

## Overnight Weight Loss

The rise in the number of fast foods joints that have a lot of saturated fat in the meals, the use of a lot of refined sugar in sodas and other processed foods and eating food with less fiber have all contributed to the fact that there are more people than before who are classified as either overweight or are obese.

A lot of other factors cause this to happen such as genetics, overeating and as people age; the metabolism slows down making it harder than before to burn the food that was just consumed.

The rate that a person loses weight is commensurate to how it is gained. Rapid weight is not good advisable since it leaves the person with loose skin and the only way to get rid of that would require surgery.

Weight loss depends on the condition of the person which includes weight, health, calorie-intake, age, gender, lifestyle, stress level and routine.

Being overweight does not necessarily make a person unhealthy. It just makes the person a bit unfashionable. Studies have shown that people who are a bit overweight live longer than those who have normal weight.

There is no quick or overnight solution for quick weight loss.

Nutritionists and other health experts will say that a person's weight with proper exercise can actually help lose a certain number of pounds per week. The best way to do this is with a low calorie diet and an exercise plan.

The first thing a person needs to do is to choose a diet program designed by a dietitian or another health professional. The patient has to be evaluated before any program can be made. The program usually consists of an eating plan and an exercise program that does not require the use of supplements or one to purchase any expensive fitness equipment.

The best exercise plan should have cardiovascular and weight training exercises. This helps burn calories and increase the muscle to fat ratio that will increase one's metabolism and lose weight.

A good diet should have food from all the food groups.

This is made up by 2 things. The first is carbohydrates. The food that a person consumes should have vitamins, minerals and fiber. A lot of this can come from oats, rice, potatoes and cereals. The best still come from vegetables and fruits since these have phytochemicals, enzymes and micronutrients that are essential for a healthy diet.

The second is fat which can come from mono and poly saturated food sources rather than animal fats. Since fat contains more than double the number of

calories in food, this should be taken in small quantities to lose weight.

All diet plans are designed to make the person induce reduced amount of calories into the body. This does not mean that the person has to eat less. It just means that one has to eat smart by choosing the foods that have less calories. This makes it possible for someone to lose weight without the need to eat less.

During the course of the program, the person should still consult with the doctor and other health experts to monitor ones progress. There will be times that it is essential to modify the diet plan to further lose weight.

It is up to the person already to stick to the program to see that it works.