

Chinese New Year has just passed by and hopefully everyone has a wonderful holiday. However, after the consumption of all those fattening food, many of us might have experienced some weight gaining. Therefore, it is time to pay attention to our diet and begin our New Year Diet Resolution. Nevertheless, a lot of women have the same diet resolution each year because they cannot stick to their diet plan for too long or they do not have strict diet plans/goals. Diet resolutions can never succeed if they are not well-planned and have specific guidelines. Hopefully after reading this article, people will be able to have clear diet resolution goals so that they can reduce excessive fat in the body.

A successful diet plan does not only last for a short period of time; instead, it will last for a life time. For example, when one successfully completes his or her weight-losing diet plan, one cannot just goes back to his or her past poor diet pattern. It's not hard to lose weight, but it's hard not to gain the weight back. Therefore, clear guidelines and goals, including changes in lifestyle, diet and exercise habits must be set out.

Specific and clear guidelines must be stated out for successfully diet plan; for exercising goal, we can try aiming to have at least 30 minutes of aerobic exercising daily, such as brisk walking, cycling, swimming or marching. For lifestyle change goal, we can try increasing our daily activity level, for instance, we can walk more rather than taking public transportation. For diet change goal, we can try controlling our oil usage by limiting to one teaspoon of oil per meal and increasing our vegetable and fruit intake. Also, we can have eight glasses of water daily in order to help us to excrete excessive salt or toxic out of our body.

Actually, rather we need to go on diet is not judged by our physical appearance. Some people have larger bone structure, while others have smaller. Therefore, it is advised to consult with a nutritionist when in doubt. People with higher body weight will require going on diet for a longer period of time; therefore, it is important to set out achievable and short-term goals. When the goals are reached, reward should be given in order to maintain the positive motivation for the progress.

A lot of dieting methods help people to lose several pounds in a few days; however, short-term dieting methods can only help people to lose water but not fat in the body. Also, a proper dieting method is not to starve people; instead, it should make people not feeling hungry so they will not consume unhealthy snacks. In order to become fit or have effective weight-losing result, people need to make changes in their lifestyle habits, as well as their dieting pattern.