

# How to lose weight essay sample

[Nutrition](#)



Obesity has been an issue that troubles numbers of people in modern days. If you are overweight, you are taking the risk of getting some serious illnesses. Like certain cancers can be caused being overweight, and type 2 diabetes has a direct correlation with being overweight. You are also more likely to have heart disease and high blood pressure compared to people who are not overweight. Beside health issues, people's appearance is another important reason that comes with losing weight. I'm not saying people who are overweight look bad, but people who stays in shape and muscular are have better bodies in some ways. For example, on a magazine cover, you will always see a hot girl or a muscular guy. This explains people's natural pursuit of looking good. For those top reasons to lose weight, I have some effective ways to help or guide you to lose your weight in a period of time if you follow it step by step.

The first and also the most important step is a healthy diet. In the beginning, try to remove sugars and carbs from your diet. Without these two things, your insulin will go down and it will make fat easier to burn than before. Once your body gets used to less sugars and carbs you will eat less calories automatically and with less appetite. Besides removing sugars and carbs, you should always remember that protein is your best friend on the way to losing weight make sure to put protein on your daily menu. Protein is the source that contributes most to fullness, it also raises your metabolism to burn calories that your body has taken in. While you have food full of protein like beef and chicken as your main dish, don't be afraid to load your plate with some low-carb vegetables in order to balance nutrition. A diet based on

high protein with meat and vegetables contains all the fiber, vitamins and minerals you need to be healthy.

After you have an understanding of what kind of food you should eat, the second step will explain the healthy way you cook them. Try to avoid using normal oil, use olive oil and bake, broil, or grill foods instead of frying. If you are a big fan of salad, don't forget use fat-free or low-fat dressing on your salad. Other tips like cooking beans and rice without lard or bacon. Once you notice and follow these small "tips", you will get an unexpected result about how much weight you have lost.

The last step, which I personally like the most, say "yes" to physical activity. It's highly recommended to exercise 3-4 times per week. If you're new to the gym, set a clear goal first. Start slowly, work your way up and keep progressing. I would suggest you lift weights for 30 minutes and choose a cardio exercise that you like and keep doing it for another 30 minutes. By lifting weights, you will burn a few calories and prevent your metabolism from slowing down, which is a bad effect for losing weight. The more muscle you build on your body, the more calories you will be burning daily. If lifting weights is not an option for you, then you can choose some easier cardio workouts like jogging, jumping rope and walking.

Those three steps listed above are the main steps that you need to follow step by step. However, there are still some weight loss tips to make things easier. Drink water or coffee to raise your metabolism slightly. Have a "cheating meal" meal once a week. It moderates the hunger in your body in

order to keep progressing but not push too hard. It's perfectly acceptable to have one meal to free your body and eat whatever you want.

By following these steps and pushing yourself to keep doing it for at least 4 months, you will become fat burning expert and you will get shocked with how much weight you will lose and how much benefits you gained from losing weight!