

Obesity is one of the health problems that many people suffer from around the world, which makes weight loss necessary to be able to carry out our daily activities normally and safely in the long term. Therefore, a person seeks to lose weight in two concomitant ways, the first way is to organize his food, reduce quantities and improve the types of foods he eats, and the second way is to make physical effort and do sports activities that help him get rid of excess weight.

The main factor in the process of losing weight is the real will of the person, then the second factor is choosing an appropriate diet with which he does not feel deprived of what he desires, and the third factor is patience, as a person should not expect a quick response from his body, as the matter takes weeks and perhaps some months. Until he notices real changes in his weight, if he succeeds in this, he will have obtained a lighter and more agile body, so he will increase his self-confidence and avoid many diseases and risks that he may be exposed to with excess weight.

A person must first realize the dangers of excess weight and its negative effects on health in order to make the decision to get rid of it. He may start by cutting out junk food first, which is a very good step in the beginning, then other steps such as exercising or eating a better diet can be taken by a nutritionist.