

I CAN STOP EATING BUT I DON'T WANT TO EXERCISE?

Just like a story that does not need to be told, losing weight without exercising is a dream that almost every individual wishing to lose some pounds wants to be turned into a reality. There are many people who ask their doctors or nutritionists for ways to lose weight without being pushed to exercise. There is no doubt in the fact that eating less and not exercising can make you lose a few pounds but that is rather more destructive than constructive. When an individual eats less in the hope to lose weight, their body is actually shifted on a conservative mode i.e. the body's metabolism slows down and tends to store whatever little food that is added into the body. You may lose weight for a little while but after a certain short time, this process also comes to halt; because the body does not know that you want to lose, it comes under the impression that you are starving and it does what it is designed to do: protecting you from starvation by slowing down the normal metabolism. And that brings us to the benefits of working out which in experts' opinion is the best thing that can accompany a great weight-loss diet plan. Not only does the exercise help you lose your fat mass but also increases your metabolism hence, speeding up the weight-loss process.

Sorry to pop up the bubble for you guys, if you wish to attain your desirable weight goals, a little more effort by starting to exercise, besides cutting down on your dietary intake, from your side is needed. Oh, and the best time to start anything good is ANYTIME!