

Calories -- do they Matter?

The only way to lose weight is to force your body to use stored calories in the form of fat for energy. If you eat too much and/or move too little, then your body has no need to burn fat for energy.

Your body works the same way as your savings bank account-- you withdraw only when you need to. If it does not need to use the stored calories or fat for energy, the fat will accumulate. However, if your body were to become short on energy, it would rely on your fat stores to provide additional energy. Burning 75,000 calories to lose 20 kilos may seem like a daunting task, but if you focus on using 500 to 1,000 of these stored up calories each day via 'diet' and exercise, you could lose approximately a kilo of body fat each week.

A kilo per week may not seem like much. In fact, you might think it will take forever to lose all the weight you want to lose at that rate. However, scientific research proves that half to one kilo of body fat loss per week is a healthy and realistic goal, as well as a goal that supports permanent fat loss.

You did not wake up one day 20 kilos overweight. Weight gain happens gradually and over a period of months and years. Therefore, you must also expect to make gradual withdrawals from your fat reserves for healthy and permanent weight loss to happen.

It is imperative you understand that a sound weight-loss-program will not produce results overnight. However, by consistently reducing your calorie intake via portion control, monitoring calories, and exercising consistently, you'll force your body to burn fat for energy.

You may not understand why you are having difficulty losing weight despite having a 'healthy' diet. You minimize unhealthy fats and increase good fats intake. Do not consume sugar or processed junk foods. Avoid deep fried items and foods prepared at high temperature.

Please understand this. Weight is determined by calorie intake versus calorie output; health is determined by where those calories come from.

Therefore, if you choose healthy foods, but still eat too much of them, you will not lose weight because your overall calorie consumption is greater than your calorie expenditure.

The bottom line is this:

No food in and of itself will make you lose weight. Only eating fewer calories than you burn daily will accomplish that task.