

Weight-control strategies - obesity management programs

We all know that no two people are alike. It is a fact that manifests itself quite well among dieters, and explains why one diet works for a friend, but may fail for you. In that case, you will have to find another well balanced program, one that will suit you.

Initially, nearly all diets and weight loss plans book results. New studies have now revealed that the type of diet you choose is of a lesser importance than picking the one you can actually follow through with for a long period of time. The longer a program is used, the more beneficial it becomes.

Tips for easy weight loss

- Do not set the bar too high. Keep your weight loss goals realistic!
- Choose a program that works for you. If you lack time or do not like to cook, pick a diet based on protein shakes and bars. For those who like spending time in the kitchen, many diets offer daily planners, recipes and calorie charts.
- Involve family and friends. Explain why weight control and exercising have become important to you. Who knows, maybe they will even join you!
- Study your eating habits and make a list of the things you consume. You may find many hidden calories.
- Keep track of your daily activities and how you feel. Stress and depression do cause people to overeat!
- Check your fridge and cupboards for unhealthy temptations and replace them with low-calorie snacks. Stock up on fresh fruit, vegetables and yogurt.
- Exercising regularly will burn calories and keep your weight under control. Check an online calorie burning calculator to keep track of the amount of calories that you can burn during a specific activity.

Nutritional guidelines

- Reduce your daily calorie intake. Do not go below 1,000 calories per day, unless approved by your doctor or nutritionist.
- Track down hidden calories and reduce their intake. Snacks, alcoholic beverages, shakes or soft drinks are loaded with calories.
- Control the amount of fat you eat.
- Eat more fish, lean meats, or meat alternatives, such as legumes.
- Make a daily or weekly eating schedule. Depending on your goals and weight loss results you can always alter the plan to slow down or speed things up. It will also help you keep track of your progress.
- When eating out, choose your restaurants carefully. Many do offer low calorie menus.
- Remove unhealthy foods from your home and workplace.
- Never shop for groceries on an empty stomach. It will help prevent your impulse shopping and the urge to buy unhealthy foods.

Commercial diets

Since they first appeared, commercial Weight Loss programs, such as Weight Watchers or Lifesteps, or support/self-help groups, like Overeaters Anonymous, have continuously risen in demand. The perpetual desire to live healthier, and maintain the perfect weight has attracted many people to obesity clinics, fitness centers and other health facilities. Some dieters will even resort to sensational, yet untested products. Are all these methods effective? Only the individual dieter can find out.

Without further scientific research and a proper evaluation, it is impossible to determine if major commercial weight loss programs are better than self-designed eating plans. Many variables have to be considered, including the fact that some dieters will get better results when supported by a group, while others like to work alone.

Advertising can be tricky and before joining a structured, commercial weight-loss program, do your homework. Find out if the food choices they offer are flexible, weekly weight goals are realistic, the support staff is qualified, and if counseling is available. The last thing you need when on a life-altering quest is to become victim to a scam and fail!

About the Author

Australian Lifestyle & Fitness specialises in online [Weight Loss Programs](#).

Source: <http://www.healthsnare.com>