

Weight Loss Goals – Real Struggle: Present Trends and Strategies

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Every person in the society whether a politician, or a businessman, or any other professional needs nutritious food and good health. The ultimate goal of weight loss should always be wellness but not sickness. From the past few decades, many developments have been made in the wellness industry starting from basic therapies to surgical procedures.

Undoubtedly, obesity is a serious concern facing the society today. There are multiple causes for obesity. However, it is difficult to specify any single cause. There is no magic pill or quick fix to manage obesity. But there are only few are very effective treatments. Saddest part is that people who lose weight do not maintain it and regain the same within no time. Ideally, the goal of losing weight should not only be the physical wellbeing, but also be overall wellness of the individual. Ironically, most of the times obesity treatments are taken up by family members, friends, acquaintances and persons who are not authorised. Fake promises, fake treatments, fad diets that are commercially popular in the market have shadowed the scientific, data backed and proven treatment approaches.

It is not a single formula or strategy but a holistic approach. First step in this direction is self-discipline, self-determination and having a realistic weight loss goal. Most of the times, people do not realize the importance of maintaining the weight until the damage is done. Usually, people start with surfing the net, or discussing with friends or peer groups before selecting a strategy that is very comfortable to them. This very approach or mindset needs to change.

The first step or the strategy in weight loss should be identification of the underlying cause. The root cause for modern diseases like obesity, diabetes, anxiety, depression, auto immune disorders, cancer, etc. One needs to do self-analysis before starting to lose weight. From past how many years experiencing overweight and obesity, Rate of increase /month/year. Suffering with any associated problem hypothyroid, PCOS, Family history, dietary habits, stress handling ability.

Goal Setting: One needs to assess the excess weight according to the BMI range. Accordingly, they have to plan the excess weight that has to be shed. It is always important to keep realistic and achievable weight loss goals.

Expert Interaction: Instead of following a diet plan suggested by a friend, colleague, family members, etc it is better to seek the advice of a wellness coach, doctor, nutritionist, fitness expert, etc. Sometimes, one may even need to see a psychologist to address few psychological and emotional imbalances which directly or indirectly leads to poor dietary habits leading to overweight and obesity related issues. One should never be hesitant to discuss the issues or problems or get bogged down by hardships that may come in the journey of weight loss. The challenges can be in the form of adopting a new diet plan, hectic physical

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