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How To Learn From Your Successes Not Your Failures

I really don't care about the fantastic tales of people losing tons within just a few days or weeks. How to lose weight fast is not the most important thing. The truth is that those who are at the highest risk of failure are the very ones to lose weight fast.

If I'm going to listen to somebody, I want to listen to those but maintained their perfect weight for a long time. There actually have been a lot of studies done about weight maintenance.

The elusiveness of permanent weight loss was evidenced by data that showed that less than one third of the people who lost weight were able to make the change a lasting one. The wise thing to do would be to study what provided for that small number of people to keep their weight once they reached it. This is how it should be on every [weight loss forum](#). Of those who were successful in maintaining a good way, there was a higher percentage you continued a regular exercise program.

Those were successful at keeping their weight loss also spent less time watching TV, and were generally more active. The greatest differentiation between the two groups is that the successful group applied themselves more to self-evaluation.

The people who tracked their calories, their weight, their meals, and their body composition were more likely to keep from regaining their weight.

From these observations we can discern a few things that we need to do to keep the weight we lose off.

1. Get more active. This includes exercise, work, and recreation.
2. Continue using weights even after you have a loss of fat.
3. Be totally aware of what you are eating, the condition of your body, and what you're doing.

Finally, remember to pay attention to those who have made their weight loss permanent. Theirs is the way of success.

For information about [how to lose weight fast](#) go to www.fatlossfactor.com.

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