

[WHAT TO DO IF YOU WANT TO LOSE WEIGHT](#)



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Do this instead: Embrace the truth that weight loss is hard, but don't let the difficulty of the process deter you. If you want to lose weight, you can. But it will be uncomfortable. Celebrate small accomplishments to stay focused along the way.

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Remember that if you do fast, you'll still need to change your eating habits once your fast ends. No matter how you kick-start your weight loss, the best way to keep it off is with long-lasting lifestyle changes, like a healthy eating plan and physical activity.

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But some foods really do deserve the axe especially if you are trying to look and feel your best regardless of how much weight you want to lose.

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