

# Essential reading for those beginning any weight loss program.

Essential reading for those beginning any weight loss program. I have information that can save you the time and frustration that I've witnessed in many of those beginning virtually any weight loss program or diet system around. First, you have to determine what your goal is. Being specific will help you focus and achieve your desired results faster.

Okay, since you're obviously reading this, I know that your goal is weight loss. However, we have to take a deeper assessment:

What is your occupation? (It may seem like an odd question, but someone whose occupation involves prolonged sitting or repetitious bending and lifting will have different approaches towards their goal.)

How much are you looking to lose?

Do you know what your current body fat percentage is?

What is your current fitness level?

Do you have a past medical history that should be considered before starting a weight loss program?

What is your current knowledge of proper exercise?

Are you mentally prepared and excited to start a weight loss program?

How much time can you allot for exercising per week?

These are the questions that must be answered before beginning any weight loss program to increase your odds of success.

## Prepare Your Body For Exercise

Prepare your body for exercise? That's right. Probably the biggest mistake I see with newbies is that they jump right into an exercise program with full effort like they've been

working out for years!

Their enthusiasm is high and they push hard for each rep. [The exact opposite can also be true. Less motivation and minimal effort in attempting to discover and execute the proper form for exercises.]

What you have to remember is that if you're just beginning a weight loss program (or re-starting a weight loss program) it's very likely that you're coming off weeks, months or even years of physical inactivity in relation to specific resistance training and/or body conditioning. You shouldn't automatically follow a program blindly without taking the proper steps to prepare your body for exercise