

Published based on [Five Reasons To Lose Weight](#)

# Five Reasons To Lose Weight

There is a large group that has come to the realization that if they don't act now, they will never lose the belly that has gotten larger and larger. To wish that you could drop the beer belly is simple. Finding the motivation to actually accomplish it is another story. There is a big gap between what we hope for and what we actually achieve. A house in the best part of town might be nice, but not everyone can have that. We can decide whether we will continue to be overweight or not. It is something that if you want it you can get it. It is not enough to say you want to lose weight, you have to do the work by eating right and exercising in order for it to happen. It takes the right motivation to be able to succeed. It doesn't matter if you want to learn [how to lose weight fast](#) or if you want to do it at a slower pace, there has to be some good reasons for you to do it if you want to succeed. So what are five reasons to lose weight?

The first thing is to improve the way you wear clothes. Although we hate to admit it, our closet is not full of clothes that are made for someone else who is smaller, we have just gotten bigger as time has gone by. Many of the shirts and pants that are hanging up in your closet can still be used if you would get rid of the belly fat that has gotten bigger since you first purchased them.

Next, is to increase what you can physically do. The extra weight makes a lot of things much harder. You are not physically able to perform all that activities that you want to. Your kids will enjoy someone who can ride a bike with them more than someone who teaches them how to use a remote control. It is a lot of fun to go to the park with the spouse and kids and that time is hard to duplicate.

The third thing is to alter you appearance. How we look to others is something that is often judged, and if a person is overweight they are often judged harshly. It is not good to be known as the lonely fat guy lying on the beach rather than the guy who has done his [six pack ab exercises](#) that has all the women flocking to him. If you work out and eat right, it can improve how you picture yourself and how others see you.

Reason number four is health. It is well documented that being overweight can cause various physical problems. If a person is not careful these conditions can lead to a premature death. By losing the extra weight, it is possible to reverse many of these maladies and extend your life span. If you learn to eat foods that are healthy for you, than there are many positive effects on your body. Not only will it improve you physical, but you will feel better emotionally when you drop the pounds. Getting rid of the excess weight can have a dramatic impact on the way that you view yourself and how you are viewed by others.

Reason number five is family. If you don't want to do it for yourself, do it for the people who love you. Those people want you to be happy and healthy and maintaining the proper weight is crucial to that. A diet and exercise program is something that the whole family can get involved in and enjoy together.

The things that have been listed are some of the why's to get rid of the extra pounds. The exact reason will depend upon the person who decides to lose it now. There are many discussion groups on the internet such as the [biggest loser forum](#), where people discuss their reasons and motivations to live a healthier life. So look in the mirror and make the decision to make a change and find the motivation to do it now.

You can also find this article published on [Five Reasons To Lose Weight](#), and on the tag pages [biggest loser forum](#), [how to lose weight fast](#), [six pack ab exercises](#).