

Top Reasons To Quit Dieting Forever

Ever wonder why it's nearly impossible to stay on a diet and lose weight? There are many reasons diets don't work and even more reasons to give up dieting forever and get on with your life. If you've tried more diets than you remember, it's time to give it up once and for all and reach your goals the old fashioned way: with a little exercise and some small changes

Diets Don't Work

The problem with most diets is they're too specific to fit our lives. They tell you what to eat and how much, but don't take into account individual preferences, lifestyle, time constraints and likes and dislikes. Plus, they throw so much change at us that they're nearly impossible to follow for a long period of time. Remember that weight loss is a lifetime thing.

Diets Are Ridiculous

Fad diets, such as the Cabbage Diet or the Hollywood Diet, use semi-starvation methods to promote weight loss which, if you didn't already know, is completely ridiculous. And it's bad for you too. Diets that restrict one or more of the food groups should top your list of diets to avoid since you'll be missing out on important nutrients and your weight loss will be temporary. Why waste your time?

Diets Are Unhealthy

Okay, not all diets are unhealthy but some of the most popular diets out there, such as low-carb diets, urge us to cut out some important components. Scientists love to confuse us with conflicting studies about whether these diets are safe, but you don't need an expert to figure out that you need carbs, protein AND fat to be healthy. Plus, if a diet is too restrictive, you won't follow it.

Diets Require Lots of Work

Most of us are busy and don't have time for the careful shopping, cooking and calorie-counting many diets require. If a diet calls for all kinds of things you don't have time for, how long do you think you'll be able to follow it? You can lose weight without counting calories by simply choosing lower calorie foods (an apple instead of a donut) and squeezing in a little exercise. Easy, no?

Diets Make You Feel Like a Failure

Many diets are so restrictive and complicated, you're almost guaranteed to fail. It helps to understand that tackling everything at once and changing your eating habits overnight will not work. In fact, you're sure to fail if that's the approach you take and it's not because you're a loser, either. Make small changes and take your time with weight loss. Give yourself time to change bad habits. [\(see transitioning\)](#)

Diets Zap Your Pocketbook

Diets are big business. Remember, the people who sell diet books have an agenda--to take your money and buy themselves a million-dollar mansion in Beverly Hills. Is anyone more interested in your health and happiness than you? No. So be skeptical of the infomercials and diet books out there. The 'diet gurus' don't always have your best interests at heart.

Diets Are Temporary

Lifetime health and fitness ain't an option with dieting. As mentioned above, even if you DO manage to follow a diet, you'll almost always give up on it when those cravings hit (and they will if you're restricting your food too much). This means you'll end up losing weight and gaining it right back which is a complete waste of your time. Don't you have better things to do?

Diets Sap Your Energy

The reason you lose weight on diets is because you drastically reduce your calorie intake. You may think this is good, but too little food means fatigue, low energy and it can even stall weight loss. Your body needs fuel for weight loss and if you don't get enough, your body will hoard every fat cell it can. Eat several small meals a day to stay satisfied and energetic.

Diets Aren't the Answer

We've said it before and it bears repeating: Making small changes in your diet every day is the

easiest way to successfully change bad eating habits. Focusing on one thing at a time, one day at a time, will ease the pressure and allow you to ease your way into a new healthy lifestyle.

Copyright © 2003 **SnyderHealth.com** All rights reserved.