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# Weight Loss

There is a strong likelihood that someone who reads this article examines ways to lose weight. In this article I describe how I went about losing weight. I hope you enjoy reading.

I had many problems with weight throughout my life. Excess weight has a significant negative impact on my confidence and I felt down, and sometimes depression. When feeling low, I would comfort eat only added to the problem.

Several years ago I decided that I had enough time and fats, it is time to do something about it. I became more determined than ever to lose part of my excess weight. I read about the many different types of diets, most of which I feel is not suitable for me and others that sounded disgusting.

What I needed was my own type of weight loss program. I have never liked the idea to visit the gym, they seem to be full of thin people, but I knew that the exercise should be a factor. Instead, I began to walk more, instead of driving all over the world, I also started playing soccer and tennis again. The thought of leaving jogging does not really appeal to me, but I will buy an exercise bike which I kept in my bedroom.

And also to exercise, I also realized that I had to change their diet. I am someone who likes to eat all the wrong kinds of food. I love all kinds of take away including pizza, curry, Chinese, and chips. I will always be a snack between meals, things like nuts and chips. I was also very partial to alcohol this is what helped me gain confidence.

The idea of sudden all these things from my life, it seemed hard, so I decided that I would write down everything I ate. Thus, I could see what I could cut out.

That is what I decided to eat on average per day.

I would like to eat a healthy breakfast such as toast or cereal. I try not to eat any snacks in between any dish it was that it would be very difficult to follow. But I came up with a plan that you probably think Daft. Whenever I felt hunger or desire for food, I would eat a box of mint, or if I was at home, to clean the teeth. It sounds stupid, but it works for me!

For lunch, I would also like to keep it healthy, like pasta, but for my supper, I decided that I could eat anything I wanted, including curry. On weekends I would always treat myself to go, and allow myself a little bit of alcohol.

This type of diet needs a lot of discipline and character, but it HS helped me become much more confident and happy life.

Weight loss can remain just a dream in case you do not have a smart [weight loss plan](#). The beauty of any good [weight loss plan](#) is that it helps to schedule lots of things about weight issue.

Please go to this site with helpful details about [weight loss plan](#).

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