

## Lessons From Janet Jackson's Weight Loss and Diet

The recent publicity over Janet Jackson's weight gain, and subsequent weight loss campaign, also aroused a lot of public opinion and comment. Not surprisingly, given the superstar status of the singer, for me the star of the Jackson family, and the size of the weight reduction she supposedly achieved over a 4 month period. Janet Jackson is reputedly a yo-yo dieter, someone who has phases of dieting followed by putting all the weight back on. That can never be good for long term health for anyone, and that surely goes for Janet Jackson too. But, she was overweight by the accepted measures that are used by the medical profession today, and she knew it. So she set out on a weight loss campaign, as millions of people around the world do, every year. Only in her case, and on this occasion, she was successful in losing weight.

**Cause of Janet Jackson's Weight Gain** Many have speculated how and why Ms Jackson got so heavy in the first place; depression, stress and all the usual reasons have been suggested by various commentators. Some excused that it was her stressful superstar existence that caused the recent problem, and the eating disorders that have been reported on in the past. Maybe, maybe not; that's her business really. Stars in the public limelight do have stresses that may be different to other people's stresses. But there are millions of people not in the limelight who are overweight and may be tempted to blame stress. Of course, it could be that Janet Jackson just felt like letting herself go for while, and let the weight drift upwards, without feeling any real incentive to keep it under a tight rein. Then one day felt the effects of being too heavy and thought: "That's it, I'm going to lose weight." Unless Janet Jackson has a medical problem, then being overweight was simply caused by consuming too many calories compared to the energy she was expending each day. That is the case with almost all overweight and obese people. So, once that decision was made to get back to what she thought was her best weight, she had to set about reversing that situation. In other words, strike a better balance between exercise and food consumption.

If the figures that we read at the time were true, Ms Jackson lost weight at a rate well above the "safe" rate suggested by most doctors. She was losing nearly 4 pound a week over the period of 4 months, about double the recommended weight loss rate. But how was she able to do it? How Janet Jackson Lost Weight If reports are to be believed, Janet Jackson just did what all the books and experts tell overweight people to do. On the one hand, she had a controlled diet; on the other hand, she had a systematic exercise programme. Now, any of us can do that, but most of us do not. We spend billions of dollars a year on special diets and weight loss plans, and just keep getting heavier. We know what to do, but just don't do it. In Ms Jackson's case, she did it. To simplify things, she had the motivation to lose weight, despite the effort and self control that was required. If anyone has the motivation, they too can lose weight. There is enough free information to enable anyone to get those pounds off, and to bring their BMI down to a healthy level.

When Janet Jackson's weight loss success was reported, many people dismissed it, saying "oh, it's alright for her, she can afford a personal fitness trainer and personal chef." That, though, is not the point. She could have done the same without the personal chef or trainer; she just happened to take advantage of her wealth to outsource two important features of her weight loss campaign. Surely she would have been too busy to count out her calories every day? Most of us are not, although we may claim to be. And we can all exercise and go to the gym, or just exercise at home, or walk the streets, beaches or fields to burn off those calories. The simple fact is, Janet Jackson was inspired, for whatever reason, to lose weight, so she did what was necessary. Some say it was to get to looking slim and sexy for a new album, but that does not matter. What does matter is that she found the motivation to reduce her weight, and took seriously to the task with a high level of endurance. I suspect that for millions of people, motivation is the missing link. Find that inspiration, that motivating factor, and you could be shedding the pounds at a healthy rate suggested by your doctor.

## About the Author

FadDiet.com is a fun place that has compiled all of the fad diets. If you are looking for a fad diet, it is probably here. Some weight loss relate.

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