

Weight Loss Before And After-Tips To Help Stay Motivated

One of the best ways to measure your success is to take weight loss before and after pictures. You will be able to see the progress you have made by looking at and even displaying the pictures while you are still losing.

Stagger your before and after pictures. Do one at the beginning and then one after a month or two, and then six months. Keep them where you can see them so you stay motivated and inspired.

Other ways to stay motivated and inspired can very well come from other people's weight loss before and after stories. Some of these stories can be quite amazing and the amounts of weight some people have lost is absolutely unbelievable. Losing one hundred pounds or more is not ever easy but it is considered quite the feat. Almost super-human actually. To lose as much weight as a normal person usually weighs is incredible.

Many people have followed the story of the world's heaviest man since 2006. Manuel Uribe once weighed 1320 pounds at his heaviest and could not walk. He was bedridden. Since starting the Zone Diet he has lost 592 pounds. He has only one goal and that is to walk again.

He married in 2008 is continuing to lose the weight. He is not completely bedridden anymore but still cannot walk and has had a vehicle outfitted so he can ride around town with his wife. He has plans to lose another 500 pounds before he is through. This is the most inspiring story I have ever read myself and have decided to do all I can to lose the little bit of weight I need to lose to be healthy.

Obviously, there are thousands, if not millions, of other before and after stories to be found on the internet. Whether they have lost the weight naturally or have had some type of weight loss surgery it doesn't matter the stories go on and on.

If you are struggling with your own weight then some of these stories will help you see that it is possible and maybe give you some inspiration to get going and have your own story to publish on the internet. Who knows, maybe there is someone out there waiting for your story to inspire them. Losing the weight and sharing your story can be so liberating. Your confidence will soar and so will the love you have for yourself and every other living thing on the planet. You will feel like you could accomplish anything.

If you have been battling your weight for a long time you may also want to get the help of a counselor to help you with any self-esteem issues you may have that cause you to overeat. To be successful with weight loss and then to be able to keep it off you may need to learn to change your relationship with food not just in the short term but in the long run, as well. This will almost ensure you have the weight loss before and after you deserve.