

WEIGHT LOSS TIPS-THE SCIENCE

An estimated of over 45 million Americans go on some kind of diet each year, and Americans spend somewhere in the neighborhood of \$33 billion each year on weight loss products, and it seems like my friends every Health and Wellness company wants to jump on the bandwagon. There will be many weight loss tips in this article.



On the surface, weight loss should be very simple: cut back on the calories and ramp up on the exercise, than the pounds should fly-and stay-off, right? sorry, the answer is no. It is much more complicated than that, You see, obesity is a real nasty disease, with real nasty physiological consequences: when someone gains weight, the nerves in that person hypothalamus that conduct signals from the cells to the rest of that person brain become damaged, explains Louis Aronne, the director of the center for Weight Management and Metabolic Clinical Research at Weill Cornell Medical College.

As a result, the brain doesn't realize that you're full, so you keep on eating. At that critical point, people are not gaining weight just because they are consuming more unwanted calories-once someone has become obese or overweight, the body will produce hormones such as insulin that increase fat storage. That my friends, makes it more than likely that those extra noshes will be harbored as fat.



These health consequences are very real. More than 70 illnesses- including Type2 diabetes, heart disease and some cancers-are the direct result of carrying around all of that dangerous body fat, says Aronne. Even when people do end up losing some of that weight, regain rates are staggering. More than 75% of the successful dieters end up gaining back all their weight-and then some-within two years, according to a review by UCLA of more than 30 studies

Once you start losing a substantial amount of that unwanted weight-considered at least 10% of your body weight-your body will go into starvation mode. Your system slows its production of leptin, which is a hormone that suppresses your appetite, and at the same time pumping up the levels of the hunger hormone ghrelin, explains Aronne. The result: you're always walking around feeling constantly famished.



Wellness that Works.™

Yet my friends, despite the odds, there are some encouraging signs. There is a growing movement to focus on healthy lifestyle tweaks rather than some of the extreme diets. Recognizing this shift, in 2018 the very well-known Weight Watchers re-branded itself as WW, with the slogan Wellness That Works. Their new mission: We inspire healthy habits for real life.

Meanwhile, researchers are learning from people who are losing pounds and are getting healthier as a result. Ultimately, it really doesn't matter (weight loss tips) if you put a person on a low-fat or a low-carbohydrate diet-in the end, the studies, show people lose the same amount of weight, says Caroline Apovian, who is a weight-loss specialist at the Boston University School of Medicine and the president of the Obesity Society.



Often, a lower-carbohydrate diet-one in which about 30% of calories come from protein and the rest being from low-glycemic foods (those that will not raise your blood sugar quickly, such as non-starchy vegetables, beans, nuts and some fruits)-is easier to follow because it is less likely to trigger hunger pangs. I usually (Weightlifting For A Beautiful World) encourage my personal clients to eat as much protein, fruits and non-starchy vegetables as they want.

Protein is particularly essential because it will help build back your muscle mass, which reverses the decline in metabolism.



When you do eat starchy carbs, try to consume them last—individuals who ate chicken and vegetables first, followed by bread and some orange juice, had significantly lower blood-sugar and lower insulin levels after a meal than the individuals who ate the exact same thing, only in the reverse order, according to a study by Aronne published in 2015 in the medical journal *Diabetes Care*.

Exercise is also a key piece of this puzzle. Whereas aerobic exercise helps you to lose weight by increasing the amount of calories you expend, resistance training will help to prevent your metabolism from taking an unwanted nose-dive. This is because along with fat, you also shed muscle. Listen up, the less muscle you have, the fewer calories you will burn. However, a 2015 study found that healthy adults who did resistance training a few times a week for nine months saw a 5% increase in resting metabolic rate.



Finally, do not discount the real health benefits that you will gain from shedding just a little bit of weight. We actually see the greatest improvements in health with just losing 5% to 10% of body weight, says Aronne. By losing merely this much, will significantly lowered patients risk for cardiovascular disease and diabetes, according to a 2016 study published in Cell Metabolism. If a person is 200 pounds, it's a lot less daunting to encourage them to lose just 10, to 20 pounds, as opposed to 50, adds Aronne. They're much more likely to keep off that weight. And at the end of the day my friends that's what really matters the most.

WEIGHT LOSS TIPS (4 SECRETS TO LASTING LOSS)

THEY EXERCISE EVERY DAY.

MANY OF WHOM HAVE KEPT THOSE UNWANTED POUNDS AWAY FOR FIVE YEARS OR LONGER, MOVE A LOT AFTER LOSING THE POUNDS, EXERCISING FOR AN HOUR A DAY ON AVERAGE. THE MOST COMMON EXERCISE WAS WALKING. WHEN IT COMES TO WALKING OR RUNNING, YOU WILL GET A BENEFIT WHETHER YOU DO 60 MINUTES AT ONCE OR BREAK IT INTO 15 OR 30 MINUTE CHUNKS.

THEY TRIM TV TIME.

THE LONG-TERM LOSERS, WATCH LESS THAN 10 HOURS OF TELEVISION A WEEK, MORE TIME FOR WALKING.

THEY DO SCALES.

BY WEIGHING THEMSELVES ABOUT ONCE A WEEK, THEY GIVE THEMSELVES THE CHANCE TO MAKE TWEAKS TO THEIR EATING AND EXERCISE MORE, IF THEIR WEIGHT STARTS TO CREEP UP.

THEY HAVE A DEEPER GOAL.

IDENTIFYING AN INTRINSIC GOAL WILL HELP DIETERS SUCCEED LONG-TERM. PEOPLE WHO HAVE ACHIEVED THE LASTING WEIGHT LOSS OFTEN HAVE A REAL HOPE BEYOND JUST LOOKING SLIM-WHETHER IT'S TO LIVE LONGER, OR TO AVOID CHRONIC HEALTH PROBLEMS OR TO HAVE MORE ENERGY TO KEEP UP WITH THE CHILDREN OR GRANDCHILDREN.

My friends if you are overweight, I plead with you today to begin an exercise program, to eat the right foods, do this for your loved ones, but most of all, do it for yourself, so that you can live a long quality life.

May you be always in good health, humbly your Paul Earl.

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