

Real facts about weight loss diets and calories

Obesity is an epidemic in the western world. Many commercial companies use the people's desire to lose weight by offering Magic nutrition and other programs that promise to lose weight. Understanding some facts behind weight loss can help you, not for these products.

Extreme diets are not healthy they can still help. Almost everyone, by an extreme diet and lost considerable weight on the end of all weight loss and more after a short while. The reason is that our weight is a result of our everyday behavior over a long period. Going on a diet for a short while and then back to our old bad habits simply does not work.

Why do we gain weight? The core and fundamental reason is simple, we consume more calories per day then we will burn. Calories are energy, and when we consume more than we do with body needs to do something with the excess energy. Evolution programmed the body to energy in fat. Grease is the way in which the body retains energy for days on which they are required. Evolution is clever grease the way the body to save energy for a rainy day, when the body one day consume fewer calories than it consumes the body needs for energy from somewhere and it does that by burning fat.

So that the first and most important thing to remember is simple: if you eat more calories that you burn fat you get. If you eat fewer calories than you consume your body will burn the fat and use their energy. The amount of energy you consume daily basis depending on your activity.

To demonstrate that the basic rule, the only thing needed is to eat fewer calories than you consume. So you can just sit and eat junk food, as long as there are not too many calories? Well, theoretically yes, but in order for the body to continue working as it is supposed to, you should also make sure that you have the right diet which means that other than food to eat junk food.

So you can just eat good food in the right quantity and lose weight? The answer is yes, you are weight, but if you do not do any sport, you lose the first muscle weight and fat after. If you are on a diet without sport are you looking fat, but weak. The solution is to do sports you need not be extreme, but at least the body of work a little. The body is not programmed to burn muscle mass, muscle mass if needed. If you know sports body, the muscles are needed, and it will quickly burn muscle instead.

How to lose weight is really quite simple and straightforward: eat in moderation, you can eat a little junk food, but make sure that your most important food intake rich in good nutrition. Make sure you eat fewer calories than you consume, and also sports on a regular basis. Do not think of it as a diet, you need to follow for a certain time, rather than those in a lifestyle that you continue following last forever.

About the Author

Maura Crosby writes about Internet subjects. Find more on [emotional eating: lose weight discovering discovering](#)

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