

Weight loss for the **BUSY WOMAN**



the right weight loss track without having to break a sweat even. This is simply not true.

Even before you begin to change your lifestyle around to try and lose weight, you should ideally get to grips with the fact that it will take time to do so. This is true even if you only have a few pounds to lose.

Unless you want only to lose a pound or two or three you won't be able to move the excess weight very fast, at least not in a truly healthy manner.

Since the ideal weight loss for a person is said to be about two pounds per week, you will need to calculate accordingly and come to terms with how much you should lose per week *healthily*.

There are also other methods of weight loss which you can use to lose weight faster but these options should be explored with due consideration. And if you are thinking about using any such method for weight loss, you should ideally consult with a doctor before you proceed too far along.

If you fall off – get back on!

This is something that you need to take seriously, because without a doubt you will fall off the diet wagon at some point or other. What matters at this point though is what you do with yourself after you fall off the diet wagon.

If you just sit back and moan and despair about the fact that you fell off the diet wagon, you will not accomplish anything much. It doesn't matter whether you just binged on your favorite junk foods for a week or a month or even two months.

What matters is that you stopped at some point and that you want to get back on the diet wagon again. With this type of positive thinking you will more than likely be able to get back onto your diet regime.

If you fall off, then get back on. Pick yourself up, dust yourself off, take stock of where you are in your weight loss plan, and then continue forward. Whatever you do, just don't look back.

Talk with your doctor

I have been talking about this since almost the beginning of the book, and you will find that I keep mentioning it throughout the rest of the book as well.

And this is the fact that you should talk with your doctor, physician or primary caregiver about whatever course of action it is that you want to take to lose weight.

This is a very important facet of your weight loss plans and can even help you to fashion a better weight loss plan.

It is also a good idea to get proper advice from one of these qualified practitioners since it is also best to first rule out any underlying health conditions you might have which might affect you as you lose weight.

You might need to change accordingly some of your weight loss plans, but this can only help, and not hinder your attempts at losing weight.

Also, if you have any doubts whatsoever about whether the weight loss regime that you chose for yourself is right for you, you will be able to discuss and modify your weight loss plan.

Five things you should know

To help you in goal of losing weight, below I have listed a few things that you really should know about. These are things that most of us overlook when trying to losing weight, simply because we are unaware that these factors can affect weight gain or weight loss.

The truth is that most everything that effects our systems will have some type of impact or other on us, be it in the form of weight gain or loss, or otherwise. Most times of course we won't put two and two together until it is pointed out to us.

My goal in listing these factors here in this book, is to make you aware of what they are. In this way you will be able to weed through some of these problematic areas and (hopefully!) conquer them.