

Expectations that are too high...

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Expectations that are too high...

...may lead to

overweight

Pursue your weight loss goals in small steps. If you believe in those miracle diets where "you lose 10 pounds in 10 days" you will fail. You will surely lose some weight at the beginning of these diets, but basically it will be water weight and muscle tissue instead of weight from fat. The body will regain the weight after drinking a few glasses of water. Also in the fasting periods, your metabolism will slow down and it will prevent you from reaching your goal. Whenever you want to lose weight you have to target maximum fat loss, and you can never reach this quickly because there are 7000 calories stored in every 2lbs of fat. It is better to lower your expectations and set realistic goals like 1lb per week. This way you will be losing real body fat.