

The Truth About Losing Weight

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Lose weight, become healthy and be the fittest we can be. The personal dream we all have these days. Unfortunately, lots of us are unwilling to put in the work to reach these goals. Yes, sadly most people don't want to put in the work to lose the weight they want to lose. When they do put in some work, people expect to lose the weight instantaneously. Within a couple of weeks of some exercise and eating properly, if people don't see a significant loss of weight, they stop and go back to what they were doing before. This is due

to the ignorance people tend to have about fitness. The truth is losing weight takes time. It takes a significant amount of physical activity, proper nutrition and consistency as well. Throughout the blog, I will go over information you will need to know if you are serious about losing weight and getting in shape.



The fitness goal most people lean towards is to lose weight. Most of the population in both Canada and America are overweight or obese, so it makes sense to see a lot of weight loss goals. When setting these weight loss goals, make sure that the goal is long-term (3+ months). The reason why significant weight loss takes time is that the body needs to get used to the nutrients, the number of calories being provided and the amount of physical activity that you do. Once you start exercising, don't expect to lose a lot of weight right away. Instead, expect to gain a little weight. For most of us, our bodies have become accustomed to being overweight or obese. When we start exercising and decreasing the number of calories we consume, our body will hold on to everything it has as well as the calories we are intaking. After a certain amount of time, our bodies will become used to the amount of physical activity and the caloric intake. Once this happens, then you will start losing weight because your body realizes that it will survive with what it is being given. As I said before, weight loss takes time to start taking effect due to the reasons that I have stated. So, if you have or want to set a goal to lose a significant number of pounds, make sure the time frame is long term because it will take a while before you reach that goal.

Physical activity is everything when it comes to weight loss. If you don't do any/enough physical activity, don't expect to lose weight. To lose weight, there needs to be a greater number of calorie expenditure than calorie intake. Meaning, you must do more physical activity than the amount of food you eat. This is called a caloric deficit. Where there is more energy expended than consumed. When it comes to physical activity, it is inconsequential for you to exercise. You do however have to do enough physical activity to burn enough calories, so exercise will help in the process of weight loss. There are some people who don't like to go to the gym and exercise. For those people, the key to weight loss is to make sure that the physical activity they are doing is vigorous enough to burn the necessary calories to lose weight. Again, if you are not doing enough physical activity you will see little to no weight loss. Once you are doing the required amount of activity, it is important to know that your nutrition is crucial to your weight loss goals too.



As well as physical activity, your nutrition is just as important to your weight loss goals. Without proper nutrition, say goodbye to those goals. Junk food has the highest number of calories compared to all the other foods, if your diet is mostly of junk food don't expect to lose any weight. As previously stated, to lose weight, there needs to be a caloric deficit. The only way to do so other than doing physical activity is to eat your meat and vegetables, mainly your greens (lettuce, spinach, kale etc.) Vegetables and greens have fewer calories than any other food, making them key to any weight loss goal. Eating meat allows you to maintain the muscle mass that has been created

or are creating. The combination of both will allow you to burn the necessary fat and maintain the necessary muscle to be the fittest you can be.

Doing a certain amount of physical activity and eating properly is good and all, but if you are not consistent you will also not see those weight loss results. As said before, weight loss is a long-term fitness journey. So, if you have a weight loss goal, you will need to exercise and eat properly consistently and for a long time to see those results. None of this on and off exercising and eating properly crap. If you start exercising and eating properly then stop and then start again on a constant basis. You will gain all the weight you lost and then some each time you do so. If you truly want to lose weight, along with exercising and eating properly you need to be consistent. Without being consistent, you will most definitely not reach your weight loss goals.

The combination of adequate physical activity, proper nutrition and consistency is the only way you can achieve the weight loss you want to reach. Physical activity will burn the energy and excess calories needed to lose the weight. Proper nutrition will ensure that there is a caloric deficit allowing for weight loss to happen. Consistency will ensure that the weight loss continues throughout your journey of being a healthier person. This is the only way to become the healthiest you can be, this is the only way to be the fittest you can be, this is the truth about losing weight.

