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How to lose weight fast on the banting diet

Is exercise necessary for weight loss? Or can you just cut cal's to drop lbs? Is there really any need to get super sweaty and worked up?We lift the lid on how diet, exercise, and weight loss work in tandem.Yep. You can lose weight without exercising or increasing the amount of physical activity you do — as long as you burn more calories than you take in.Plenty of factors contribute to weight gain. But the main causes typically involve consuming too many calories and not getting enough physical activity. Creating a calorie deficit encourages weight loss. You can create a calorie deficit by reducing your calorie intake, increasing your activity level to burn more calories, or both. However, physical activity and exercise — which are two different things, BTW — do so much more for your health than help you maintain body weight changes. A balanced, healthy lifestyle is the one.Let's compare the research on losing weight through calorie restriction only with the studies on a calorie restriction and exercise combo and see who wins. Rapper to our left, introduce yourself...Diet aloneIt is possible to lose weight through dietary changes alone. To do this, you need to create a calorie deficit, meaning taking in fewer calories than you burn each day.For example: You usually consume 2,500 calories per day and stay in a calorie surplus (you take in more calories than you burn).You reduce your calorie intake by a few hundred calories per day, creating a calorie deficit.Voila! Weight loss (probably). The more calories you cut from your intake, the faster you're likely to lose weight. But cutting calories too drastically is not healthy and won't help you in your quest to maintain and manage your weight long-term. Low and very low calorie diets can cause compensatory changes in your body, including:This makes it harder to maintain weight loss over time. That's why experts recommend making smaller cuts in calorie intake that minimize these side effects while encouraging a more sustainable form of weight loss. Diet plus exerciseSure, you can lose weight without changing your activity levels. But research shows that combining calorie reduction with increased physical activity is more effective than just cutting calories. So put that in your NutriBullet and blitz it.For example, a 2021 study randomized 239 people with higher body weights into four groups:a calorie-restriction-only group that acted as the control groupa group that restricted calorie intake but also did strength traininga group that restricted calorie intake but took part in endurance traininga group that combined calorie restriction, strength training, and endurance training (phew!)All participants followed a diet that created a 25 to 30 percent calorie deficit. They followed this eating plan for 6 months. Peeps in the exercise groups did supervised exercise routines 3 times per week.(Of the 239 who started the study, 180 reached the finish line — weight loss is, somewhat ironically, no picnic.)As expected, all the groups lost similar amounts of weight on the calorie-restricted diet. But after 3 years, most of the groups had gained back most of the weight they'd lost. The only exceptions were in the group who followed the diet and smashed out strength and endurance workouts. They kept off a good amount of the body fat in the long term.And that's what you want, right? Sustainable change and lifestyle choices that last?Plus, even though weight loss was similar among the groups, the exercise groups lost more body fat and maintained their lean mass. The control group lost lean mass. Maintaining lean mass during weight loss is important. Losing muscle can screw with your metabolism, making it harder to maintain your weight. Which... kinda defeats the point.A 2012 study of 399 women after menopause found that those who followed a calorie-restricted diet and took part in an aerobic exercise program lost:8.4 percent more weight than women following exercise-only programs2.3 percent more weight than women following a low calorie dietSo, although it's possible to lose weight through cutting cal's alone, it's more effective if you add in a bit of physical activity for good measure.Interested in losing weight and improving your health? Focus on including more nutritious foods in your diet to promote weight loss. It doesn't have to taste or feel like punishment.Are certain dietary patterns better than others?The most important factor in weight loss is creating a calorie deficit. Period.That means you could technically lose weight on a doughnut-only diet, as long as you stay in a calorie deficit. (Doughnut do that, BTW. We'll keep making bad puns until you stop.)What's the healthiest diet for long-term weight maintenance?Some research suggests that certain diets are more effective than others for long-term weight maintenance and improving other markers of health. The "best" dietary pattern is any healthy eating plan you can stick to long-term. Yes, even when you're on vacation, out to lunch, or enjoying a holiday meal with the fam. You guessed it — flexibility is key.Also, any healthy diet should include lots of whole, nutrient-dense foods, especially fruits and veggies.Shocker: Diets high in produce and whole foods