

Published based on [Lose weight steadily you could lose 104 lbs in a year and keep it off for the rest of your life!!](#)

**Lose weight steadily you could lose 104 lbs
in a year and keep it off for the rest of your
life!!**

Do you remember the story of the tortoise and the hare? Slow and steady won the race. This is also true in weight loss. If you lose the weight slowly and healthfully you are way more likely to keep it off.

Most people want the quick fix. It took you more than a day to put on the weight it will take longer to take it off. Generally the faster you take off the weight the faster you will gain it back and it will usually bring a few extra pounds with it.

I'm not saying you can't see results quickly, but expecting to lose 20 lbs a week is unrealistic. Your body needs time to adapt to the new exercise and eating plan and you will need time to emotionally adapt to the new healthier, slimmer you. Many people hide behind their fat. Using it as a barrier between them and other people or emotions.

Do not get disheartened if a few days go by and you do not lose any weight. A better gauge of your improvements is measuring yourself. If you start an exercise program the added muscle mass will either cause you to stay the same weight or even put on a pound or two, even though you are looking and feeling better you will be dissatisfied if the scale is not moving.

Don't believe the false claims of losing 30 pounds in 30 days, you would need to burn more than 21,000 calories per week. You have to cut out or burn 3500 calories to lose a pound.

If you are too restrictive with your calories you will fall off the wagon and binge eat. This is your body's way of getting what it needs. Your brain needs 30% of the glucose we consume to function. This is acquired from what we eat. If you do not eat enough you will feel worn out, irritated and at the end of your rope. This will cause you to abandon your new eating plan and go back to your bad habits.

Your weight loss goal should be about 1 to 3 pounds per week (a three pound weight loss would be hard to achieve). Your body will accept this without slowing your metabolism. The way I look at it is the time will pass anyway whether you are eating right and exercising so you can either stay as you are or you can decide to make the change and gradually strip those pounds off. Imagine yourself a few months from now slimmer fitter, at lower risk for disease...Make it a long term goal you owe it to yourself and those who love you.

Do the math, two pounds per week over a year is a whopping 104 pounds! It may seem like a long time but imagine this time next year having the body of your dreams and keeping it! It is totally doable! If you stay on the yo-yo diet roller coaster you will spend your life dropping and regaining the weight and losing your health. You can do this!!!!!!

Dan Clay is a renowned Sydney boot camp, instructor & real world fat loss expert. For more information on his Sydney boot camps visit Sydney boot camp

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