

Many of us are fighting overweight. Many factors can affect losing weight, and it is not always lazy. Here's what is important to understand before you start burning extra pounds.

**This contradicts our biology.** Studies show that most lost people gain weight over time, and the likelihood that a person with obesity will achieve and will maintain a "normal" weight, extremely small. This is partly due to the fact that our body resists weight loss. This mechanism is associated with our evolutionary past: when we reduce energy consumption and lose weight, the metabolism slows down, and the level of hunger hormones of Grelin's hunger rises. Because of this, we eat more and gain lost weight.

**It's not about willpower.** We are the weight of the body is influenced by a large number of factors. Genetics play an important role. She is responsible, for example, for the speed of burning calories, the intensity of a feeling of hunger and saturation after eating. Some people have a genetically stronger predisposition to a stronger feeling of hunger or craving for high -calorie foods. This further complicates weight loss. Social and environmental factors are also of certain importance. For example, not everyone has time and money for the purchase and preparation of healthy food, conducting an active lifestyle and paying paramount attention to sleep.

**Caloria is not even all.** Firstly, the labels indicate only an approximate calorie content of products, and our energy needs change every day. Even the amount of energy that we absorb from food can vary depending on the method of its preparation, digestion and composition of intestinal microflora. A more realistic and balanced approach when weight loss is to focus on long -term changes: use more whole products, fewer dishes for removal, alcohol and develop habits that contribute to general well -being.



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**Physical exercises are good for health, but not necessarily contribute to weight loss.**

**loss.** Our body can save energy. For example, after intensive training, we can unconsciously move less until the end of the day or feel more hunger and there is more. Studies show that the total daily energy consumption does not increase with an increase in physical activity. The opposite is true: the body adapts, reducing energy consumption to other needs. Therefore, it is difficult to lose weight only with physical exercises.

**Improving health does not always require weight loss.** Studies demonstrate that improving the diet and increase in activity can significantly improve cholesterol, blood pressure, blood sugar and sensitivity to insulin, even if your weight does not change. Instead of the pursuit of the numbers on the scales, focus on your lifestyle: nourish your body, regularly move in the direction that you like, get enough sleep and cope with stress.

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