have strong links to healthy body weight and long-term weight maintenance. For example, the Mediterranean diet — one that's full of produce, nuts, seeds, olive oil, fish, and beans — is one of the most effective and sustainable dietary patterns for reducing weight gain, promoting healthy body weight, and reducing chronic disease risk. Bellissimo!Some other dietary patterns, such as vegetarian and low carb diets, can also be effective for weight loss.Disclaimer: Low and very low carb diets tend to lead to rapid weight loss in the short term. But in the long term, their weight loss results are similar to those of other dietary patterns, such as low fat diets.Some diets may also be more appropriate for certain people. For example, a low carb diet may help bring down high blood sugar and triglyceride levels in people with metabolic syndrome.Searching for the best diet for weight loss is like trying to define the best type of hat. Everyone is different, with varying needs, tastes, goals, and health concerns. And tribbles are a terrible idea in both scenarios.Consider what's best for you personally when putting together your weight loss eating plan. Calorie needs are highly individualizedEveryone has different calorie needs. They depend on a whole bunch of factors, including:body sizeactivity levelsageoverall healthIf we were all identical, it would be handy for nutritionists but very, very boring for everyone else.So, randomly following a low calorie diet that you found online may backfire. It might be completely inappropriate for your specific needs. If you include exercise in your program or simply increase your activity levels, you'll likely be able to create a calorie deficit by increasing how much energy you use. This means you don't have to cut as many calories. (Yay!) TBH, working with a qualified healthcare professional who specializes in nutrition (like a registered dietitian) is the best way to create a diet plan that's right for you.They can help you determine your calorie needs and build a healthy, sustainable weight loss plan.So you don't technically *need* to exercise for weight loss. But being active is important for SO many other aspects of health. Plus, it's fun! Physical activity can include gardening or taking your doggo for a walk. What's not to love?Adding exercise to your routine can help:Exercise and physical activity are both super and duper important. Weight loss is just one of the many benefits that come with bumping up the amount of physical activity you do.But balance is always key. Just as too little exercise can negatively affect your health, too much exercise can also be harmful.If you're not very active but want to start adding some joyful movement to your day, start by going for a walk. Walking is mega underrated and safe for exercise newbies. When you're choosing a new activity or workout, make it something you actually enjoy and can see yourself doing for the foreseeable future. Even if that means just going for a daily walk in the afternoons and stretching at night. Moving that bod is what's most important.Sure, you can lose weight through diet alone. But combining a healthy dietary pattern with exercise is usually more effective for burning fat and maintaining muscle mass. The most important factors when creating a diet or workout plan are safety, flexibility, and sustainability. Your diet should fuel your body with enough calories and nutrients to support peak health.And your exercise routine should be hell-a fun and make you feel good about yourself. The weight-loss equation is pretty simple: Eat less, move more, burn all the fat. But frankly, that equation stinks. (In fact, humans are scientifically designed to suck at dieting.) We are always looking for ways to beat the system—we're talking weight loss methods that don't involve counting calories or logging more time at the gym. What can we say? We're not ready to accept that weight loss has to be difficult. And actually, neither is science. There are decades of research devoted to the habits, both the unusual and the everyday, that can aid with weight loss. In other words, scientists understand the struggle and are willing to spend their grant money and lab time to help. So we thank you, science, for discovering the following 13 easy tricks for losing weight without even trying. Scroll through to learn how to lose weight the lazy girl way! This post has been updated by Amanda Montell. Byrdie Serving the same meal on a smaller plate (think eight to 10 inches versus 12) can help you consume less food, with the same amount of satisfaction. Why? It's all an optical illusion. The eyes, not the stomach, count calories. Seeing the white space around your food makes your brain think there's less food compared to the same amount of food on a smaller plate with no extra white space showing. Byrdie Better yet, make your small plate blue. Studies show the color blue has the least appealing contrast to most food, acting as an appetite suppressant. Unless, of course, you're eating a blue food. The same found that people eat more when their plates matched the color of the food on it. Just don't eat your quinoa mac 'n' cheese on an orange plate and you'll be good. Byrdie Eating slowly is probably the simplest trick on this list, and it comes with serious benefits. It takes the