

Weight loss

[Health & Medicine](#), [Obesity](#)



Weight Loss Different Methods for Weight Loss Alicia, Nicolette and Kenneth

Abstract There are many different reasons why people choose different weight loss methods. Health reasons, higher self-esteem and satisfaction with physical image are just to name a few. There are a few different methods one can go about achieving any weight loss goal. . Different Methods of Weight Loss The most common and safest option in weight loss is diet and exercise. This option is the most difficult and requires the most commitment. While demanding, this method offers a feeling of self-accomplishment and poses few health risks. A person should start with a healthier and more balanced diet accompanied by cardiovascular and resistance training. A popular alternative option for weight loss is supplements either in conjunction with diet and exercise or by themselves. Supplements consist of diet pills, protein or weight loss shakes, and meal replacements just to name a few. Supplements do pose a slightly higher health risk. So, they may not be for everyone. The most extreme option is cosmetic surgery. This option poses the highest health risks and should be considered only when recommended by a doctor. This option can produce dramatic affects both positive and negative. This option should only be considered after natural diet and exercise have failed. Some examples would be gastro-bypass, lap-bands, or liposuction. In conclusion, there are many different weight loss options but deciding which one is for you is something you would have to figure out. If you accomplish the goals you set you will feel as well on the inside as you look on the outside.