

# NEW YEAR AND NEW CHANCE TO LOSE WEIGHT

## THE MOST COMMONLY MADE MISTAKES IN WEIGHT LOSS

DR. ZSUZSANNA FAJCSAK

Another new year and another chance to make it right. Another chance to make your new year resolutions come true. You may make promises regarding your career, your family life, and changing for a healthier lifestyle. If your new-year resolutions contain dropping the extra kilos, please read on and consider the mistakes dieters most commonly make and jeopardize their goals.

**Freak out and get stressed.** The first reaction after the realization of the overweight status is *"I must do something to lose weight"* and the second is the anxiety, stress and freaking out: *"What do I do now?"* It happens this way, because most people think about their health and weight problem, when their clothes don't fit and buying a new wardrobe would be an economic disaster; or a their cholesterol and blood sugar is so high that they leave the doctor's office with a prescription for medication, or they are survivors of a heart attack. Being stressed just makes it worse, and elevates your cortisol level higher and causes to store fat in the abdomen. Whichever is your motivation, it should point you to positive direction. Concentrate on what you have and you can do and not what you lost.

**"All what I want is to get rid of my extra weight" – Losing weight is the end result.** The most common and most serious mistake is to diet until the weight comes off. Before starting a weight loss program it is worth to think about what you are going to do when you reached your goal. If you are going to eat the same unhealthy way like before, your tremendous effort of losing weight will be lost – you will gain the lost weight back and some more. It is relatively easy to lose weight, however the hard part is to keep the lost weight off. However, if your goal is to live a healthy life and you chose your lifestyle accordingly, the weight loss will be a byproduct of your efforts. Shift your paradigm, and concentrate on eating and lifestyle as part of your health. You will see the extra weight will melt off and you will be able to maintain your body weight long-term. This is why, science today talks about weight management and not weight loss.

**"I don't care how, but the scale has to show a lot less."** We tend to wish for a memory wipe out when it comes to weight loss. The best and more "promising" methods should work over-night; at least that is what we want. Let's consider, how long did it take to pick up the extra kilos? Believe it or not, the extra weight on your thighs and abdomen came on you gram by gram and over a longer period of time. Eating an extra 20 kcal per day will add up to a weight gain of 0.5 kg in 5 months. Losing this fat weight will also take time. Sudden weight loss, (4-5 kg in a few days will drop off from water and muscle, and not fat. And losing muscle results in the down regulation of the Basal Metabolic Rate (BMR). This means that the body needs less energy to maintain body weight and any small amount of extra will be stored as fat. It is also unfortunate that we must go through the hard times to get rid of fat. It seems that the body wants us to remember how hard it is to work off the extra fat, and keeps you reminding not to overeat again. It is all because fat can be lost only if you lose 0.5 kg per week. When it comes to fat loss *"The slower you go the faster you get there"*

**Magic pills.** The fastest methods usually involve taking a magic "pill". All these magic pills target fast weight loss for a steep price. Fast weight loss results in slower BMR and can prone you to fast weight gain and loss of health. It is better to have a stable body weight than a constant fluctuation.

**Starvation and low calorie diets.** Eating too much is just as unhealthy as eating too little. It is individual specific what is the lowest limit of the caloric intake. However it has been suggested that eating less than 800-1200kcal

per day is considered as starvation and the body responds with slowing down the BMR. Starvation signals the body for going into starvation mode and to hold back every possible calorie.

**Low-carb diets.** The next diet mistake is very low carbohydrate intake. Consuming eggs and bacon or fatty meat with only a salad will make you lose the first kilos fast. However the high protein and fat intake soon turns back to weigh gain. I am sure you all know “fats burs in the flame of carbohydrate”, which means that the body needs carbohydrate to burn fat. A normal adult needs 100 g or 400 kcal carbohydrate a day to keep up the fat-burning. The brain needs an average 120 g sugar to work and think properly. Believe me; the brain can't do very high level thinking on keton bodies. (Prolonged very low carbohydrate diets promotes the production of keton bodies (from fat) to provide energy. Excess keton bodies may lead to ketoacidosis)

**Too many, and unrealistic expectations.** The next mistake is to your goals too high. After a short time you will give up if your goals are too far up. Make small goal and reach them step by step, then keep putting small goals ahead. Losing 5-10% of the body weight initially can make already moderate positive changes in blood lipids and well being.

**Not taking exercise seriously.** Based on the energy concept, if you eat more then you expend the body store the extra energy; and vice versa if you expend more energy the body should lose weight. Exercise is the most important way to accumulate energy expenditure. Exercise is also the most important factor to keep the extra kilos off and maintain your body weight. Low intensity exercise, such as walking, for 45 minutes is the most effective training method to lose fat.

**Whichever way you decide, remember, your weight management plan will be successful if you go by small steps. Find the nutritional plan which allows for your moderation and keeps hunger away.**

**Regulating your blood sugar level and eating glycemicly favorable meals will bring you these results. Even if you slow down taking steps, just keep going. As long as you going ahead you are winning and gaining health.**