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Wii Weight Loss Plans Make Exercise Fun

Wii weight loss plans are becoming extremely popular as a workout alternative. It's an excellent way to engage in an exercise program in the comfort of your own home. If you are the self-conscious type you won't have to face the intimidation of the gym but can still exercise in a wide variety of ways. And the best thing is, having a Wii weight loss plan allows you to involve the whole family. To successfully reach your weight loss goals, you need exercise that you can enjoy rather than finding it a drag. If you don't enjoy your exercise you're not likely to persist with it.

Most personal trainers recommend a minimum of 30 minutes of cardio exercise every two days (3 times a week) for people who want to maintain weight and fitness levels. Those who want to lose weight should aim for 30 minutes of cardio per day if possible. For those starting out and those who have physical limitations (whether through illness or poor fitness levels) Wii fitness programs provide an excellent option.

Wii games can be customized to your fitness level and you can even track your progress. You actually get to see evidence of increased fitness and a leaner and more toned body over time. Just being able to observe tangible results helps keep most people motivated and focused on their workouts.

Some of the Wii fitness games available include:

- Wii Biggest loser
- Wii Sports
- Wii Sports Plus
- Wii Water Sports
- Wii Sports Resort
- Wii Fit
- Wii Fitness Ultimatum (with Gillian Michaels)
- Wii Dance Party

Using a Wii fit program to improve fitness is a great help, but remember, exercise is only one element of fitness. It is also necessary to address your diet to optimize your weight loss efforts. It may surprise you to know that this doesn't necessarily mean cutting back the amount you eat, it can mean that but for many this is only part of the story.

When you eat the correct portion size of the right foods as frequently as you should you may initially find it difficult to fit it all in. A healthy diet allows you to eat all the food you need without feeling hungry. It's about eating the right types of food at the right times to nourish your body and maintain your metabolism at peak levels. It is recommended that we eat 5 or 6 small meals per day, three main meals and the rest snacks like a piece of fruit or a small can of tuna or salmon. Avoid eating large amounts in the evening as your metabolism naturally slows at that time, better to have a generous lunch and a light dinner. It is important to maintain the right balance of foods, a balance of 50% carbs, 30% fat and 20% protein is generally recommended. If you follow this you will discover that you aren't hungry and your energy levels will skyrocket.

Adequate hydration is also crucial to losing weight. When we become dehydrated our body ceases to function at optimal levels - our metabolism slows down and our body starts retaining toxins and fluid (since it doesn't want to release what fluid it has). Ensure that you drink plenty of water to avoid this. The recommended daily water intake is 8 glasses.

When it comes to losing weight it's important to remember the three pronged approach: eat right, drink enough, and get lots of exercise. If you do these three things consistently you are guaranteed to lose weight. So if you want to make weight loss fun try incorporating a wii weight loss plan for your exercise so you don't get bored.

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pages [Weight Loss Exercises](#).