

Facts behind weight loss and fitness.

The world of weight loss and fitness is certainly vast, and the American consumer can absolutely get lost in the thousands of easy effortless and costly useless ads if not careful. With my books and research I want to clear the air about the various myths and false statements regarding our health and fitness that have clearly muddied the waters for many Americans.

What I want to stress in particular is that there is no magic answer, potion, or diet pill that is going to make everything better. The ad on TV where the pretty lady says "it's easy. you'll love it", is appealing to our need for instant gratification with no effort. We don't want to hear the facts so we continue to look for the instant solution. If there was a magic diet pill, or diet plan, over 60% of Americans wouldn't be overweight, in spite of spending over \$35 billion annually on diet products.

Achieving weight loss and fitness requires a commitment on your part to strive for a healthier you. What you will get in return for all of your hard work and dedication is a fit body, a renewed clarity of mind, better quality sleep, and perhaps even a pronounced increase in your libido. I have found that through the positive changes I have made in my own life regarding weight loss and fitness, all areas of my life are exponentially better. I wake up energized, I feel excited about my day and my interactions with people, my body feels strong and capable, and my entire outlook on life has improved significantly.

The Weight Loss and Fitness Commitment show that claims that teach you shortcuts on how to drop 30 pounds in 30 days are improbable at best and unhealthy at worst.

That claim is water loss pure and simple. You do the math: 1 pound of fat = about 3500 calories 30 pounds of fat = 105,000 calories. To lose 30 pounds of fat in 30 days you would need to reduce caloric intake by about 105,000 calories or about 3500 per day. If you are eating 3,000 calories a day now, that might be tough. OK you say I'll exercise it off. 1 hour on a stationary bicycle running at an average over 20 miles an hour burns about 400 calories. Meaning to burn 3,500 calories a day on the bike, you'd need to ride it for about 9 hours.

If you are looking for a quick fix, you will continue to be frustrated about health and fitness.

However, if you are tired of feeling fatigued and know for sure that you are ready to make a solid commitment to your own health and mind, Living to Be Younger can act as a guide. It is my hope that you will read each page with an open mind and a willingness to make some changes that will enable you to break out of your rut.

First, lose the idea that there is a magic diet pill or supplement that will transform your body to a svelte shape. Losing weight requires that you expend more calories than you ingestâ€"plain and simple. This means that you must get up and moving at least three to five days per week, for at least 30 minutes each session. If you were considerably overweight, it would be ideal to aim for at least five workout sessions per week. Always consult with your physician before embarking on any new exercise plan. Second, take a good look at what you are putting in your mouth on a daily basis. Aim for natural foods that are high in vitamins and minerals, fiber, protein, and complex carbohydrates. Limit your intake of foods high in saturated fats, sodium, refined sugars, and preservatives. When you take the Living to Be Younger Challenge, you will find that your zest for life isn't goneâ€"it's just been hiding. Congratulations on taking this first step towards a healthier you.

About the Author

Did you find this article useful? For more useful tips and hints, points to ponder and keep in mind, techniques, and insights pertaining to health , exercises and other information, do please browse for more information at our websites. www.infozabout.com www.fitness.infozabout.com

Source: <http://productsherbal.com>