

Published based on [An Outline to "Weight Loss Program "](#)

An Outline to "Weight Loss Program "

The idea behind the program is to be able for you to develop a consistent approach to weight loss as well as a healthy endurance when exercising. The program's objective is to get rid of the excesses in your body, the excess fat. Not the healthy and lean muscle tissues and body fluids.

The program first requires your focus and dedication, so therefore you need to be prepared in both mind and – of course – body. It is highly advised that you first visit your doctor for a check-up before embarking on any weight loss program.

It is important that when starting on any weight loss program, one should be positive enough to work for the results. Some people get impatient easily but long term effects are assured as long as one sticks to the weight loss plan at hand.

Stretch, stretch and stretch some more. Before actually doing those exercises and working out those muscles, a little stretching is needed in order to avoid any injury or soreness in your body.

It is also not advisable for anyone to try so much hard. Everything should be done in moderation. Find the level of exercise and training that suits you. It should be enough for you to be comfortable in, but not too convenient that it will not be much of a challenge.

The first week

The first day of the program involves a long and steady walk in a little over twenty minutes. After the walk, follow it up with a good stretch. This takes so little of your time for the first day. In less than an hour, you have taken that first step to a weight loss program that could work to your benefit.

By the second day, it is good to focus on an upper body workout. This maintains your strength to be able to go through the whole program for the week. On the third day, a brisk walk or jog for ten minutes is in order. For beginners, a lower body work out should be done in the evening.

In the fourth day, a good rest is in order, as well as a good stretch. This lag time should be used wisely though to sort out any negatives in your mindset. The fifth day starts with a good ten minute walk. Exercise the lower body in four sessions of workouts, follow this up with another ten minute walk, and another four sessions of lower body workout.

The sixth day should be spent on a low impact exercise such as swimming. To avoid boredom, do not be afraid to try something new. The last day of the week is a time to solicit the support of the people you care about. Spend time with them or get them to be with you in your long walk. Again, follow up your walk with a light upper body workout. This information about Weight Loss Program I got from one my friend, who is working for Vision Infonet which is the leading provider of [Medical Transcription](#), [Medical Billing](#), and [Electronic Medical Records](#).

This is just the beginning though. If by this first week you are able to stick to the program, you have a great chance to further boost your weight loss and stay with the plan until you achieve your desired result. Try as much as possible to be unlike the people, who give up easily just because they could not see the result they want at the time they want – like this moment, today, now! Patience is a virtue. The same way, it took your body time to gain all that weight and think about it as the time your body will have to exert just to get rid of it.