



Weight Loss for Women – Losing Weight Successfully and Keeping It Off!

Millions of women around the world desperately wish that they could lose weight. It's the top New Year resolution every year and it's the top resolution that is broken every year too.

There is a trend these days and it can be seen in several magazines, Facebook and other social media hangouts. The trend is that women who are fat or obese wear swimsuits or other revealing clothing and take photos. The point of all these is that women should learn to accept themselves for who they are. It's all about healthy self-esteem.

So do they have a point?

The hard truth here is that being fat or obese is just not healthy. Forget the waif like models on magazine covers. Forget the sexy, sultry actresses in the Hollywood blockbusters. Forget all of that. Being overweight is a precursor for a whole host of potential health problems that a healthy self-esteem is not going to prevent.

Besides that, deep down in your heart you know that being slim and sexy is not only healthy but it's more attractive.

That's the hard facts. We can scream from the mountain tops that we should all not be shallow and judge others based on appearances and that's all well and good. But the hard facts remain. Most men prefer a woman who is slim, sexy and looks healthy. It's conditioning and this way of thinking is going to be around for a long, long time.

You should NEVER ever lose hope and give up on losing weight. It really is not that difficult. Yes, it does take effort, discipline and determination but anything worthy takes time and hard work.

Most women do not lose weight because they do not have the correct information. If they just followed the advice and plans provided in weight loss guides such as the [The Beta Switch](#), they would shed the weight and keep it off. Correct knowledge is half the battle won. Putting it into practice is the other half.

The problem is that women follow incorrect advice such as doing sit-ups to lose their belly. It's not going to work! Sit-ups will never help you to lose weight. That's wrong info.

Here's something else that women do not know. The concepts of weight loss are similar for both men and women. However, the results for the different sexes vary greatly. It is easier for a man to lose weight.

Is it fair? Nope... but that's the way it is. That is why following the advice in magazines blindly often leads women nowhere. So the question is...

Why is it easier for men to lose weight?

The first obvious factor is the difference in size. Generally, men are bigger, leaner and have more muscle. That means men burn more calories at any one time than women.

By eating the same amount of food as a woman, the man will not gain as much weight. Even the same amount of exercise will burn more calories in a man than a woman.

Most food servings in restaurants or even fast food joints are meant for men. It just makes economic sense. If these eating establishments were to serve women sized portions, the men would not feel satiated. Like the saying goes, "A hungry man is an angry man."

The first step you can take is to stop eating when you are three quarters full. You should never feel pressured to finish all the food on your plate. Forget the parents' advice of finishing all the food on your plate because some kid somewhere is starving.

That's outdated advice that is so ingrained in so many people that they unconsciously feel guilty if they don't eat every morsel on their plate.

Another reason men lose weight more easily is the presence of testosterone. The testosterone levels in a man are much higher. This results in them having more muscle.

More muscles mean that you burn more calories at any one time. Since men are burning more calories, they have less excess calories which are converted to fat.

However, there is also a difference in body composition that is beneficial to women.

A woman looks her best when her bodyfat percentage is in the 18 to 22% range. She will look athletic and fit. If a women's bodyfat percentage drops too low, she will look skinny, unhealthy and "drawn out".

You may have noticed women at the gym who excessively work out. Often they have sunken cheeks, look haggard and overworked. This is due to the fact that their bodyfat percentage is too low. If you're a woman, you just need to aim for a range of 20 to 30 percent body fat. That's it...and it's pretty simple to achieve.

A man however, will need to aim for a range of 8 to 12% bodyfat and that is really difficult to achieve.

We must make a distinction here. There is a difference between weight loss and fat loss. A woman can be at her ideal weight and still have a high percentage of body fat. The same applies to a man. You may have heard of the term “skinny fat”. This is what it is. You’re slim but instead of muscles, your weight is mostly fatty weight.

The first thing any woman should do is get her body fat percentage measured. Look at the figures below to get an idea where you stand.

Age: 20-40 years Healthy Range: 21%-33% Overweight: 33%-39% Obese: Over 39%

Age: 41-60 years Healthy Range: 23%-35% Overweight: 35%-40% Obese: Over 40%

Age: 61-79 years Healthy Range: 24%-36% Overweight: 36%-42% Obese: Over 42%

One of the major reasons that women take a longer time is because they use training and nutrition plans that are better suited for a man. Even professional gym trainers make this mistake and wonder why their female clients are not progressing.

Women are lighter and smaller than men. They burn fewer calories for the same activity that a man does. Their calorie requirements are also much lower. That means their calorie deficits are of a much smaller percentage. There is a lot less room for error. A scoop of ice-cream or a muffin can throw off their calorie deficit. It’s tough but it’s the truth.

For small, petite women who have lower calorie requirements, they’ll have a relative deficit of 20% to 30%

Let’s compare.

A male 25 years of age standing at 6’ and weighing 198 lbs. who is active has a daily calorie maintenance level of 2812 calories. A calorie deficit of 18% will equate to a deficit of 500 calories.

His calorie intake to lose weight will be 2250 calories per day.

His predicted fat loss will be 1 pound a week.

