

How To Lose Weight and Keep it Off



It's that time of the year again to take stock of life and the refrigerator, throw out the junk, and start anew for a fitter body, happier mind and clothes that are smaller by at least one or two sizes. As a new year begins, the top resolution is to lose the extra pounds and cellulite but life and its mundane details often get in the way. A disheartening sense of déjà vu sets in for most people as they struggle to stick to their weight loss plans made every year, year after year. But 2011 could well be different. Celebrity dietician and nutritionist Pooja Makhija tells dieters how to tip the scales in their favour in this new year.

1 Set a small target

It is not possible to lose 40 kg in a year in a healthy manner. Set an achievable target. When the goal is smaller, achieving it is more plausible and so, you will make the effort to reach it. Otherwise, you will just lose your way and not your weight. The target depends on the initial 'fat' balance. The more money you have in your bank, the larger the sum you can withdraw monthly. Similarly, the larger amount of fat in the body, the more you lose. On an average, if you are 10-20 kg overweight, you can lose 3-5 kg per month. If you are 5-10 kg overweight, then you can ideally lose 2-4 kg per month healthily.



2 Find the right nutritionist

It is important to find the correct person who can guide you about the dos and don'ts of your diet. Take the help of a nutritionist or dietician. If you do it on your own, there is a chance that you might eat the wrong things and end up gaining weight. If you have decided to make the effort to lose weight, it is best that you consult a nutritionist for a tailor-made dietary plan. Then, you can know for sure that the effect of your efforts will last and you won't have to repeat it again. Also, with a nutritionist, the math is his or her headache. You are not

harrowed by the nitty-gritties of counting calories. Also, this way, weight loss does not rule your life. The nutritionist will guide you and you have to simply follow it, without getting obsessed with the details.

3 Do not go off carbs

It is a misconception that one has to stay off carbs to lose weight. The body needs carbs and hence, make sure that healthy carbs such as whole grains, vegetables, fruits and beans are a part of your daily food intake. A healthy balanced diet is incomplete with carbohydrates. They provide energy and avoiding them leads to low stamina, lack of attention, low moods, lack of sleep and even hallucinations. Studies have shown that people on Atkins diet often suffer varying degrees of insomnia and hallucinations.

