

File Created by [Blogging Rebirth](#) WP Plugin

Weight Loss And Age

As you get older, your metabolism starts to slow down. This is why people who are older often complain that they have a harder time trying to lose weight than younger people.

Older people have to accept the fact that they are not going to have the body that they did when they were 20. They will probably be a little softer when it comes to their weight. But that does not give them carte blanche to blow up like a balloon.

In order to learn what your ideal weight is, you need to figure in your age as well as your height and bone structure. You can look on any chart at the doctor's office to see that your age correlates to your ideal weight, as does your sex.

As you get older, because your metabolism is slowing down, you will need less food. One mistake that people make when they age is that they continue to consume the same amount of calories that they did when they were younger. You need to have more exercise and less food when you get older in order to stay in shape.

If you have children, it can be more difficult to keep the weight off the older you are when you give birth. It is much harder for a woman of 35 to lose weight than a woman of 25. You have to work extra hard because the metabolism does tend to slow down as we age.

The methods used in this book to lose 10 pounds in 10 days are made for someone who is over the age of 40. Those who are younger and have a higher metabolism, may lose more than 10 pounds in 10 days by following the tips of this book. If you are reading this and thinking that you cannot lose the weight because you are older - think again. If I can do it, you can too. I know plenty of people who have tried this type of lifestyle change (I do not like to call it a diet) and have lost weight. Whether you have 10 pounds to lose or need to lose a lot more weight, this diet will work well for you, regardless of your age.

What Is Your Ideal Weight?

Do you know what your ideal weight is? You can find out how much you should weigh for your height, age and sex based on a chart. There are charts online that you can use to determine your ideal weight.

It is important for anyone who is trying to lose weight to determine their ideal weight because people often have a distorted view of what they should weigh. If your clothes are tight and want to drop 10 pounds, then you can do so easily in 10 days using the tips in this book. If you are overweight and need to know how much you need to lose to get to your ideal weight, then you can figure out how much weight you need to lose to get to your goal.

If you join programs such as Jenny Craig or Weight Watchers, you have to keep in mind that their goal is to make money. Both of these organizations provide counseling and Jenny Craig provides food that you eat. But both of them are businesses. They will tell you that you should lose 2 pounds a week. This keeps you coming back to them for longer than you need.

The information that is in this book combines the basic concept of Weight Watchers (a very good diet plan that makes sense) with diet recommendations as well as eating and exercise tips. The goal of this book is to help you lose 10 pounds in 10 days, but you can continue to follow the tips to lose more weight if you need to do so.

If you set a goal aside for yourself every week and weigh yourself once a week, you will reach your ultimate goal. One of the biggest mistakes a dieter makes is getting discouraged and giving up on the whole concept of losing weight. This often happens when someone reaches a plateau and cannot lose any more weight. What you need to do then is to change around your diet and try something new in order to lose weight. You should not get discouraged as you will be able to lose the weight that you want and keep it off if you simply follow the instructions in this book.

Understanding your ideal weight for you will help you feel more confident in your weight loss goals. If you have a lot of weight to lose, this book will help you jump start your diet and also give you the directions that you need to take off the rest of the weight. You should not get discouraged if you cheat on your diet or gain a pound. Simply

push that into the past where it belongs and forge ahead when trying to achieve your ideal weight.

You can also find this article published on [Weight Loss And Age](#)