



# Fast Weight Loss - How Can I Lose Weight Fast?

Inland Empire Boot Camp, February 10, 2006

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*Is fast weight loss possible? Http://www.BootCampinCalifornia.com owners Tony & Molli Rathstone say, probably not at the rate that everyone would wish. Fast weight loss means losing weight at any cost. At most 1-2 pounds a week of Fat loss is optimal for the human body.*

PR9.NET February 10, 2006 - Rancho Cucamonga, Ca - Is fast weight loss possible? Http://www.BootCampinCalifornia.com owners Tony & Molli Rathstone say, probably not at the rate that everyone would wish. Fast weight loss means losing weight at any cost. At most 1-2 pounds a week of Fat loss is optimal for the human body.

Tony & Molli say, any program that promotes losing 30 pounds in 30 days is simply impossible to do in a safe, permanent and healthy manner. These programs rely on lost water weight which will be regained immediately once one's normal diet resumes.

Next time you watch a commercial for pills like Jenny Craig or Nutri System, keep your eyes on the bottom of the TV screen for the fine print that reads something like, "Results not typical."

How to Lose Fat the Permanent Way:

Http://www.BootCampinCalifornia.com state: the ideal path for Fat loss includes a diet where you are reducing your usual daily caloric intake by 500 calories and attempting to burn off 500 calories by exercising. With diet alone, it's possible to lose a pound of fat a week just by removing a mere 500 excess calories and when you add in exercise up to 2 pounds of fat per week.

So instead of drinking a couple of big gulp sodas a day and a brownie after lunch, have water instead and skip dessert. Now, couple this idea with smaller portions of lean protein and complex carbohydrates and more frequent meals so your body has a continual fuel source instead of sugar and your body might decide to burn some of the fat off of your body since it doesn't need it.

This style of eating and exercise will raise your metabolism and maximize the body's calorie burning potential.

Remember to exercise, 5 to 6 times per week for best results, blending the right amount of aerobic, anaerobic weight resistance training to your program.

Molli & Tony Rathstone of Http://www.BootCampinCalifornia.com are available for candid and informative interviews on health and fitness.

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