

## How to choose a weight loss plan

In the developed countries the weight loss industry is booming as obesity soars. As such there are many weight loss plans that are entering the market with the aim of providing us a weight loss solution. Unfortunately there have been many diets and weight loss plans that have entered the market that promise fast weight loss, however are not offering long term weight loss solutions. The fact is the weight loss needs to be long term and based on fundamental weight loss principles.

The points below will have you choose a weight loss plan that best suits your weight loss goals.

Firstly a weight loss plan should meet the following needs for you:

- Match your lifestyle and food choices
- Promote healthy living habits including exercise and a balanced diet
- Meet your nutritional needs.
- Be a long term weight loss solution

Things to avoid when choosing a weight loss plan

- Avoid fad diets
- Avoid promises of excessive weight loss without exercise
- Plans that cut out major food groups entirely (i.e. no carb diets)
- Promote fast weight loss with a wonder drug or pill

Set your weight loss goals

Before you can choose a weight loss plan that matches your weight loss goals and lifestyle you need to be clear about what you want to achieve. Do you want to lose 5-10kgs? What's your weight loss goal? What time frame? Is that realistic. I would suggest taking a free diet profile <http://www.alfitness.com.au> to help you with your goal setting

Establish a support network

The success of a weight loss plan is accelerated when you have support from family and friends who are encouraging you to reach your weight loss goals. Perhaps look at starting a weight loss plan with a friend or family member.

## Keep a food diary

Tracking what you eat is essential. Try this for a week and analyse your eating habits. There are some great online food journals and food calorie counters to help you with this. <http://www.alfitness.com.au> will help you with this.

## Monitor your health

This is especially the case when following a restrictive weight loss plan like no carb plans for instance. Its important to monitor lipid profiles (blood fats including cholesterol and triglycerides). Very high protein plans can also effect kidney performance. If you haven't been following a very healthy diet i would be careful about shifting to a diet that suggested cutting all carbs and only eating lean protein foods. I would check in with a doctor before starting any weight loss plan.

The fundamental basis of any weight loss plan that promotes long term weight loss is by providing you a healthy eating plan and fitness plan. Essentially the weight loss plan you chose should teach you skills that enable you to live a healthier lifestyle when you are no longer using the weight loss plan.. This is the basis of successful weight loss.

Good luck and i hope the weight loss plan you chose enables you to achieve your goals.

## About the Author

Michael Jenkins is the owner of Australian Lifestyle & Fitness <http://www.alfitness.com.au> which is an online weight loss program and weight loss plan. His site offers people an online weight loss alternative to lose weight and keep it off. Visit <http://www.alfitness.com.au> for more information.

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