

Loose nevertoo much weight too fast !!

Written by

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Lose never too fast too much weight!!

You should never try to lose more than 1 to 2 lbs each week. Any diet that involves high calorie reduction risks loss of muscle mass instead of fat. A crash diet also has another adverse effect; it makes you feel weak and lethargic. It is important to keep your calorie intake high enough, with only a slight deficiency, to provide you with sufficient energy to undertake physical activity.

The miracle diet does not exist

There is no way to you can lose, for example 20 lbs. (9 kilos) in 10 days, and maintain this weight loss. An extreme reduction in calorie intake always fails to produce long-term weight loss, because nobody can maintain such a diet. But there is good news: You do not have to suffer extreme hunger to lose weight.

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