



WEIGHT REDUCTION: HAVE FUN, REDUCE AND ENJOY

CASE STUDY/INSIGHT

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Do you feel that you are overweight or obese? Who gave you this opinion - Your parents, friends, relatives, neighbours or you felt it? If so, then it is better to consult a doctor. Let the doctor examine your body and say whether you are overweighted or not. The doctor will advise based on the analysis of family history, eating and sleeping pattern. This is the first step to be followed in the weight reduction process.

What has to be done to shed weight? An appropriate diet pattern should be followed. Avoiding white sugar, carbonated drinks, oil-fried food items, sweets and junk food will help a lot in the weight reduction process. This will ensure that the extra calories are not deposited into our body. The next step is to monitor and modify our eating patterns. Are you consuming more rice? Then reduce rice intake and eat more vegetables. This will also help in controlling calories intake. If you are a person who often munches snacks and has tea or coffee, then you need to change this habit. You can have tea or coffee without sugar and replace snacks with low-calorie fruits such as watermelon, guava, grapes, kiwi, berries and sprouts and salads.

The next step is to start exercising. It doesn't necessarily mean to begin with heavy workouts. Initially, it can be started with a 10-minute walking and then gradually increased. Once you reach the level of walking for 1 hour a day, then you could try slow jogging for 5 minutes initially. Then the duration of jogging can be increased gradually. By doing so, you will sweat a lot, which means that your calories are burning. But it is advised to consult a doctor before starting exercises.

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If food control and exercising are practised consistently, then one could experience fruitful changes. The moment you get into the routine of food control and exercise, you would feel confident and happy. It would become super fun following these methodologies for weight reduction. It would take around 3 to 4 weeks to get into this pattern and will give you the feeling of contentment and joy in enjoying rewarding results.

What is the motive for reducing weight? The motive is to burn excess calories and remain fit and healthy. Being fit will have a long-lasting positive impact on our wellbeing. Just imagine the benefits of losing 10 kgs of our weight. We could pick and enjoy our favourite ice cream, could enjoy tasting different cuisine, and could fit into several dresses. Also, since we have learned how to cut the extra calories with our diet and exercise, we can control our food and not let the food control us. Isn't it fun and rewarding to have control over our body and maintaining it properly?



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Besides, there are numerous health benefits of weight reduction. It reduces the risk of diabetes, heart diseases, joint pains, osteoarthritis, blood pressure and cholesterol levels. It will also give us a lot of positivity and hope that anything is possible. So, let's enjoy the process of weight reduction, have fun and cherish the benefits.

