

Being overweight makes many of us unhappy. There may be many reasons for our weight problem. Weight problems often run in the family. It could be a case of us overeating to make ourselves feel better when we are sad, stressed or lonely.

The issue of weight loss is a tricky one. A lot of people are unhappy with their present weight, but most are not sure how to change it. You may want to look like the models or actors in magazines and on television but those goals might not be healthy or realistic for you.

Weight management is about long-term success. People who lose weight quickly by crash dieting or other extreme measures usually gain back all, if not more, of the pounds they lost because they have not permanently changed their habits. Therefore, the best weight management strategies are those that you can maintain for a lifetime.

This means that if you want to lose weight and keep it off, you have to change much more than just what you eat. You have to change how and when you eat. Equally important, you have to start exercising or exercise more often. Most people who lose weight and keep it off do three things. First, they find out why they are overweight. Second, they follow a healthy eating plan. Third, they exercise regularly.

A new diet may help you lose weight for a little while. However, the weight often comes back unless you find new ways to deal with the problems that are leading to your weight gain. This may mean learning new ways to handle stress, finding ways to feel less lonely or talking with a counsellor about your feelings.

You should follow a healthy diet that you like and that you can follow. The diet should be low in fats and sugar but high in fibre.

Your doctor or a nutritionist can give you advice on what kinds of food are healthy choices. Remember to watch portion sizes. A healthy portion of meat is the size of a deck of cards. A healthy portion of rice or pasta is about the size of your fist. Read the nutrition labels on food before you buy it. If you need help understanding the labels, ask your doctor or a nutritionist to explain them.

Most diets are designed to make you lose a great deal of weight in the beginning. This is to encourage you. In actual fact, what you lose is mostly water and muscle. The water comes right back when you eat salty or processed food again. Losing weight is an uphill task and also takes time. So try not to get discouraged. Your effort will be worth it.

The key is to keep trying to eat the right food. The following are a few suggestions to help you change your diet. Make small, slow changes. Then, it will be easier to make the changes a part of your everyday life. For every few days, write down what you eat and drink that day. Use this record to help you see if you need to eat more from any food group such as fruits, vegetables or low-fat dairy products.

If you have a medical problem that requires a special diet, make sure you ask for help from your family doctor or a nutritionist. It is not advisable to do it on your own. **(566 words)**

## SUITABLE TITLE:-

Weight loss: A tricky affair

## PRECIS:-

Weight gain can be due to poor eating habits or it can be genetic. People are uncomfortable about their weight but they do not know correct path to weight loss. Short term weight loss tactics will give short term results, therefore one should adapt healthy lifestyle for long term results. Healthy lifestyle includes healthy eating habits and exercising regularly. A diet plan can help for a while but the root causes for poor eating habits is necessary for long term success. Healthy diet is the one which contains low fat and sugar levels but more fibre should be preferred. Nutritionists can also help in selecting healthy diets. However, such diets should also be consumed in appropriate quantities for effective results. Most of the diet plans focus on water and muscles loss leading to temporary weight loss but for consistent maintenance of weight, consistent efforts are required. Therefore, instead of drastic change in eating habits, one should prefer gradual change so that this change can become part of lifestyle. However, nutritionists should be consulted for special diets in case of medical issues.

(TOTAL WORDS = 566)  
(PRECIS WORDS = 181)