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## Can anyone suggest any proven ways for weight loss

Posted by Darsy - 2008/06/05 12:17

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Hi everyone, I have been really obsessed with my weight problem. I am a 33 year old female and have gained 90lbs which makes the count to 210. I recently took out some of my summer clothes and they don't fit me anymore!!! This is a real tragedy for me. How can I not wear the ones I adore...moreover the new look is getting me mad (with the comments from my friends). I know quite a few ways to start losing weight??.but I don't really feel that, with so many people failing using these methods that I will make it through. Does anyone know a proven way to reduce the weight?

Please help me?..this is killing me!!!

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## Re:Can anyone suggest any proven ways for weight l

Posted by Switlana - 2008/06/06 11:05

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Don't be sad. It's just a common problem and the solution is a simple one. You should not take this as a disease, but rather a challenge that you can and will overcome. There are many ways to get about it??.but its just as you said?..the failures are counted more than the success. My friend was in the same situation and she was really frustrated after putting on the weight again. She finally came across a weight loss system that not only gave her a reason to smile but did the magic work that she wanted to get done. I would advise you to give it a try?.as it can be a turning point to your life.

All the Best!!!!

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## Re:Can anyone suggest any proven ways for weight l

Posted by enoxii - 2008/08/23 15:30

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be careful about what you eat, eat several small meals a day & exercise for 45 minutes to an hour a day. by exercise, i don't mean do 20 minutes of aerobics & call it a quits.. that's a good warm up. lol i'd recommend doing 15 minutes of stretching, 15 minutes of cardio (can be aerobics/dancing/etc) & then lift some weights.. don't rest more than 1 minute between any of those activities or between sets. 1 minute & that's it. i'm not saying that the weights have to be 50 pound dumbbells, but by lifting weights, you can sculpt & shape your body however you want.. you also strengthen your bones, muscles & joints. lifting weights also burns more fat than just aerobics alone. by lifting, you can give yourself some nice, toned arms & legs, too!

~ don't lift weights or use stomach crunching machines that have weights on them, because that will make your stomach poof out, like a bodybuilder's (just like if you do bicep curls, your bicep gets bigger & poofs out).. for your stomach, suck in your gut as far as you can (but still breathe) & do as many crunches as you can.. my personal trainer used to have me do crunches til i felt like i wanted to puke (but he practiced what he preached). then you take a day off & do it again. be sure to work out the side stomach muscles (obliques), too!

and there ya go. that's a guaranteed way to shed pounds. :) heck, i bet even walking your dog (if you have one), would be a good starting point. :) turbo jam, sweat into the oldies, walk away the pounds, bodies in motion (i love gilad lol).. watch the fitness channel & exercise with those people.. personally, i like gilad (his accent makes me laugh lol).. i also like that guy that does the ball exercises.. i feel like such a dork bouncing around on that big ol' ball, but it's so fun!! surely you could find something that worked for you on the fitness channel. :) oh, i also like the belly dancing stuff.. if you have netflix, you could just rent some exercise dvd's & see what you liked that way, too. :)

have a good one!!!

~ Candy

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## Re:Can anyone suggest any proven ways for weight l

Posted by SeoulKiwi - 2008/09/22 16:29

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How are you getting on now?

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## Re:Can anyone suggest any proven ways for weight loss

Posted by thalz - 2011/09/19 12:24

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Do you know the online game buy tera gold? If you play the game tera gold. You need a lot of tera gold.

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