

## The "Quick Weight Loss Diet" Trend Disadvantage

If you wear a size 14 and you blow a bundle on designer size 8 dresses as motivation, you will probably end up feeling guilty, frustrated, and angry if you are not slinking around in it a month later.

In reality, you will do much better setting smaller, achievable targets for yourself. If you must try the new-clothes strategy, go down a size at a time, and do not buy anything you have to take out a second mortgage to pay for.

Because, if you continue to remorse on losing weight fast, you will end up incorporating fad diets or those that offer quick weight loss.

For most people who are not aware of this fact, there are no such things as quick weight loss diets and there is no nippy weight loss for people who want to be slimmer than what their body can provide.

The problem with most people is that they tend to opt for nippy fixes wherein fact these things are not effective at all.

## What Does Not Work

Today, there are plenty of weight-loss strategies that are guaranteed to backfire. This is because these nippy fixes instilled on certain diet plans are, in reality, not efficient because it does not employ the right principle and the right attitude in losing weight.

These quick weight loss diet plans are known as fad diets because that is exactly what they are, just a fad. In time, when fashion is over and popularity wanes down, people will realize that the diet they have depended on is not reliable at all.

To know more about these fad diets that are selling like hotcakes in the market today, here is a list of some telltale signs that would tell you not to try it even once.

Here they are:

### 1. Skipping meals

Does your diet plan require you to skip meals? If it does, then, it is a fad diet.

Abstain from food completely is not a healthy habit. It may even cause some

serious complications or problems especially for people who are sick with diabetes.

Skipping meals will only cause a hypoglycemia, or the condition wherein your blood sugar is really low, and will probably only be effective in making you eat twice as much at the next meal.

## 2. Dieting without exercise, or vice versa

Exercise is crucial to the human body. It is important in the proper blood circulation and other activities of the human body system.

Therefore, diet plans that do not require you to exercise are nuisances. People are born to move.

But then again, exercise alone is not sufficient. Hence, it would be better if diet and exercise will go hand-in-hand.

## 3. Continuous dawdling

There is no better time to start losing weight. If you want to really lose those excess fats, you have to lose weight now.

Delaying tactics will not get you anywhere and will only make the problem worse. So, if your diet plan suggests a certain timeframe for you start losing weight, chances are, you are following the trend of fad diets.

Boiled down, it is best to rely more on the way you feel than the tale of the tape. This means that if the weighing scale tells you that you are losing weight even if it is slower than you would like, but you are feeling energetic and positive about your weight-loss efforts, then, you are just doing fine.

As mentioned and is worth mentioning all over again, weight loss is not a quick process.