

# Losing weight the healthy essay



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When it comes down to which one you should choose there are three main categories to compare; effectiveness in losing weight, effect on health, and the cost of each method. Working out and dieting is the preferred method for many, and there are many reasons why. To begin with, the effectiveness of weight loss usually is the main reason why people consider this method. This method is very effective if you can keep up a daily routine and stay on a lean diet, you may not see results very fast but it gradually show.

You will start to notice that you may wake up sore, but the more it hurts the more it is working to destroy the fat and strengthen your muscles.

Alternatively, another major factor would be owe it is affecting your health. Working out and dieting is probably one of the best combinations for your health, eat healthy nutritious food and a fat burning muscle building workout! There is a downside to working out, you may feel fatigue or if you didn't stretch before working out pulling a muscle is common. Furthermore, the last major category would be the cost of this method.

The cost may vary, for instance if you want to buy a home gym or have a membership at your local gym. It is quite expensive to buy equipment for a home gym; it could reach up to 6, 000 or more unlike a membership fee which most likely would be under 50 dollars. This method has very obvious pros and cons, which is probably what makes it a very favorable method.

This method was named dangerous for very important reasons, but there are people that prefer taking pills and not eating right over the first method.

The people that choose this method like it a lot because its effectiveness.

This method is more effective than the first method because some pills that are available boost your metabolism to make you lose weight faster.

Another example of why this method makes you lose weight faster because calorie restriction is low. What some people want to know is how this affects their health. This method is very risky especially with pills; some pills have tapeworm eggs in them which eat up all the nutrients you consume, cheaper isn't always better.

Not eating enough could lead to harmful side effects, although some people's bodies can get used to lower food consumption which is great.

Lastly, the cost of this method is important it isn't just financial. Buying trusted weight loss pills every month could add up quite quickly. If you don't eat well or you are buying faulty pills it could lead to frequent doctor visits.

All the facts are available about this method, and this method is not all that bad it has good effects.

To sum it all up, these would be the most common categories to look at when looking at weight loss, the effectiveness of losing weight, the effect on your health, and the cost. The first method is desired by many but there are also many who prefer the second method which is perfectly fine if they are healthy. Researching about each method and finding out which one fits your lifestyle the best is what is important. Just remember whichever method you choose, remember to stay safe and healthy.