

## Lose Weight Quick – Jumping On the Right Bandwagon

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Keeping a fit and sexy body is something we all want. Fat people want to lose flab. Fit people want to shed a few more pounds. And thin people think they're fat. It is among the most clichéd notions of the 21<sup>st</sup> century which we have all shared in at one point or another. Media, a very powerful medium of communication, has been constantly reminding us that a sexy body could be the only benchmark to a healthy self-esteem.

In fact, people would go to great lengths just to lose weight, even if it would be at the expense of health. This is the reason why we should be oriented with realistic methods to effectively battle weight loss problems.

First off, we should be reminded that losing weight must be done through a healthy manner. Forgoing health could be the gravest thing we can do to ourselves since the things we do are ultimately dictated by our body. Let's ask ourselves this: what's an attractive body for if it won't function optimally?

As much as we see people suffer from unhealthy weight loss practices, we still entertain these thoughts in order to lose weight quickly. If you have been meaning to purge after every meal or take "magic pills" for the sake of a beautiful body, I'm sure you still won't feel good about yourself even if you do in fact lose weight.

However, there's a very basic principle which we can all reacquaint ourselves to if we want to lose weight – diet and exercise. These are the most basic yet most ignored ways in dropping the pounds. People would rather invest in artificial and almost ineffective products like pills or patches.

By dieting, this does not mean the type of diet where you eat nothing in continuous fits of fasting. According to meaning, a diet is "a regulated selection of foods". In no way should you equate it to starvation. Today, there are so many diet programs at your disposal and you just need to find the right one appropriate for your body's needs.

On the other hand, exercise is a thing often overlooked these days since most people live sedentary lifestyles as they go about with their hectic schedules and work load. The reason why we need to exercise is simple. By working out, we burn calories. And if we burn more calories than what we gain every day, it is a foolproof occurrence which we should definitely maintain. It is always a credible way to lose weight healthily.