

Published based on [How To Keep Up The Plan To Lose Weight](#)

# How To Keep Up The Plan To Lose Weight

Step One. Make sure that you have some things to munch on that are not high in sugar or in fat. Microwave popcorn is wonderful at work and it stores well. Just make sure to buy a low-calorie kind. You might also consider cereal or health bars like that are sold in many grocery stores. Remember that when you snack, this needs to be included in your plan of how much you will eat for the entire day and do not just act like it does not count.

B. Take up walking. You do not have to start following a [six pack ab exercise program](#), you can start taking evening walks with your spouse, children, or a neighborhood friend and all you have to do is begin with a 15-minute walk, and then gradually increase how far and even how fast you walk. Not only is this good exercise, but it's a great way to spend quality time with someone you care about and recoup from your day. Some people enjoy walking at lunch with a coworker, which is an excellent strategy for clearing your head and getting your blood flowing in the afternoon. If it's been a while since you've exercised, check in with your doctor before you get started.

C. Enjoy your success. It is always good to get a reward for your efforts and that can provide a great deal of motivation particularly at the start of your program. Start by noting each day that you go without your daily candy bar or junk food fix. Get some heart stickers to put on the calendar when you have eaten foods that are good for you. Call a friend, get an extra hug from your spouse, whoop and holler with the kids, go on a message board like the [biggest loser forum message board](#) and post your success or simply take a leisurely bubble bath as your reward for good behavior because you did it, and it's the little victories that add up to diet success in the long run.

4. Know that losing weight is a long-term goal. It is a lifestyle change that will be hard, but well worth it and it will help you [lose weight fasting](#) because you will be constantly vigilant about what you eat and how much exercise you get and you will deny yourself foods that you enjoy. You have to burn calories to lose weight and that requires effort. The goal is to lose a certain amount of weight over a period of time, and not every day will see you getting closer to that goal. But stick to it. You can not give up. You can do this. The goal of most people is to be fit and trim. When you are able to lower your weight, you will extend the number of years you can enjoy life. Plus, eventually you'll be able to fit into those jeans you love. You will not be ashamed when you are out in public. You will know that no one is laughing at you behind your back.

E. Pick something to spoil yourself. It is not easy for a person to make all of the changes in the way they do things. You got rid of all the chips that you used to buy. You commit to an exercise plan. Now, give yourself one small vice. Pick something you like that you will continue to enjoy while you diet. You do not need to completely deprive yourself of everything you love in order to lose weight. Everything about losing weight is about limiting not eliminating. It is okay to have fun even though you are trying to lose weight.

You can succeed if you can use what I have written as a guide. And you will be able to keep the weight off. It is all about making the right choices. You will feel better everyday because of it.

You can also find this article published on [How To Keep Up The Plan To Lose Weight](#), and on the tag pages [biggest loser weight loss forum](#), [lose weight fasting](#), [six pack ab exercise program](#).