

WAYS OF WEIGHT LOSS



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It is not uncommon to lose up to 10 pounds (sometimes more) in the first week of eating this way, both body fat and water weight. This is a graph from a study comparing low-carb and low-fat diets

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The two big reasons people tend to gain weight as they get older are loss of muscle mass and decreased activity, explains Caroline Apovian, M.D., a weight-loss specialist at Boston University Medical Center. People experience a 5 to 10 percent loss of muscle mass each decade after age 50, according to the American College of Sports Medicine.

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One easy way to lose weight quickly is to cut out liquid calories, such as soda, juice, and alcohol. Replace them with zero-calorie drinks like lemon water, unsweetened tea, or black coffee.

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Let go of old rules about weight loss and cultivate a mindset of wellness. Age does impact weight loss for both women and men, and that's because metabolism slows down, hormone levels decline, plus there is a loss of muscle mass, says Amselem. But that doesn't mean that losing weight over age [the age of] 50 is mission impossible.

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And in that same vein, take a rest day or two each week. Sometimes one of the best ways to overcome a weight loss plateau is to rest, says personal trainer Ajia Cherry. Oftentimes focusing too hard on a weightless goal can have a negative effect on you.

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