brain about 20 minutes to register fullness, so you need to give your body time to get there. One proven way to slow yourself down is to chew each bite more. A study found that participants who chewed each bite 40 times lost 12 percent more fat than participants who only chewed each bite 15 times. Yes, 40 chomps sounds like a lot, but start small (aim for 20) and work your way up to it. Nike Free RN Flyknit Women's Running Shoe \$120 \$100 Shop Light physical activity after a meal stimulates your GLUT4 receptors (they transport glucose), causing your muscles to absorb the glucose you consumed. This prevents spikes in insulin levels, the ones that give you a burst of energy and then leave you drained and hungry shortly thereafter—just another benefit of the 10-minute walk. Emerson You have bad fat (white fat) and you have good fat (brown fat). Brown fat burns energy (aka calories) to keep your body warm. You can activate it and thereby accelerate fat loss by exposing your body to cold temperatures. Take a cold shower, turn the thermostat down, or drink ice water. Most of your brown fat is located on your neck, chest, and upper back, so icing those areas works too. Apple We're all familiar with the virtues of keeping a food journal. But if you've ever tried to keep one, you know it's kind of a lot of work. Good news! A new study found a better way: photo journaling. Taking photos of everything you eat is more effective than writing it down. So download an app that makes it easy (we like BiteSnap), start documenting, and stay accountable to your healthy diet. Amazon Add a pinch of cayenne pepper to your meals to boost your metabolism by up to 25 percent for three hours after you eat. Studies show capsaicin, the natural compound that makes spicy foods hot, also curbs hunger and cuts the craving for sweet, high-fat foods. Trident Chewing sugar-free gum between meals acts as a short-term appetite suppressant. Studies show that at least 45 minutes of gum chewing significantly lowers feelings of hunger, appetite, and cravings for sweets. Not surprisingly, it also helps cut back on snacking. So, stock up on the Trident (\$8 for a pack 12). FreeImages You probably already know that our bodies tend to confuse hunger with thirst—don't let that happen. Drink more water throughout the day and especially before meals. Drinking a large glass of water before eating may help people shed more weight than cutting calories alone. And don't forget to take water breaks during your meals to help you avoid speed eating. Starbucks How can you make your workout more effective? First, get a cup of coffee before you hit the gym. Consuming caffeine before a workout boosts endurance. Caffeine slows the release of glycogen (what our bodies use for energy to fuel exercise), which encourages your body to use fat for fuel first. And second, set your workout to an upbeat playlist—songs with 180 beats per minute or more naturally encourage your body to move faster. MyFitnessPal If you want to be accountable to your goals, tell someone what they are. Research shows that you lose more weight when you use social media, like Twitter and progress-tracking apps, in conjunction with diet and exercise. Find an online community to share your successes and setbacks with to reach your goal faster. We love MyFitnessPal (free in the App Store) Byrdie The old adage rings truer than ever when it comes to junk food. If the first thing you see when you open the pantry is a box of cookies, you're going to think about (and eventually eat) the cookies. Stash your less-than-healthy treats in the back of the cabinets and fridge. The same logic applies when you're serving yourself a meal. Fill your plate in the kitchen, leave the rest there, and eat your meal at the table with the remaining food out of sight. Do this at restaurants (which are notorious for their too-large portions), too. Ask the server to box up half your meal before you even see the full portion. When you increase the distance between you and food, you're more likely to listen to the feeling of fullness, rather than visual cues. Fitbit Aria Wi-Fi Smart Scale \$132 Shop It may sound cheesy, but envisioning yourself achieving a goal makes a difference. Studies show that visualizing goal attainment—cranking out those last five push-ups, crossing the finish line of a 5K, or beating your personal best time—enhances your performance. Plus, picturing how good you're going to look in your skinny jeans once you've dropped those last few pounds isn't a bad motivator either. Dream it, believe it, and achieve it. Byrdie takes every opportunity to use high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial guidelines to learn more about how we keep our content accurate, reliable and trustworthy. Hughes JW, Goldstein CM, Logan C, et al. Controlled testing of novel portion control plate produces smaller self-selected portion sizes compared to regular dinner plate. BMC Obes. 2017;4:30. doi:10.1186/s40608-017-0167-z Li J, Zhang N, Hu L, et al. Improvement in chewing activity reduces energy intake in one meal and modulates plasma gut hormone concentrations in obese and lean young Chinese men. Am J Clin Nutr. 2011;94(3):709-716. doi:10.3945/ajcn.111.015164 Janssens PL, Hursel R, Westerterp-Plantenga MS. 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