration along with a change in oneâ€™s attitude.

The task of weight loss is not at all simple as it involves a lot of sacrifices and hard work along with strong determination. Though our unhealthy lifestyle is the main reason for overweight and obesity, there are other reasons also which can cause them like hormonal imbalance, weak body metabolism, hereditary, etc. That is why it is very important to consult a doctor before beginning any weight loss program. A doctor can help analyse your body requirements and functioning, thereby suggesting the correct weight loss program for you to implement. Also a doctor can provide you with the correct methodology for going about your weight loss, as many a times people tend to overdo their program and eventually damaging their health even further.

In order to achieve success in oneâ€™s weight loss program two things are of utmost importance: a well-planned diet and proper exercise. Only the combination of these two can lead to a good weight loss, but not necessarily help keep it off. If you are looking for long term weight loss then that requires a change in ones present lifestyle. A well planned diet can help you lose the unwanted flab but once you achieve your goal and go off the diet, the flab has the tendency to return. That is why a weight loss program which inculcates a change in our lifestyle is a more permanent solution. But you might be wondering how such a change can occur? One word can answer this question â€œgraduallyâ€•. One should gradually reduce the high cholesterol and high fat foods like pizzas and chips and colas in their diet. Gradually began the habit of eating healthy fruits, vegetables and meats. Oneâ€™s eating habit should be such that they have a large and healthy breakfast, a mid-size lunch and a small and sufficient dinner. If one gets a craving for something in between then munch down on a fruit salad instead of junk food. Similarly, regular morning exercises including different routines everyday ensures that all the muscles are properly toned and at the same time fat is burnt. Gradually increasing the intensity of the workout will only assist in faster weight loss. Also an evening walk after dinner is a good habit to stick to as it has numerous benefits for oneâ€™s health. Thus, one can realise that the best weight loss program is not about a perfect diet or an intense exercise regime but it is a proper change in our lifestyle and attitude.

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