

Free Weight Loss programs

The race to fitness is on and a lot of people are getting into the band wagon. Some people do it to achieve a sexy body, some people just do it because they are embarrassed with the body they have now, while others do it simply to remain fit and healthy. As such, many fitness programs are out in the internet, in gyms, spas and fitness centers all over. Some are too expensive to afford that one may even lose weight just by trying to work out the money needed to pursue these fitness programs.

One may not have to go to the gym or the spa or any fitness center and spend much just to slim down to obtain that longed for sexy body. There are many books available in the bookstore which offer weight loss programs which are convenient and for free, of course the books are not though. These weight loss programs, or diet plans are gaining immense popularity with so much publicity, testimonials and reviews that one may be confused which exactly to follow. So before choosing which weight loss plan to follow, try reading these summaries about the most popular diet programs out today.

Atkins' New Diet Revolution by Dr. Atkins. This weight loss program encourages high protein diet and a trim down on the carbs. One can feast on vegetables and meat but should fast on bread and pasta. One is also not restricted against fat intake so it is okay to pour in the salad dressing and freely spread on the butter. However, after the diet, one may find himself lacking on fiber and calcium yet high in fat. Intake of grains and fruits are also limited.

Carbohydrate Addict's Diet by Drs. Heller. This diet plan advocates low carbohydrate eating. Approves on eating meats, vegetables and fruits, dairy and grain products. however, warns against taking in too much carb. "Reward" meal can be too high on fats and saturated fats.

Choose to Lose by Dr. Goor. Restrains fat intake. One is given a "fat" budget and he is given the liberty on how to spend it. It does not pressure the individual to watch his carbohydrate intake. Eating meat and poultry as well as low-fat dairy and seafoods is okay. A go signal is also given on eating vegetables, fruits, cereals, bread and pasta. This weight loss plan is fairly healthy, good amounts of fruits and vegetables as well as saturated fats. Watch triglyceride levels though; if high, trim down the carbohydrates and tuck in more of the unsaturated fats.

The DASH Diet. Advocates moderate amounts of fat and protein intake and high on carbs. Primarily designed to lower blood pressure, the diet plan follows the pyramid food guide and encourages high intake of whole wheat grains as well as

fruits and vegetables and low-fat dairy. Some dieters think it advocates too much eating to procure significant weight loss.

Eat More, Weigh Less by Dr. Ornish. Primarily vegetarian fare and strictly low-fat. Gives the go signal on the "glow" foods but warns to watch it on non-fat dairy and egg whites. This diet is poor in calcium and restricts consumption of healthy foods like seafoods and lean poultry.

Eat Right for Your Type. Interesting because it is based on the person's blood type. recommends plenty of meat for people with the blood type O. Diet plans for some blood types are nutritionally imbalanced and too low in calories. And for the record, there is even no proof that blood type affects dietary needs.

The Pritikin Principle. Focused on trimming the calorie density in eating by suggesting watery foods that make one feel full. Eating vegetables, fruits, oatmeal, pasta, soups, salads and low-fat dairy is okay. Although limits protein sources to lean meat, seafood and poultry. Although it is healthy by providing low amounts of saturated fats and rich amounts of vegetables and fruits, it is also low on calcium and limits lean protein sources.

Volumetrics. For low-density calorie eating. Recommends the same foodstuff as Pritikin but restricts fatty or dry foods like popcorn, pretzels and crackers. This plan is reasonably healthy given the high amounts of fruits and vegetables as well as being low in calorie density and saturated fats.

The Zone. Moderately low on the carbs yet moderately high on the proteins. Encourages low-fat protein foods like fish and chicken plus veggies, fruits and grains. It is also healthy but lacking in grains and calcium.

Weight Watchers. High carbohydrates, moderate on fats and proteins. A very healthy diet plan and very flexible too. it allows the dieter to plan his own meal rather than give him a set to follow.