

# 4 Things

...you should (and should not) do to lose weight.

Statistics show that 95% of people who do manage to lose weight regain it – at times more than what they had lost – just within a few months. So why is it that 95% people fail diets?

It's actually the other way around. 95% of diets fail people. The problem is in those diets that we often look out for in search of weight loss. Here are

the 4 things you should NOT do to lose weight:

**1. Do not follow diets** The problem with diets is that they ask you to eat only one thing or totally avoid some other thing. Once you get on a diet, you start looking at food in isolation v/s eating wholesome. For e.g: A Keto diet that asks

you to eat protein and fats but no carbs i.e. no *roti*, thepla, rice, *bhakri* etc. In the science of biochemistry, it is often repeated that “fats burn in the flame of carbohydrates” which means that fats are burnt or utilised for energy in the presence of carbohydrates. So, for fat loss, carbs are extremely important.





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Hence, rather than hopping onto a diet, make a pledge to follow a wholesome meal pattern that not only allows you to eat carbs, proteins and fats but also takes account of real life situations like festivals, travels, everyday stresses, work commitments and so on. Because only then your diet becomes sustainable and you lose weight so that it does not come back.

**2. Do not practise inconsistency** Bruce Lee said, “It is not about practising 10,000 kinds of kicks, but it is about that one kick practiced 10,000 times.”

We often run from one diet to the other, one exercise to the other, we read about some new superfood, some new workout and we just jump on it, only till the time we discover something new again. Fitness rather is a compounding effect of eating and exercising right

every single day. It’s an ongoing process and you need to work on it consistently. The best of superfoods and exercises in the world will give zero results if you stay inconsistent.

**3. Do not stand on a weighing scale** Firstly, your body weight is not an indicator of your fitness. You may weigh more according to the standard height-weight chart but still be light on your feet, energetic, disease-free and certainly not living on medicines. On the other hand, you may be skinny but have health issues. In short, your metabolic health, is NOT a function of your body weight. Just like a school report card only reflects a number and not the overall learning of a student, a weighing scale only reflects a number and not the overall well-being of a person. So, instead of obsessing over a number on the scale, focus on getting stronger, fitter and healthier.

**4. Do not overlook the importance of sleep** The modern curse of not getting sleep these days has a lot to do with the gadgets you use. The light that the screens of your phones and TV in your bedroom emit delays the release of a hormone that induces sleep called melatonin, and increases alertness. Not getting enough sleep impairs metabolism and disrupts hormone levels so much that a study led by scientists at the University of Chicago termed sleep deprivation as “the royal route to obesity.” So, switch off all the gadgets at least an hour before you go to sleep or still better, just keep it out of your bedroom.



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