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# Basics Of Weight Loss

If you are overweight, you are as likely very concerned about your condition. Two things that you should keep in mind about weight loss are:

- Overeating is not the only reason why you are putting on weight. It is not only how much you eat that increases your body weight, it is also the type of food and your body's metabolism that affects it. This means that if you want lose the flab, you have to keep both reasons in mind.

- If you want to lose weight, you must get up and do something about it. You won't lose inches by just worrying about your weight. You have to actually put a weight loss program in place if you want to lose the inches that you have added to your girth.

Before we proceed further, it is essential that you realize that no matter what path you decide to take, exercise is integral to every weight loss program.

This does not mean you must necessarily have a personal trainer to achieve your fitness goal. A personal trainer is a big plus, but if you adopt an effective weight loss program, you can do with an active lifestyle based on a reasonable level of physical activity yourself.

Here again, there are two things you must avoid at all costs:

- Never fall for a fad diet that is based on denial and/or reduction of any particular food group, regardless of whether it is carbohydrates, protein or fat. The same theory applies to crash diets that border on starvation.
- Don't get lured by marketing hype that suggests a fast weight loss. Fast weight loss is a myth. It takes years for body fat to accumulate, and it is going to take some time to loose it too.

That brings us to two essentials that must be part and parcel of every weight loss program: a balanced diet that is based on suggested percentages of all food groups, and an active lifestyle.

All food of the groups- carbohydrates, proteins, fats, minerals, vitamins and fiber are essential for maintaining your overall health. If you overlook consuming one component, it should be compensated as soon as possible.

The only caution you need to take is to source nutrients from healthy and natural sources. As a general rule, unrefined and minimally processed foods are healthy, and refined foods are unhealthy. Choose whole grain breads over white breads, use natural and un-hydrogenated vegetable oils for cooking, and source protein from fish, farm bred meats and low fat dairy.

Technology has also brought to the fore many of devices that can help in weight loss. Vertical controlled vibration is one such exercise protocol that has caught the fancy of people who find it difficult to spare time for exercises. It is based on the theory that many repetitions on a WAVE machine improve circulation, helping in lymphatic drainage and detoxification.

Taken together, these can advance your efforts for weight loss.

Lose inches using vertical controlled vibration, but at the same time, remember the basics of weight loss.

Even with vertical controlled vibration, it is essential that you consume a balanced and healthy diet, and adopt an active lifestyle.

Want to find out more about [keyword #1](#), then visit Dr. Steve Wander's site on how to choose the best [keyword #2](#) for your needs.

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