It's easy to drop your calorie intake to 2250 calories. Just cut out a dessert or soda here and there and it will be relatively painless. He will not be starving.

Now let's compare with a smaller woman.

A woman 25 years of age standing at 4' 10" and weighing 115 lbs. who is active has a daily calorie maintenance level of 1354 calories. A calorie deficit of 18% will equate to a deficit of 244 calories.

Since 1 pound = 3500 calorie, it will take her 14 days to lose one pound. That's twice the length of time a man would take.

If a woman wishes to drop her calories by 500 so she can attain a 1lb fat loss per week, her daily calorie intake will be 854 calories! That's difficult and not recommended. Smaller women have no choice but to take the slower route.

Since they can only cut their calories by about 200-300 a day, they should watch their diet really closely. 1 muffin has about 169 calories. Eat 2 and you have wiped out your deficit just like that. So, be aware and careful with what you eat and of course, work out hard daily.

4 common weight loss mistakes that women make

Many women start out strong when they wish to lose weight. However, with time they give up. Why? The answer is that they do not see results fast enough. In most cases, women sabotage themselves without even realizing it.

The 4 common weight loss mistakes are...

1. Not including resistance training as part of their training regimen
2. Not staying at a caloric deficit
3. Letting one small slip up affect them
4. Not defining their why

Not including resistance training as part of their training regimen

Resistance training is one of the best methods to lose weight. Most women balk at the idea of going to the gym and lifting weights. They automatically assume that the weights will make them big and manly and no woman wants that.

This is a fallacy. Most women will never become big or bulky. Men themselves have problems getting big and muscular. A woman who has much less testosterone will not see huge muscles popping up all over her body.

Weight training will boost your metabolism. Your muscles will be lean and toned. You will burn the fat and gain some lean muscle mass. So, overall, not only will you become smaller in size but you'll also get stronger too. The extra muscle will burn more calories and make it easier for you to keep off the weight.

A full body workout which involves deadlifts, snatches, squats, etc. will create a situation in your body known as excess post oxygen consumption. That just means you will be burning calories and fat for hours after you work out.

Mix up your cardio with days of resistance training.

Not staying at a caloric deficit

To lose weight you absolutely **MUST** be on a caloric deficit. This is the most important rule to fat loss. Even if you work out for 14 hours a day, if you're consuming more calories than you burn, you will not drop even one gram of fat. This is absolutely depressing to most women.

The problem is that many women overestimate the amount of calories they burn. Because exercising is so draining and tiring, they equate the hard work with a ton of calories burnt. The truth is, even an extremely hard 45 minute workout may have only burn about 400 calories.

Just 2 slices of pizza will cancel out the entire workout. So, you may want to carefully consider what you're putting in your mouth. Chocolate shake? That yummy chocolate bar? A scoop of sinfully delicious chocolate ice-cream?

It all adds up and without even realizing, you've exceeded your number and you're at a caloric surplus instead. That means, despite exercising you're going to gain weight. Time and effort wasted.

To find out what your calorie requirement is, visit http://www.freedieting.com/tools/calorie_calculator.htm

Stay close to your number and you will lose weight.

Staying at a caloric deficit all the time is not beneficial. You'll need to have cheat days where you eat about 500 calories more just to boost your metabolism and prevent your

body from going into 'starvation' mode. [The Beta Switch](#) explains in details about caloric deficits, maintenance requirements, meal timings and frequencies, etc.

Letting one small slip up affect them

This is a mistake most people make and it doesn't matter what sex you are.

People like to be perfect. They like to follow rules perfectly. However, in reality, success in any endeavor is not linear. It is a mess. You will take a few steps forward, slip up here and there, see some setbacks, make a few comebacks and finally reach your goal.

If you're following a diet and training regimen, there may be a day when your will-power gives way and you do eat the slice of yummy chocolate cake. Most women will say, "That's it. I messed up! I'll never get thin. I don't have the discipline. I might as well stop the diet."

Imagine that! For one slip up, they threw the entire plan away. That's like dropping your cell phone once and instead of picking it up and dusting it off, you keep smashing it on the floor till it's completely broken. Just because of one accident.

Relax! Acknowledge your slip up and know that you're only human... and get back to the plan. Keep on keeping on. That's the only way you will lose weight.

Not defining their why

The most important thing that you absolutely MUST do before you even start chewing on that boiled broccoli is this... You must define your why.

You're probably thinking, "Define my what?"... "My life is full of whys! Why am I fat? Why does 1 muffin slap 10 pounds on my belly but 10 hours of cardio do nothing?"

These are all reasonable whys... but the most important why question you should be asking yourself is this... "Why do I want to lose this weight?" or "Why do I want a flat, lean tummy?"

Your why will ALWAYS be emotional. So, you'll have to dig deep. Most people do not exercise because they want clear, unclogged arteries or good blood circulation. That's not the way we think.

You probably want a nice body so that you'll look awesome in a figure hugging dress and maybe make your other girlfriends jealous. Or you might want to feel sexy for your boyfriend or husband.

