

Dieting: Losing Weight Without Losing Your Mind Essay

Introduction

Being healthy is of great importance to our lives, and people are constantly looking for ways to maintain good health. One condition that is detrimental to good health is obesity, which is characterized by excessive weight. This condition increases the likelihood of developing diseases and diminishes the quality of life for the person. Obesity has emerged as one of the most important issues threatening human health in modern society.

The World Health Organization reports that the prevalence of Obesity in Europe has tripled since the 1980s, and the numbers are rising even higher (par.1). Being overweight has numerous physical and psychological health consequences. It is, therefore, necessary for people to deal with obesity and maintain good health. There are many diet plans designed to assist people to quickly lose weight. These plans vary in their efficiency, health outcomes, and cost. It would be important to know how to select the most appropriate diet plan. However, there are a few general steps common to all weight loss plans.

The Process

The first step is determination and perseverance. Determination will cause someone to research on the various weight-loss strategies available. Determination and perseverance can be fostered by gaining a better understanding of the various risks associated with obesity. Head reveals that the alarming increase in the incidences of obesity in Western nations can be attributed to the lack of knowledge on the numerous adverse health impacts of obesity (1). When a person understands the risks of metabolic disease, cardiovascular complications, and premature death associated with obesity, he or she is likely to develop the determination to lose weight. A person will be prompted to seek a real solution to his/her weight problem when he/she understands that the excess weight can lead to chronic conditions such as diabetes and hypertension (Head 2).

It is, therefore, important to look for information on the health consequences of diabetes in order to promote determination and perseverance to lose weight. An individual can also get determination by finding a support group. A person might find it hard to faithfully follow the weight loss program on his/her own. In such a case, a support group will be beneficial since it will connect the person with other individuals that are facing the same challenges. One can join a fitness class, which will help increase the motivation to lose weight. Fitness classes provide a social support system as the person is surrounded by other people who are trying to achieve the same goal. These people support and encourage each other in their journey to acquiring healthy bodies.

The second step in the process is to increase water intake considerably in order to promote weight loss. Water consumption has numerous benefits to humans since it promotes health.

Overweight people benefit from increased water intake since it reduces food consumption in addition to facilitating digestion. Research by Muckelbauer, Sarganas, Gruneis, and Muller-Nordhorn demonstrated that water consumption contributes to weight loss among dieters (1).

Consuming water before a meal reduces food consumption since the water produces a filling effect, therefore, causing the person to eat less food. Another reason why increased water intake contributes to weight loss is that people sometimes confuse thirst for hunger. They, therefore, end up consuming food that they do not need since they do not understand that they are feeling thirsty and not hungry. Regular consumption of water will ensure that this confusion does not occur therefore reducing food intake and promoting weight loss. Drinking water also facilitates obesity prevention since this is a health drink that does not contain any calories. People consume between two and three liters of liquid every day. Without consuming water, individuals are likely to consume unhealthy drinks that contain a lot of calories, such as soft drinks.

Elder declares that water consumption may also suppress sugar-sweetened beverage drinking (149). This is of significance to weight loss since the high consumption of sugar-sweetened beverages has contributed to the overweight issue in many countries.

The third step is eating healthy foods to improve the nutritional content delivered to the body and adopt healthy lifestyles. The food consumed by a person has an effect on his/her health, and it can either promote health or put someone at risk of developing certain diseases. The person trying to lose weight might have to change his habits in order to promote healthy eating. Changes might have to be made in the environment that the person is constantly in. This means that the person might need to make some changes in his work setting or home setting in order to increase the chances of succeeding in healthy eating. Maoyong and Yanhong acknowledge that making changes in eating habits is a difficulty since most unhealthy foods are appealing, and people tend to pursue immediate gratification and place short-term impulses over long-term goals (127).

It is, therefore, important to realize that the changes in eating habits do not need to be huge and sudden. A person can make small and gradual changes, and over time, the changes will have become big. Behavioral changes can be enough to start weight loss for many people. These changes include planning meals in advance and choosing meals that contain a healthy balance of vegetables, fruits, grains, low or free-fat dairy, and low-calorie proteins.

For instance, replacing fried potatoes or spicy steak with salad or steamed vegetables can reduce the number of calories in each meal. Also, preparing meals at home instead of buying junk food can decrease unhealthy calorie intake. Maoyong and Yanhong note that eating at restaurants increases the consumption of unhealthy foods (137). When dieting, the individual should plan meals in advance. This helps in the tracking of the number of calories consumed each day. A person should not skip meals, especially breakfast, since starting the day with a healthy meal keeps energy levels high. It also helps a person resist the impulse to consume high calorie snacks, such as a piece of chocolate, during the day.

The final step in the weight loss process is to engage in physical exercises such as swimming, running, walking, and bowling. There is a strong correlation between being overweight and not exercising. Barnes declares that sedentary behavior contributes to the development of obesity in

people (224). There is a higher prevalence of obesity in adults who report no leisure-time physical activity compared to those who engage in some physical activity.

As such, regular physical exercise can contribute to weight loss in obese individuals. However, it should be noted that physical exercise should be combined with healthy eating. If a person exercises without eating healthily, he/she is unlikely to achieve the desired weight loss. Exercising should, therefore, be supplemented with healthy eating to ensure the best weight loss results are achieved. Engaging in physical exercises leads to weight loss since it promotes the burning of excess calories.

For example, by engaging in cardio exercises such as rowing and cycling, the individual burns many calories and improves his/her fitness. Walking can also be a good form of exercise, and it can be carried out without causing significant strain to the body. Maoyong and Yanhong declare that to promote weight loss, a person should engage in exercise that lasts at least 30 minutes for at least five days during a typical week (132). Therefore, the person who wishes to achieve significant weight loss must engage in consistent exercising.

Conclusion

Obesity is a dangerous condition that is linked to numerous health consequences. Dealing with this condition is crucial to promoting good health and ensuring a good quality of life for everybody. Obesity can be defeated by undertaking a weight loss program. Losing weight is a desirable and achievable goal that anybody can achieve. However, most people assume that losing weight is a challenging endeavor that is hard to achieve. This is not the case, and by following the four steps described in this paper, a person can achieve his/her goal of weight loss. The journey to weight loss begins by having a sense of determination and insistance.

After that, the person should drink a lot of water, which will help in the reduction of the amount of food consumed. Healthy eating is crucial to weight loss, and this step should be done in order to promote weight loss and good health. Finally, the person should engage in some physical exercise. Through these steps, the seemingly tough challenge of losing weight can be overcome. The individual will be able to achieve a healthy weight and avoid all the negative consequences associated with obesity.

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