

You can review the diary at the end of each week to get a clearer picture of just how much calories you really are consuming. If your diet looks healthy and yet you still aren't losing any weight, you could need to look at your portion sizes to make sure you are simply not eating too much. Any changes that you do make will be most effective if introduced gradually. This will mean that you are more likely to stick to them, meaning you can introduce more without feeling under too much pressure. Easy changes to make include swapping white bread for brown bread, full fat milk for half fat milk, cutting out snacks etc. You should also choose a weight loss program that encourages gradual weight loss rather than immediate weight loss. By doing this, the weight you lose is more likely to stay off and, by setting achievable monthly targets rather than unrealistic weekly targets, you are more likely to meet them. When choosing a weight loss program it is important that you choose one that is right for you. The most important factor to consider is your health, so don't be choosing a plan that has outrageous claims and could possibly be risky. Set achievable goals and make changes that you are likely to stick to for the rest of your life, keeping the weight off for good. The best way to lose weight is not to crash diet or have bursts of exercise, but to make slow changes. [biofit](#) The best way to make these changes and stick to them is to make a weight loss program. This can be used to set out your targets, how you are going to achieve them, and changes as they occur. In order to lose weight you need to assess your energy intake. Food is used as energy for your body, and any energy not used is stored as fat. It is therefore essential that you only take in the energy you need and increase your activity level in order to lose weight. When reducing your calorie intake, it is essential that you make changes that you are likely to stick to as crash diets may lead to yo-yo dieting. Eating around 500 calories less per week will lead to a weight loss of 1 lb a week, while it is not much weekly it adds up to around 5 lbs per year. It is also important not to skip meals as this might cause you to overcompensate later in the day and snack more. Increasing activity levels can be done easily for example trying to incorporate 10 minutes of walking a day, such as walking short journeys than using the car. By finding something that you enjoy you are more likely to stick to it. By using a weight loss program you can implement these changes and stick to them. It may also work best if you write your plan down, keeping a note of your targets, changes in weight and achievements to help you keep on track. Whilst you may not see any immediate changes, stick with it. Don't let any weight gain put you off, and instead look at your program and see if anything needs to change, such as increasing your activity levels. And when you reach your goals celebrate by treating yourself to something such as a night out or a new outfit to make your weight loss even sweeter. Another aspect of your weight loss program could be a food diary. By writing down all the food and drink you take in during the week you will find it easier to see where you are going wrong.