Article Side

Why Diets Fail by Jennifer Roy

Article published on February 24th 2012 | Weight Loss

Written by Julia Gillmor

Losing weight is hard to do. Most of the modern world has watched celebs like Kirstie Alley and Oprah gain and lose and gain weight over and over. Their public diet disasters illustrate in technicolor the difficulty of successfully slimming down.

And it really doesnâ€™t matter what the diet is, people will try almost anything in a frantic desire to lose weight. Dieting is so popular that in the past 10 years it's estimated that around 70 per cent of the adult female population and 30 per cent of all adult males have been on one. Unfortunately the results are almost always the same. What may work in the short term, fails over time and weight that is lost, is gained back. Very few dieters are able to maintain their weight loss.

Diets Make You Feel Hungry

When the body is left for too long without food it activates â€œstarvationâ€• mode. This triggers a response in the liver to immediately store whatever is consumed next as fat. Mountain Trek fitness and weight loss retreat in British Columbia knows the key to successful dieting is eating and never letting the body become ravenous. They been running their highly regarded programfor 20 years.

The Mountain Trek method, which guarantees weight loss and improved health, follows a philosophy that believes in food not diets. That is because diets make the people on them feel hungry and deprived. Eliminating cravings is essential in eliminating the battle at your belt buckle.

Diets also fail to address the emotional aspect of over eating. So no matter how much weight is lost, there remains a component of that individuals personality that has not been addressed. Added to this is the real or perceived pressure to keep weight off.

Change Core Habits

Studies show that the only people who lose weight and keep it off are those who make permanent changes to their own eating and exercise habits, and to those of their families. This is at the core of the Mountian Trek weight loss program which teaches guests to their program how change not only their relationship to food, but also their relationship to exercise. One of the most valuable take aways from Mountain Trek is 40 minutes of exercise at 65 to 85 per cent of maximum exertion, done within 20 minutes of eating. This ensures that glucose is burned before it can be stored as fat by the liver.

Another take away is being aware of what and when you eat. Low fat. High protein. Bad carbs. Good carbs. Good fats. Bad fats. Weâ€™ve been trying to make sense of nutritonal advice for years. Choosing food rich in nutrients, that is raw, organic and unprocessed gives the body the necessary energy it requires to function optimally. Eating ? of the days calories before the last meal and eating slow and chewing more allow for proper digestion.

Lifestyle Not Diets

Ultimately itâ€™s lifestyle not diets that ensure long term weight loss. Dieting is hard because it relies on willpower to keep us on the right track. A complete whole body, whole life approach to health and wellness is the key. Not a fancy cleanse or special diet. Focusing short term or on one aspect of

weight loss will only yield short term results.

Log on: http://www.mountaintrek.com/our-program/weight-loss for more details.

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The a weight loss program at Mountain Trek is a luxury retreat for adults. Enjoy the beauty of either British Columbia or in the winter, Baja California for you next weight loss or fitness vacation.

Article Keywords:
weight loss,diet

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