

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

# **Is It Possible To Lose 10 Pounds In A Week**

It is possible to lose 10 pounds in a week. Just look at the contestants on Biggest Loser, they do that on a regular basis. Unfortunately, few people can afford to take three months off work in order to diet and engage in intense training every day for 8-10 hours. So while it's possible to lose 10 pounds in a week, it isn't possible long term. As with any diet, some weeks you will lose more weight than others. But if you want to lose 10 pounds in a week you need to do more than find the right weight loss plan. Many dieters make this mistake. They modify their eating habits but they still don't lose weight. Alternatively, if they do lose weight, they regain it soon afterward stopping dieting.

Whether your goal is to lose 10 lbs once (e.g. for a special event) or repeatedly until you reach your goal weight, an appropriate weight loss plan will include healthy eating habits, regular exercise and sufficient sleep.

Sleep is an aspect of weight loss that is rarely addressed. However, scientific research indicates that it is just as important as regular exercise. Researchers have discovered that if insufficient sleep is received, the body starts producing two hormones that trigger appetite. These hormones can cause us overeat and to crave foods that are rich in carbohydrates and fat which in turn causes weight gain. So the next time you start craving sweet or fatty foods, maybe you should examine the amount of sleep you are receiving. On average you should be receiving approximately 8 hours sleep each night. While this is not always possible, you should make every attempt to get as much sleep as possible every night.

In regard to eating habits, the most effective way to lose 10 pounds in a week is to significantly reduce carbohydrate consumption. This means all foods that are high in sugar and starch including, potato, rice, pasta, bread, products made with flour, sweet snacks, cakes etc. These are the main source of carbohydrates which provide the primary source of energy for your body. Too much carbohydrate allows sugar, protein and fat not required for energy to be converted to fat stores in the body. You can safely reduce your carbohydrate consumption by up to 65% but if you consume much less than that you may experience dizziness, fainting and food cravings.

It should be noted that whole grain (brown) rice, whole grain pasta and whole grain or multi grain bread are significantly healthier than processed white varieties. This is because the husk of the grain has been included. The benefits of whole grains include;

- They are harder for the body to digest.
- They cause your body to burn more calories in the digestion process.
- They provide fiber to keep the digestive system functioning properly.
- They are low GL (glycemic load) which means they don't cause blood sugar levels to spike.
- They provide lasting energy rather than a sudden surge of energy that dissipates rapidly.
- They satisfy your hunger for longer which helps reduce the incidence of overeating.

Here is a quick table to indicate the glycemic load of processed grains compared to whole grains. The figures apply to portion sizes of one cup of rice/pasta or one slice of bread.

Have you ever noticed that you lose the most weight in the first week of a diet? The reason for this is that during this time your body disposes of excess fluid that has been retained. This means that the easiest way to lose 10 lbs in a week is to flush out any excess fluid in your system by eating healthy, low-fat foods and avoiding junk food, sugar, foods that are high in carbohydrates and most of all, foods that are high in sodium (salt). Salt is the primary cause of most fluid retention.

With a good weight loss plan you will gain rapid results. The first weight lost is the fluid your body has retained. This rapid weight loss is encouraging, but it is not fat loss. That comes next. So don't get discouraged if your weight loss slows down after the first week.

It is important that your weight loss plan incorporates regular exercise, the recommended amount of exercise is 30 minutes for three or four days per week. Of course, if you want to lose 10 pounds in a week then you should probably exercise for at least two, 30 minute blocks every day. Simply eating right won't cause you to lose 10 lbs in a week. Scientists have calculated that it takes 3,500 calories to make one pound of fat. So 10 pounds of fat equals 35,000 calories. There is no way you could burn that amount of fat in one week without exercising 8-10 hours per day and maintaining a calorie intake of 1000 per day (average calorie consumption is 2,500 per day). It takes a combination of exercise, healthy nutrition, and restful sleep.

In Summary:

1. Practice healthy eating habits: Reduce carbohydrate, sugar (pure carbohydrate) and sodium consumption.
2. Exercise regularly: Exercise at least 30 minutes every second day. To maximize weight loss exercise 30 minutes twice a day.
3. Sufficient Sleep: Try to get at least 8 hours of sleep per night to reduce creation of appetite inducing hormones

Follow these tips and you should be well on your way to lose 10 pounds in a week.

You can also find this article published on [Is It Possible To Lose 10 Pounds In A Week](#)