

Getting Back On Track After Gaining Weight: How to Lose 100 Pounds

If you've gained weight and are looking to get back on track, this article is for you. We'll discuss the reasons why you may have gained weight, how to create a realistic weight loss plan, and how to avoid common pitfalls.

There are many reasons why you may have gained weight. Some of the most common include:

- **Overeating:** This is the most common reason for weight gain. When you eat more calories than you burn, you will gain weight.
- **Lack of exercise:** Exercise helps to burn calories and build muscle. If you don't exercise regularly, you will likely gain weight.
- **Hormonal changes:** Hormonal changes, such as those that occur during pregnancy or menopause, can lead to weight gain.
- **Medications:** Some medications, such as steroids and antidepressants, can cause weight gain as a side effect.
- **Medical conditions:** Some medical conditions, such as hypothyroidism and Cushing's syndrome, can lead to weight gain.

If you're looking to lose weight, it's important to create a realistic weight loss plan. Here are some tips:

Getting Back on Track After Gaining Weight (How to Lose 100 Pounds Book 6) by P. Seymour

★★★★★ 4 out of 5



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Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 54 pages
Lending	: Enabled



- **Set realistic goals:** Don't try to lose too much weight too quickly. Aim to lose 1-2 pounds per week.
- **Make gradual changes:** Don't overhaul your entire diet and exercise routine overnight. Start by making small changes that you can stick to.
- **Find an activity you enjoy:** If you don't enjoy your exercise routine, you're less likely to stick to it. Find an activity that you find fun and challenging.
- **Get support:** Losing weight is easier when you have support from friends, family, or a support group.

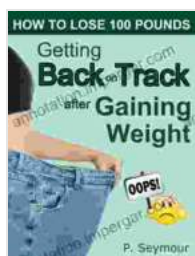
There are a few common pitfalls that can derail your weight loss efforts. Here's how to avoid them:

- **Don't get discouraged:** Weight loss is a journey, not a destination. There will be setbacks along the way. Don't get discouraged, and keep moving forward.
- **Don't give up:** Losing weight takes time and effort. Don't give up if you don't see results immediately. Keep at it, and you will eventually reach

your goals.

- **Don't be too hard on yourself:** Everyone makes mistakes. If you slip up, don't beat yourself up about it. Just get back on track and keep moving forward.

Losing weight after gaining it can be a challenge, but it's definitely possible. By following the tips in this article, you can create a realistic weight loss plan and avoid common pitfalls. With time and effort, you can reach your goals and get back on track to a healthier lifestyle.



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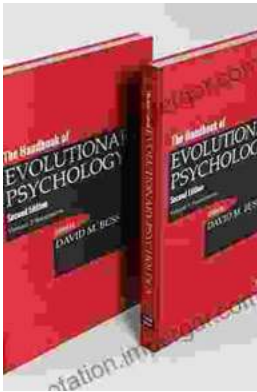
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