

## Rapid Weight Loss

You have probably seen a ton of ads that promise they can give you tricks and tips for rapid weight loss. Not only is this not true, it is not safe either. They may be able to get the scale to go down, but for the most part you aren't even losing any weight. So far, there is no trick to weight loss that has proven to be better than slow, steady loss brought on by cutting calories, eating well, and exercising. If you try any of these quick plans, you are going to be disappointed.

Rapid weight loss is a myth. For the most part, when you go through such a program you might see the scale go down, but is missing from your body is not all fat. A lot of the first pounds you lose are going to be water weight. It is important for your health to drink a lot of water, so losing pounds of it quickly is going to make you feel a little weak, and it is something that is going to come back onto your frame rather quickly. Rapid weight loss might be better described as rapid water loss instead.

If you do manage to find a way to go about rapid weight loss that is actually taking fat off of your frame, you have probably cut your calories down to almost nothing. You may lose weight, but what you don't realize is that your body is suffering, and soon enough it is going to slow down and won't allow you to burn any more calories. Rapid weight loss is often followed by rapid weight gain, and you may even gain more than you lost in the first place.

If you have an event coming up and are looking for ways to have rapid weight loss, you may be able to try one of these programs with some success. However, you should keep in mind that the results are temporary, and that perhaps instead of trying to find ways for rapid weight loss every time you have to fit into a dress for an event, perhaps you should take the time to lose the weight the right way so that it stays off for good and you never have to worry about it again. Find a good, balanced eating plan and make time for exercise to get it off the right way. You have a far better chance of keeping it off if you do it right the first time.