

## How to lose weight, feel fit and stay that way

In fact losing weight is much more than a matter of will power it is a whole series of changes into one's lifestyle program, and managing your time effectively is a number one priority.

Before you start a weight-loss program, check that you have answered the following questions.

	Yes	No	Notes
1. Is my weight-loss goal realistic?	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. Do I have a long-term contract with myself?	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. Is it my own decision or have I been pressured into it?	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. Has my exercise program got a time and place in my existing routine?	<input type="checkbox"/>	<input type="checkbox"/>	_____
5. Do I have a strategy to kick start my goal	<input type="checkbox"/>	<input type="checkbox"/>	_____
6. Have I got a network support: e.g.: family, dietitian, doctor, fitness instructor, etc.	<input type="checkbox"/>	<input type="checkbox"/>	_____

### Facts about Exercise and Weight Loss

#### FALSE

- Exercise spot-reduce fat
- Strength training will give women a masculine look
- No pain, no gain

#### TRUE

- There is no ideal standard for flexibility
- Warm the muscles before an attempt to stretch them
- Lack of use can decrease joint mobility
- You need muscles to burn fat
- The more muscles in the body, the higher the metabolism during activity and at rest
- Endurance exercises speed up the metabolism
- Proteins build and maintain muscle tissue
- Starving will slow down the metabolism