

The Secret of Losing Weight - Plain & Simple Truth

Have you ever wondered why most Weight Loss program or Diet failed to provide you the results you wanted? You have all the motivation in the world to lose weight, but still, it's not working. You peek on that weighing scale every morning and there is very little difference...Why?First, the reason is because these Diets are very hard to follow. Yes, that is the truth, the so-called diet formulas that are supposed to help you be slim are too difficult to follow. You are given a set of menu, but most of these menus are not suited for your taste or tradition. What if you're Chinese and you're given an American Diet?Secondly, even the ingredients on those foods are not easily identifiable...I just could not find what are those ingredients that you are instructed to prepare... like an "amaranth" to eat a breakfast cereal? I just would need search on this ingredient or someone tell me what this is or where to buy this to follow on the diet-plan.Thirdly, you will follow on a Low-fat, Low-calorie, and Low-carb diets...and the result is you're very weak to even walk to turn-off that TV from your sofa bed! You have starved yourself and you have no energy. Your body metabolism became slow; you're not burning the fat and not losing weight. I have been there and tried those Diets; I just don't have the energy doing the things I needed for work and for my family.So, what's works now to finally lose those flabs? It's really no secret at all! It's just the plain truth -- in order to lose weight, you have to exercise! Just plain and simple truth! There's no other shortcut to it! (If you're thinking about other ways, I'm sure it is very unhealthy and very, very expensive to try those other ways, like diet pills that you're unsure of any side effects, and liposuction, for example) You have to run, job, do cardio or play sports to burn those fats!! agree this simple truth is what most people already know, but fail to really believe into and put into action! Everybody knows, but why most people would not exercise to keep fit or lose weight? Again, simple truth is most people's excuse is, "I have no time!" or, "I will just follow on the low-carb, low-fat diet plan". We like shortcuts. We have to be a firm believer, I must say, not just knowledge of, on keeping regular exercise, to keep on losing weight and keep fit. This is really no secret, huh?I myself have been weighing 90kg before; I was 17kg overweight before, 3 months ago! I realized then I have been beginning to suffer from hypertension and heart-related illnesses because of my weight and decided that I need to lose weight. I had those really ugly and bulging love handles! I have tried several methods, including those Diet plans and pills! But none of those worked.What really worked is doing some exercise or workout on a gym. The gym could be your home gym with minimal equipment, or a near-by fitness club gym with all sorts of exercise equipment. I have worked-out on a local gym, exercised 2 or 3 days a week, followed simple exercise or workout plan, and now, I am on my ideal weight of 73kg in 3 months! I am proud of my body now that I could go to the beach without trying to hide my abs! I really did not follow certain Diet plan; I just did cut down on the quantity of what I usually eat. That finally did it!

About the Author

Get information about low carb diets, low fat, detox, macrobiotic diets and more from iVillage Health. Learn which diet plan will work for you.

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