

Title:

Control your Weight and Feel the Improvement

Word Count:

694

Summary:

A look at weight loss in a controlled manner the things you need to do to make a steady weight

Keywords:

health, weight loss, diet, fruit, nutrition, good health, foods

Article Body:

First thing to do is know and understand the problem, so you need to find out your personal Bo

Remember that everyday you are overweight you are putting an excess strain on your body and he

Body Mass Index can be worked out as follows. Your weight in kilograms is divided by your heig  
Once you have obtained your Body Mass Index its then time to do something about it.

For everyone it's a good idea to have a BMI of between 18 ~ 25 Its important not to go underwe

The most important thing to consider is how you feel sometimes BMI is misleading in the way t

If your BMI is over 30 then you are considered obese and this does need to be addressed. Also

Before considering what to do be realistic the following is always sound advice. Fast diets ar

Asses what your findings are carefully and then look at what would be a good for an average da

Try to balance your diet also consider how much alcohol you consume as this carries calories

An average man requires around 2500 calories per day and a woman around 2000 calories try to k

Don't binge on items such chocolates and cake I know its hard an every time I pass a cake shop

- (1) Set a good goal for a period of time always helps and makes you feel better when you a
- (2) Reduce fried foods and look at alternative ways of cooking the same foods.
- (3) Replace fizzy drinks with water as fizzy drinks contain enormous amounts of sugar.
- (4) Reduce alcohol consumption always a good idea during dieting.
- (5) Try to get the five recommended fruit and vegetables a day if possible.
- (6) Water intake needs to have around 6 glasses a day which is around 2.5 pints per day th
- (7) Maintain a good exercise program try to do good non impact exercises.
- (8) Consult a Doctor or detritions for proper advice only take pills under medical advice.
- (9) Feel good in yourself that you are improving everyday.
- (10) Seek good advice from friends and get support from them if you feel depressed.

This is a demo version of txt2pdf v.10.1  
Developed by SANFACE Software <http://www.sanface.com/>  
Available at <http://www.sanface.com/txt2pdf.html>