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What I Have Tried to Shed The Extra Pounds

I began to realize that I was a little fat when I began to hit puberty. I thought they were joking. What they thought was fat, I thought were great curves. I believed I was at the right weight for my age and body shape. But if someone else thought differently, then maybe I should pay attention.

The decision was made to lose some weight. Naturally I turned to the wisdom of the of message boards such as the [biggest loser forum message board](#) and discovered the that there were many popular diets and I decided on a diet that appealed to me because it was 1) simple to follow with limited food choices, and 2) allowed foods I liked.

I began my first weight loss plan. The diet included all you want of fat laden meats, eggs, cheese, butter, oils, anything fat is okay and but no breads, including whole grain and white bread, grains, rice, beans and little if any vegetables or fruits. which sounded good to me especially because it did not include working out and doing something crazy like a [six pack ab exercise program](#).

This will be easy. I took a pile of ground beef and fashioned a couple of juicy burgers that I enjoyed without the bun. I can recall the scene like it was yesterday. No problem, I could eat like this forever.

The problem was that after three days, it was getting old and I was not able to create anything else for me to eat. I was not satisfied at all. All I could think about was toast. My first diet attempt was over. The diet might have worked or might not have. I cannot recall the results. I did figure out that following a diet was something that was not for me and would not do it in the future.

I decided to try to [lose weight fasting](#) and his made sense because don't eat anything and of course you'd lose weight so I decided to fast for a week which turned out to be about four days. I started out rough but was able to get through the beginning and it seemed to get easier after, but the pain subsided quickly and I two or three days. There was not a lot of exercise that was required so I was able to keep going despite a lack of energy. Then came the fourth day. I was starving and there was not enough food in the house to satisfy my needs. I Understood what to do. I gave up on this plan.

How did I end the fast? The recommended way to end a fast is to begin by snacking lightly, and was I smart enough to do this? Of course not. I ate everything in sight. I kept eating one thing after another and eventually laid back with such a bloated feeling that I could not even move. My bloated stomach left me writhing around in pain moaning throughout the night. I knew at this point that I was not cut out to follow any program that kept me from eating again.

So what did I accomplish? One three-day diet, and one four-day fast. Maybe losing weight was something that I could not do. Once I had given up I started doing what I had done in the past. From that day forward I tended to eat the same foods, as most people do, on a regular basis. For an entire year I had a cheeseburger and fries at the company cafeteria, every day, without fail. It was a meal I could enjoy. No pounds were going on my body or coming off of it. For my height, I was fine.

I might not look perfect, but I was happy with my weight. I no longer had to hop from one weight loss program to another. My mood was upbeat unlike many people I knew that were trying to lose weight. I think I found the key to the best way to maintain your weight. Enjoy the way you want to be, not what someone else wants you to be. If you can accomplish that, you can accomplish anything.

You can also find this article published on [What I Have Tried to Shed The Extra Pounds](#), and on the tag pages [biggest loser weight loss forum](#), [lose weight fasting](#), [six pack ab exercise program](#).