

Published based on [Do You Stress Your Weight](#)

# **Do You Stress Your Weight**

There are no quick fixes for being overweight or for the stresses of modern life. Some people may have been born more likely to be overweight, but it is also partly due to their lifestyle. The internet is full of websites such as <http://www.fatlossfactor.com> that are designed to help people lose weight and other sites that promise to get a person to lose 30 pounds in ten minutes or tout themselves as the miracle way to guaranteed weight loss. But there is bad news. Despite their claims, the best way to get fit and trim is through a proper diet and exercise regimen.

One cause of the added flab is that a person eats more, and is less active. Another issue that a person faces is the everyday stresses they are under and these can add to the weight problem. If someone wants to get rid of the extra pounds they have put on they need to find a fitness regimen that they like and that fits into their life so that they will follow it without cheating. The safest fitness regimens will let a person lose the weight slowly so that their body can continually adjust to the way that a person is dieting and exercising rather than a sudden change that occurs with rapid weight loss.

Sometimes the simplest way is the best way. When a person starts a weight loss program they can feel stressed. Maintaining a change in lifestyle can be very hard. Many experts think that it's just as important to consider our adjustment to life's problems as it is to plan an eating or starting a [six pack ab exercise program](#) in order to get your body into the shape that you desire.

Stress can be reduced when a person eats familiar foods. It's a pleasure when you're bored or frustrated. And when you're overloaded, if you have some spare time it's easier to sit and watch television than to get out and exercise. The physical problems of obesity are well documented, however a person who is obese must also deal with many mental issues that are brought about by the problem.

If stress makes weight loss difficult, start keeping track of when you overeat or don't exercise and try to get in touch with the feelings you have at the time. Do you feel better when you are stuffing your face full of food? The way we feel about ourselves, fear and how we deal with other people, or the way we were taught by our parents could be the basis for a person overeating.

In our society there are many things that people associate snacking with. Sometimes there's a mental tug of war. You might not realize the emotion behind the craving. You can't find any other way to soothe feelings and urges which play on your mind until they're satisfied.

Overeating occurs more when a person is stressed out. Then they feel guilt and regret, and criticize themselves, saying I'm weak, or I'm useless which is untrue and unfair and they go onto message boards like [biggest loser weight loss forum](#) where they can complain about their diet and exercise program in complete anonymity. It is possible for a person to be hiding severe mental issues with their constant overeating. They don't do it just because they don't have any willpower.

It is important for someone who is overweight to look at the reasons that they became overweight to have a successful fitness regimen. Losing weight permanently often takes hard work, lots of mistakes, and perhaps more time than you wish, but what you learn makes you stronger and more able to achieve your life's goals.

You can also find this article published on [Do You Stress Your Weight](#), and on the tag pages [biggest loser weight loss forum](#), <http://www.fatlossfactor.com>, [six pack ab exercise program](#).