

## Strategies to Losing Weight

There is a general perception that losing weight is only a temporary achievement. It is perceived that people who lose weight ultimately gain back what they lost in just a few months.

In fact, a study that was published in the American Journal of Clinical Nutrition had said that only about 20% of people who lose at least 10% of their initial body weight are only able to maintain their achieved weight for at least a year.

But this does not have to be always the case. Remember that you have control over how long you would like your achieved weight to last. If you maintain your good, healthy eating habits and active lifestyle even after you have achieved your targeted weight, then there is no reason for the lost weight to make its way back to your body.

Remember that keeping the unwanted pounds off is not as difficult. Below are six strategies you can follow to help you keep your achieved weight:

### 1. Adopt an active lifestyle

Always engage in active activities and avoid leading a sedentary life. Burn as much calories as you can by engaging in high levels of physical activities. Popular physical activities include walking, cycling, jogging, swimming, and aerobics.

### 2. Take note of the food you eat

When choosing what to eat, always opt for a low-calorie and low-fat diet. Try to lessen eating out and avoid fast foods as much as you can. Preparing your own food is always a better option as you can control the ingredients you put into your food.

### 3. Eat your breakfast every day

Starting the day off with breakfast helps boost your metabolism. In addition, it also helps you avoid the temptation of eating late in the day and consuming more calories than you need to.

### 4. Always monitor your weight

Regularly monitor your weight and keep a journal to log your progress. Regular trips to the scale helps keep tabs on any weight fluctuations and you will be able to catch them at the onset and correct them.

### 5. Adopt a healthy eating habit seven days a week

There is a tendency to have a stricter diet during weekdays and be lenient during weekends. This should not be the case. Always eat well on weekdays and weekends. If you are consistent in your eating patterns, you will have a better success at maintaining your weight loss.

### 6. Do not let a pound or two discourage you

It was common to gain an extra pound or two during your diet. Do not let this affect you. When this happens, take note of it and ensure that those pounds don't add up quickly.

## About the Author

Kate is an advocate of the Medifast diet and has been helping people with their weight loss concerns for over 10 years.

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