Published based on Useful Facts To Know If You Want To Lose Weight

Useful Facts To Know If You Want To Lose Weight

Studies show that over 750 million people worldwide are over weight. 300 million are “obese”. 64% of people are overweight in the U.S. and 48% of Europeans are over their ideal weight.

The diet industry has ballooned into a $61 billion dollar industry!

Millions of people worldwide are looking for a weight loss solutions.

Most people turn to heavily marketed diet 'solutions' not realizing that the 'secret to weight loss' really isn't a secret.

There are many big weight loss chains, like Weight Watchers, Jenny Craig, Herbal Magic, Dexatrim, Sure Slim, Slim Fast, Atkins, NutriSystem that will – for a price – help you lose weight. All of these systems require you to buy their products, and possibly pay a monthly fee for membership. Or require you to buy pre-packaged meals. You can pay hundreds, or thousands of dollars to lose your weight. In most cases as soon as you reach your goal weight, you are not able to quit their product without re-gaining weight. This is because you have become reliant on their product and "support".

These weight loss solutions do not teach you how to lose weight in the 'real world'. They only teach you how to lose weight eating their food and taking their supplements, which would be fine if you were going to eat that way for your entire life.

All of the weight loss systems follow the simple, universal rule of weight loss: **You must reduce your** calorie intake to lose weight**.**

It’s simple. To lose weight you must burn more calories than you eat.

On Jenny Craig’s pre-packaged food plan or Weight Watcher’s points system, you are counting calories to lose weight!

The real “secret to weight loss” is simply monitoring your calorie intake **to lose weight! You don't need to spend the 'big bucks' to do this.**

You need to discover what **your specific body needs**.

You need to track **your body’s** resting metabolic rate.

You need to understand how **your body burns calories** and how many calories your own unique body needs in order to thrive in optimal health.

You also need to know which foods are most effective in helping you to lose weight. Not all foods are equal in the world of calorie counting.

There is nothing mysterious about tracking your calorie intake to lose weight! It really is easy.

To do it right, it is important to have a **systematic method of tracking caloric intake and caloric burn**. It's simple math.

So don't waste your time and money on expensive diet systems do it yourself!

Check out this blog to learn about weight loss!

You can also find this article published on Useful Facts To Know If You Want To Lose Weight, and on the tag pages calories, diet, obese, weight, weight loss.