



## Classification Essay

### **Weight Loss Plans**

Weight loss achieved through exercise and dieting has momentous health benefits for the obese or overweight. Moreover it reduces risks of illnesses like hypertension and hyperlipidemia. In order to lose weight effectively and in a healthy manner, one has to put a plan in place that will guide the process. Due to the fact that there is no plan that fits for all lifestyles and body sizes, a person must find a plan that works for them and stick to it till the end. Before starting on the weight loss plan, an individual needs to have to following in place: a schedule, apps and accessories (Zhang et al. 12-14).

A schedule may include: wake up time, time set aside for exercise, breakfast and a wholesome lunch. A schedule is a very crucial part of the plan because it ensures that a person can easily track their daily activities and progress. Moreover, a schedule ensures that one remains disciplined with time management because everyday activities have been allocated enough time.

Weight loss apps are very useful in tracking various lifestyle habits, exercise and intake of calories. Moreover, some of these apps have support forums and even financial rewards that help an individual to be motivated into sticking to their weight loss goal. Some of the applications include: Lose it, SparkPeople, MyFitnessPal, Fit bit, Weightwatchers and FatSecret. Not only are these apps simple to use but fun to



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operate. In addition, self-monitoring may result in weight loss by increasing awareness of one's progress and habits.

Weight loss accessories are also an important tool in the weight loss journey. However, simply buying doesn't guarantee success. It requires effort from the individual using them. These gadgets can however simplify workouts; deliver motivation on a daily basis, quantifying success and weight tracking. Some gadgets that can be used for weight loss include: Smart Scale, Fitness tracker, Fitbit Aria Smart Scale, Lose It Scale, WiThings Smart Body Analyzer and Fitbit Charge 2 among others. There are many ways one can employ to lose weight fast. However, some of them will leave a person hungry and unsatisfied. Weight loss is crucial in ensuring live a healthy lifestyle. The most health methods of achieving weight loss are broken down into three groups:

#### **Weight loss supplements**

Weight loss supplements are medications that when consumed result directly to fat loss or eases of indirectly losing fat by curbing appetite or enhancing mood throughout a fat loss diet. There are good fat burners that play this role effectively by increasing the rate of metabolism hat results in fat loss, or from making changes that make fat loss diets bearable (Dos Santos et al.19-25) Good fat burners include:

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Caffeine, ephedrine and Yohimbine. Even though they may not result to any physical harm, ineffective slim down supplements can cause psychological damage. Some of these products include: Obanon Balloon Pill, Beta-Glucans, Bitter Orange, Capsaicin and Probiotics among others.

#### **Exercise**

Exercise is a physical activity that is structured, well planned and executed on a regular to improve or maintain body fitness. Exercising is the best way of building muscles and burning calories. Some of the methods recommended by doctors include: lifting weights, cycling, running, zumba, walking, jogging and swimming. However, one has to be mindful of the techniques used during exercise to avoid injury. Some of the wrong methods of exercise include: doing push-ups while locking one's arms or having an arch on the back, having one's knees by the ears when doing a leg press and pulling one's head up when doing crunches.

#### **Diet**

Every meal should contain a fat source, a protein source and low-carb vegetables. By doing this, a person automatically brings the carb intake into the region of 20-50 grams everyday, which is the recommended range. Protein sources include:

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eggs, meat- chicken, pork, lamb and Beef, Fish and seafood: shrimp, salmon and trout among others. Protein intake boosts the metabolic rate by roughly 100 calories every day. Vegetables with low-carb levels comprise broccoli, spinach, tomatoes, kale and cauliflower. A diet consisting of vegetables and meat contains all the vitamins, fiber and minerals one requires to be healthy. Some of the fat sources include butter, coconut, avocado and olive oils. However, there are some meals that should be avoided if a person desires to avoid chronic illnesses and lose weight. They include sugary drinks, white bread, industrial vegetable oils, French fries and potato chips. These foods contain high amounts of calories and are easy to consume in large amounts.

#### **Conclusion**

The best way to achieve weight loss with satisfactory results is by finding a balance between exercise, diet and supplements. Even after attaining the 'perfect' body after losing weight, a person needs to maintain discipline with exercises, healthy eating and drinking lots of water. Thus, it is a continuous process that needs close monitoring to ensure one doesn't slip up back to being overweight.

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#### **References**

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