



10 Tips for Losing 40 Kilograms or more

Introduction

People will go through everything and anything just to lose weight the easy way. But is there really an easy way to lose weight?

A morbidly obese person (those carrying 30kg or more over their ideal weight) faces more pressure and challenges than one can ever imagine.

One obese person said, "No one understood that when you are very large, even holding up your body for a three-minute shower is a painful, and sometimes nearly impossible, feat. Walking around the block, it's just impossible."

Simple dieting will never work for a morbidly obese person. So where do you begin and how do you stay motivated? Here are the top 10 weight loss strategies from three experts to help you get on the right path

1. Seek Supervision

Talk to Others

The first step is to seek an expert's advice. There may be other factors that contribute to your excessive weight gain and this can only be unearthed through a help of a health professional.

Note that self help and diet books are designed only for people who want to lose 5-15 kilograms. "The more overweight you are, the more likely you need to consider bariatric surgery to control portions and appetite in addition to dietary and lifestyle improvement."

Often times, obesity results to other health problems, some of which are high blood pressure, high cholesterol and insulin resistance, that is why medical care is a must.

2. Join a Support Group

You may feel that you are alone and isolated in your situation but think that there are others out there who are in the same situation as you are.

There are several support group like those found on Weight Loss Clinic message boards. The Internet has also opened up a whole new world of peer support, with group chats and online gatherings of those who share similar goals and similar problems. Experts encourage patients to get involved as much as possible.

By sharing your experiences, you may also be able to help others to better cope with their weight loss challenges.

3. Incorporate Movement Into Your Life

Get Moving

Get that body moving! Every move you make is a step towards your long term goal, literally.

While strenuous activities may be both physically and emotionally challenging, accepting that you have a weight problem is a good start to get you moving. Get your body used to small activities like walking across the room to change the channel instead of using the remote control.

Remember that for an obese person, every little movement counts. They do burn calories and change your mindset about physical activities.

4. Discover Weight Training

You can do it!

Weight training may seem intimidating and daunting at first but experts say you don't need to be. Weight training is one of the most important exercises for very overweight people. Apart from burning more calories, it also transforms fats into muscles.

The best part of weight training is that you don't need to go to an expensive gym to start losing weight. "Sitting in a chair and lifting some soup cans, putting on ankle weights and even just moving your feet back and forth, lifting your arms over your head and reaching towards the ceiling, all can help build and strengthen muscles and again, get your body moving."

Another expert says, "The more weight you have to move with each movement, the less you have to do to see a reaction, so even small actions can make a big difference."

5. Don't Cut Calories Too Far

No Crash Diets

We all know that crash diets never really work.

What may be a 1,200 calorie diet to a person who wants to lose 10-15 kilograms may not apply to you. You need more calories if you're trying to lose 40 kilograms or more to survive.

"The more you weigh, the higher your caloric needs," Finestein says, "so you can eat more than a person who weighs less, and still lose an equal amount of weight."

Cutting down your calorie intake little by little, like giving up that can of coke or a tub of ice cream, can get you to see a loss of one-pound per week.

6. Focus on How Far You've Come

Celebrate Small Victories

How do you eat an elephant? You eat it small piece by small piece. It is the same with your goal on losing weight. Focus on what you have accomplished daily.

May it be giving up softdrinks or upsized french fries, climbing a flight of stairs instead of using the elevator, being able to tie your shoelaces or walking two extra blocks instead of taking a taxi.

Remember your goal is to become healthy. You may still be overweight but you are definitely getting healthier for each pound you lose.

7. Keep Your Goals Realistic

Realistic Goals

You are not obligated to lose 40 kilograms overnight.

"You have to cut yourself a little bit of slack by taking into consideration how long you have been overweight," says Goetze.

The more pounds you need to lose, the more it will take time to lose them. It would also be extra rewarding when you do reach your weight goal.

It is easier to concentrate on getting healthier than by how much pounds you lose per day.

8. Ditch the “Dieting Mindset”

Mindset Matters

I must diet. I will go on a diet. I am on diet. I am eating again.

When you are obese, weight control becomes part of your life and makes it a lifetime commitment as much as breathing. Instead of thinking that you need to cut down food and thus, the mindset of “dieting”, a permanent lifestyle change is in order.

Being on a “dieting mindset” is just like convincing yourself that you are somebody you are not but integrating it in your everyday life and changing how you view food in your life will help you get to your goal.

9. Consider Medication

Be Open Minded

Don't be afraid to ask for an alternative.

If you have been busting your brains out exercising and dieting and nothing seems to work, consider asking your doctor or health practitioner whether medication could be an option for you.

"Don't be afraid, or ashamed, to admit you need some extra help, and talk to your doctor about all your weight loss options, including medication," says Finestein.

Remember that there is no magic involved in dieting. These medications can contribute to small amounts of weight loss - as long as you still eat healthy and still engage in physical activity.

10. Don't Rule Out Weight Loss Surgery

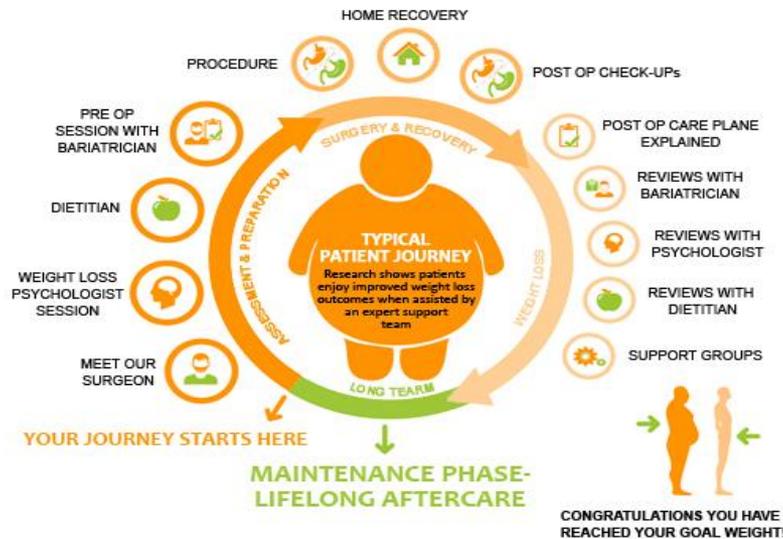
"For me, weight loss surgery turned out to be the right option -- but I did try every other option first," says one patient who lost over 120 kilograms after she opted for stomach-reducing surgery.

Dieting is always a trial and error, finding out the right type of losing weight is one of the key to your weight loss success. If you are morbidly obese and your health act as an impediment to your everyday life, then weight loss surgery may be considered.

Talking and consulting with your doctor will help you give a clear path towards changing your lifestyle. Of course, as with other weight loss programs, weight loss surgery requires lifestyle changes -- otherwise you'll be back to where you started.



Losing and Controlling Your Weight is a Journey



We are here to help