Weight Loss Discussion

I have been struggling with losing more weight. How can I fix this and continue with my weight loss journey?

It’s very important to eat satiating food. Such food helps you keep the hunger away and provides fibers that can improve your metabolism. A few examples of such food are fruits, vegetables, lean meats and oatmeal. Another thing to keep an eye on is junk food as it can add a lot of calories without much nutritional value.

Regarding the fitness part of the solution, what is an optimal way to lose weight? Should I focus more on heavier weight or more repetitions?

I would say you should focus on more reps and less weight while still being challenged. Heavier weight would be optimal to gain strength but if your goal is to lose weight you would benefit from decreasing the weight and doing more repetitions.

Is there anything else that I should consider that can be beneficial to my goal?

I would recommend including some type of cardio in your routine. This can be anything wrong running, biking, or even going on walks. An important thins is that you should enjoy it to some extend as it makes it more sustainable. If you don’t enjoy doing an activity it will make it more likely to not stick to it in the long term.