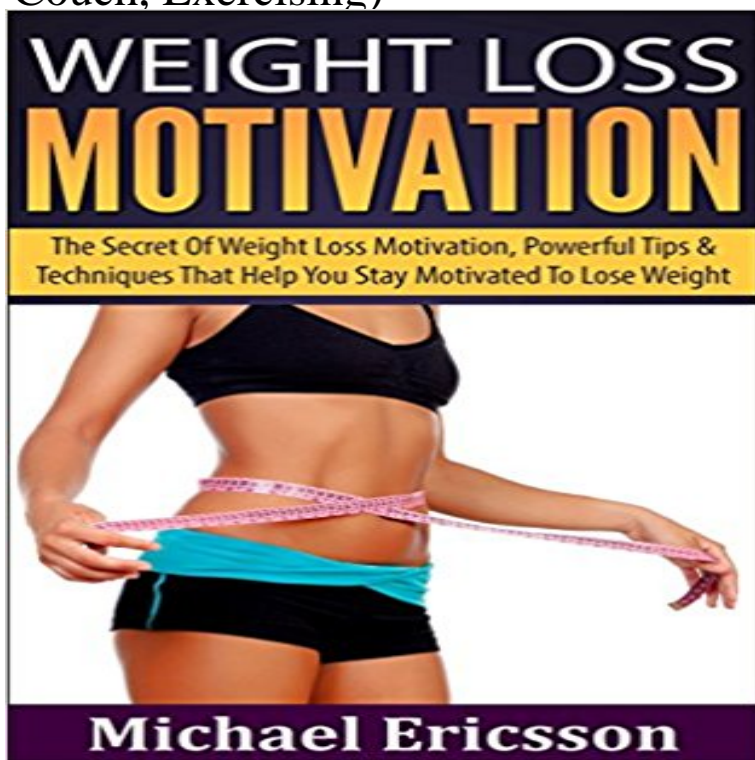


WEIGHT LOSS MOTIVATION: The Secret Of Weight Loss Motivation, Powerful Tips & Techniques That Help You Stay Motivated To Lose Weight (Weight Loss, Exercise, ... Motivation, Get Off the Couch, Exercising)



Weight Loss Motivation - The Secret Of Weight Loss Motivation, Powerful Tips & Techniques That Help You Stay Motivated To Lose Weight Today only, get Weight Loss Motivation - The Secret Of Weight Loss Motivation, Powerful Tips & Techniques That Help You Stay Motivated To Lose Weight This book contains proven steps and strategies on how to motivate yourself to lose weight. This book talks about how you can successfully lose weight for life. It is about motivation and your personal reason for losing weight. This is where you get to read on how to go on despite the demotivation. Here Is A Preview Of What Youll Learn... About Losing Weight What Motivates You? What Demotivates You? What To Do To Keep Yourself Going Reaching Your Weight Loss Goals Much, much more! About Losing Weight Men and women are now more conscious in keeping fit and being fit for them is being on the right weight for their height and age. Many of the overweight population would want to lose weight because of their own personal reasons. What are the reasons behind these people wanting to lose weight? Here are some of the reasons why overweight people would want to reduce their weight. Health One of the many reasons why people would want to lose weight is for their health. As we all know, being overweight and obese bring about a lot of illnesses and some of which are fatal. Some of the diseases that are caused by being overweight and obese are heart problems, cancer, diabetes and many more. However, it is never too late to get back in shape and live a healthier life. As health is one of the reasons why people should lose weight, then let us see why this is so. Here are some of the medical conditions that being overweight or obese may result to. Diabetes Being obese and overweight may lead to have diabetes in the long run. If one is at the stage where blood sugar levels are

elevated, but not as high to be diagnosed as such, then losing weight can delay the process to be diagnosed as diabetic. If the person is already diabetic, then one management of such a disease is losing weight. Watch your weight and keep yourself away from diabetes and its complications.

Cardiovascular Problems
The effects of excess fats in our body lead to accumulation of plaque in our arteries that in turn increase our blood pressure and thus affect our heart and other organs in our body. Researches have revealed that the effects of weight loss are beneficial to keep excess fats away from our body and give us a healthier cardiovascular system.

Cancer
Studies done have proven the connection of being overweight to cancer. The study also showed that changes in the diet not only helps in weight loss, but also decreases the chances of developing certain forms of cancers.

Osteoarthritis
This is another health risk that affects the hips, lower back and the knees. Weighing more than our ideal weight may put pressure on these areas that may cause tearing or slip disks and thus cause pain.

Sleep Apnea
It is the pauses of breath while you sleep at night. This may be caused by the fats stored in the neck area and thus narrowing the airway.

Obesity Hypoventilation Syndrome- this is a breathing disorder among obese people that causes hypoventilation and hypoxemia. This breathing pattern may cause serious illness or even death.

Reproductive Health Problems
Obesity is seen to cause infertility in women. This may also cause pregnancy related problems such as gestational diabetes, pre-eclampsia and sometimes may result in birth defects.

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