

Published based on [Common Weight loss Mistakes and How to Avoid Them.](#)

Common Weight loss Mistakes and How to Avoid Them.

Summer is approaching and everyone is starting to think about [Weight Loss](#). As bathing suit season gets closer many people will attempt and fail to lose those unwanted pounds. They will either think that the diet doesn't work or that for some reason their body refuses to [lose weight](#). Some will think it's hopeless. Don't despair! Read the following list...

Top Mistakes People Make Attempting Weight Loss

- 1) Weight lost/maintenance is a lifestyle not an event. If you lose the weight quickly it will usually come back on just as quickly. Also when you have lost the [weight](#) you have to continue to eat sensibly otherwise the weight will come back on.
- 2) People seem to believe that going days without eating is a good way to get started losing weight. This will actually set you up for failure. This sends a message to your body that food is in short supply and it will store any extra calories that come in and will hold on to the fat you have.
- 3) Another mistake that people make is that they don't stick to their [diet](#) plan. This is about eating right for your body on an ongoing basis. Many people allow themselves 'cheat days' where you can eat whatever you like. This will slow your progress because a whole day of indulgence will really pile the calories on. Instead you can wait until a strong craving hits and treat yourself. Have exactly what you are craving and savor it. This allows you to indulge without going crazy. If you deny all your cravings it could lead to bingeing.
- 4) Do not set your goals too high. Don't expect to lose 5 pounds in a week. If you eat right and exercise expect to lose 1-2 lbs a week. This is a healthy steady way to lose weight. You are more likely to keep the weight off if you lose it this way.
- 5) Don't try to emulate the TV shows. People often work out 3-5 hrs a day and are on a very low calorie diet. This is not realistic in real life. Be patient and you will reach your goals.

How to avoid the common pitfalls of weight loss.

- 1) Don't give up! If you make mistakes pick yourself up and get going again.
- 2) Eat smaller meals and healthful snacks throughout the day. This keeps your metabolism fired up.
- 3) Eat Healthy Food, fruits, vegetables, lean meats, low fat dairy product.
- 4) Exercise every day. Run, jog, dance, walk, play with your kids... Find an exercise that you love. Mix it up. Doing the same thing every day can get tedious. You want to make this a lifestyle so find things you enjoy.
- 5) Embrace joy in your life. Find ways to fulfill yourself. Rediscover your passions. What did you love doing as a child? Is it something you can do now? If you feel fulfilled you won't be overly focussed on food.

Check out [how to loose weight!](#)

You can also find this article published on [Common Weight loss Mistakes and How to Avoid Them.](#), and on the tag pages [binging](#), [craving](#), [diet](#), [fat](#), [healthful](#), [metabolism](#), [weight](#), [weight loss](#).