

Published based on [Men's Weight Loss Tips](#)

# Men's Weight Loss Tips

71 million adults in the US are on a weight loss program at any given time. 38% of people on a weight loss program are men. Men have different training needs than women. Men are less likely to join group based [weight loss](#) programs like Weight Watchers. Only 10% to 15% of members are men.

Men are more likely to purchase programs they can do at home for example diet shake, supplements and bars. These require self-discipline and offer no moral support. Men often find their support system at the fitness center.

Focus on your problem areas do you tend to gain weight around your middle? Do aerobic exercises. If you've lost muscle ton in your legs use the elliptical, stair machines or treadmill combined with weights.

Make clear goals before you start. How many pounds/inches do you intend to lose a week or a month. Be realistic and celebrate your successes. Your ultimate goal is to get [healthy](#) and losing weight too quickly is not good for you.

Keep a food diary. This allows you to see where you can cut back on your calories. Bring healthy snacks with you to avoid grabbing junk food when hunger strikes. Eat only when you are hungry and stop when you are getting close to being full (it takes about 20 minutes before your body registers the full signal).

Try to eat at home as much as you can. That way you can regulate what fats and additives go into your food. When you do go out read the menu carefully and remember that you can special order something ie. order something without the sauce or mayo ask for dressing on the side so you can add it while you eat. Cut down your alcohol consumption think of these as liquid calories. They are not as filling as food and can really add up on your waistline.

Getting healthier is an ongoing lifestyle choice. Don't opt for a [diet](#) that completely cuts out one food group or severely limits what you can eat unless you can eat that way for the rest of your life. Once you have gotten the weight off, keep exercising and making good food choices otherwise the weight will creep back on and possibly bring along a bit of extra fat. Check with your doctor before starting on a new diet or exercise plan. This is especially important if you are obese (more than 20lbs over your optimal weight).

Check out the website [MyFitnessDepot](#) it will help you reach your goal of a leaner, fitter you. This website also sells gym accessories to help you look and feel great when you join a gym.

Check out how to [lose weight fast](#) !

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