

Maintain your ideal  
weight without losing  
your mind



**ASSIGN  
BUSTER**

Within the last decade, weight has become an obsession for most Americans. Yet, most people try dieting and still find themselves fluctuating in weight. Diets fail because they are a short term fix. They often restrict a lot of food to get fast results.

When one comes off a diet, weight rapidly packs back on. What most people do not know is that maintaining ideal weight is a lifestyle change with an appropriate frame in mind. In order to lose and maintain weight, people need to undergo a lifestyle change, not a short term fix. Choosing the right foods to eat is an essential factor in losing and maintaining proper weight. The best foods are natural. Processed foods often take too long for our bodies to break down, causing slow digestion, which burns fewer calories. Therefore taking in foods that aid digestion is significant.

The perfect example is the food pyramid. Although it recommends that fruit and vegetables be taken in moderation I have found that snacking on them when I am hungry, without condiments, is not a problem. High-protein foods are ideal because protein nourishes muscles that eat away at fat. When choosing breads, whole wheat and multigrain breads are best; they have more fiber and protein than white breads. At first, they may taste bland but they are fulfilling and promote digestion. The more one feels satisfied with the foods they eat the more likely they are to maintain their healthy eating habits. Most importantly, one should not resist any type of food because it eventually causes a food binge.

When craving junk food, it is fine to have a taste or two of it with moderation. It is impossible to completely avoid what generations have grown to love.

Eating junk food can be like an addiction; one slowly has to wean themselves out of it. Food should be considered as a daily nutritional value and not as a short term solution. The second key is, maintaining an active lifestyle. Being active can increase metabolism which burns calories. The more calories one burns the less likely they are to store fat.

The ideal way of dealing with this matter would be to exercise; however, many of us do not have time to fit it into our busy lives. Keeping fit does not have to be a something we add to our schedules; instead it can be a part of them. On the other hand, we have become a society dependent on technology. Although it is useful, it also makes us fat. If we chose to meet with a friend face to face instead of using mediated communication, we would take a lot more steps in life. Even simple things like taking the stairs instead of an elevator can be considered as part of an active lifestyle. Wanting to lose weight cannot become a problem in life.

You want to lose and maintain proper weight without it controlling your life. Diets fail because they are a short term fix. They often restrict a lot of food to get fast results. When one comes off a diet, weight rapidly packs back on. It is simple, but often not easy, in order to lose and maintain proper weight one has to make some adjustments to their lifestyles.