

Tips For Sticking To Your Weight Loss Food Plan

Get lots of cardio. This is walking, running, jogging, tread mill, elliptical trainer, etc. You can do this for free at home! You don't need a gym membership, but you may get one if you like. Don't think that you HAVE to be at the gym to work out though! Try Wii Fit or a workout video. But remember that you can simply just exercise right in the middle of the kitchen when you're putting away dishes. Set down a dish and give me ten jumping jacks! Remember that you may not be able to do very many of a certain exercise the first time. No pain no gain is not an appropriate mentality for weight loss. That is for building muscle mass, and even then it is a dangerous mindset. Don't overdo yourself. Start with a small amount of reps then work your way up. If you tire yourself out and get sore, you may get discouraged. Don't over do it! If you do, then once you recover after a couple days, pick right back up and this time do less reps. Change it up! If a certain exercise is supposed to be targeting a body part, such as abs, and it's not working, try looking online for free videos (like those on YouTube) and try different ones that work for you. That's what I did! And I tried different things until I found one that got me results! If you are really sure you want that body you dreamed of, you will do what it takes to get there. There is no magic solution! It's up to you to follow your common sense! And remember: it's all about will power. You can do it! Just believe in yourself and DO NOT give up! If you stop working out for a month, don't give up. Start up again! Keep trying until you get where you want to be, and then maintain it by following a good food plan and keeping active. It won't be as hard to maintain it as it was to lose the weight in the first place!

About the Author

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