You could be a mom who wants to lose weight and be healthy so that you have extra energy to run after your toddler. Or you're worried that your health is in such a precarious state that you might not live long enough to see your children grow up.

Whatever the case may be, you must find out your why. Then WRITE IT DOWN!

Write down exactly why you want to shed the fat and how it will make you feel once you've lost the weight and attained your goal.

Once that is done, make copies of it and paste it all around your house so that you never forget it. Most importantly, paste it on your refrigerator door and around your kitchen.

Losing weight takes discipline, effort and determination. The concept while simple is not exactly easy. This is a quest to burn off fat that doesn't want to come off. There will be times when you will be dejected and lose hope. Times when you do not seem to make progress. It will seem easier to throw in the towel and pick up a slice of cake.

It's at times like these that you must read the why that you wrote down. This is true for any goal.

Your why will keep you grounded and focused. It'll keep you going when your tank is empty. Find your why and write it down.

Can water make me fat?

Your first thought when you read the question above was, "What! You gotta be kidding me!!!"

Water? Really!?!

Scientifically, yes. Water does make you fat but you need to understand why and what you should do about it.

Water is everywhere. It's in the fruits and veggies that you eat. Your muscles and blood have water. Your fat cells have water. In fact, about 65 percent of your body is water.

So, when you weigh yourself on the scale, bear in mind the effect water will have on the numbers. If your body is retaining water, the scale will show a higher number. That doesn't mean you have gained more fat. It just could mean there's more water in your body.

Every gram of carbohydrate you consume holds about 3 grams of water. If you consume a large plate of rice or noodles, all those carbs are going to hold water in your body. This extra water will show up on the scale and freak you out.

The lesson to learn from this is not to just take your scale weight as gospel. You should get a test done to measure your bodyfat percentage. Even using a measuring tape can be tricky because most of the water is held under the skin and the readings may not be accurate.

The best way to deal with this issue is to limit your consumption of carbs and drink lots of water daily. The more water you drink, the less need for your body to hold on to water. Furthermore, water is a natural appetite suppressant and aids to metabolize fat.

5 tips for busy women to lose weight

It's tough enough for a man to find time to work out. A woman, however, may not only have a job but she'll also have household chores, children and other engagements that may leave her hard pressed for time.

For example, a busy mom of a new born or a toddler going through his terrible twos will constantly be too harried and stressed out to exercise. Dealing with her kids will seem like a full time job. This is exactly why a mom needs exercise so badly. To de-stress and take some time out for herself.

In this article, you will learn 5 tips that will enable you to squeezing in some exercise during your daily routine. Make use of them and you will discover that you look forward to your daily workouts and they'll refresh you.

It's when you have no time for exercise that you truly must because that's when your body needs it most.

Cut out activities that are not productive

So often we engage in activities that rob us of precious time which could be put to better use. Stop surfing on Facebook or the net if you have nothing to do. Cut your TV time. The soap operas or American Idol can wait. Your health can't.

It may seem that these few activities are crucial for you to relieve stress. Try replacing your TV time with a yoga session. Or go for intense 20 minute brisk walk instead of reading stuff people share on their FB wall. All you need is about 3 to 4 hours of

exercise a week. That's about half an hour daily. Surely you can find the time to squeeze in a workout.

Work out at home

There is no need to go out to workout. A quick intense set of burpees, half squats and mountain climbers will put you out of breath. 10 reps for 3 sets. You should be able to do it in 15 minutes. Watch how you pant and sweat. Do this twice a day and watch your fitness level go up.

Change your diet

Eat healthier meals. More vegetables and fruit in your diet instead of processed food and junk food will leave you with more energy and feeling refreshed. Many women complain that they don't have energy. Then, they pop open a bag of potato chips and start gobbling up. There is no way that is going to help. If it did, they'd say that a bag of chips a day keeps the doctor away.

Consume vitamins and copious amounts of water

Our diets these days are so poor that our bodies never really get all the vitamins they require. If you really can't change your diet, consume vitamins. Drinking enough water a day is something that just about everyone knows yet they fail to do it. Your body needs water to flush out toxins and metabolize fat. Drink away.

This tip has an indirect connection to your weight loss. When you consume vitamins and drink enough water, you'll feel better and more energetic. This will make you more motivated to work out.

Set goals

Many women feel self-conscious of their bodies after childbirth. Or maybe they let themselves go because they spent all their time and efforts on their kids. This is very common.

The first thing you should do is make plans to get out of the maternity dresses and other over-sized clothes. Buy a dress a size smaller than you are now. Exercise and watch your diet till you can fit comfortably into that dress. After that, get a dress another size smaller. Keep doing this till you reach your desired weight.

You need something to work towards. If you don't know where you're going, you're not going to get there. In the end, it's the small sacrifices, determination to stick to the plan and the patience to wait till you see results and they will come.

Finally, always bear in mind that you're a woman. Your body is totally different from that of a man. Use programs such as [The Beta Switch](#), which are designed only for women, go on a proper diet program that is suitable for women and be patient. It may take longer, but you will get the body your heart desires if you follow the plan and stay the course.

Want More Tips?

[3 Female Fat Elimination Tricks](#)