

## Most Effective Way To Lose Body Fat

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**Oct. 9, 2009** - [PRLog](#) -- Fat loss is a very strange thing, because there are more and more different ways to lose body fat, but less and less people who are able to lose fat successfully. This means that the methods people are using to lose body fat are not very effective or that people are simple lazy. I believe both are true and if you want to know the best way to lose body fat, then you got to another direction entirely.

The biggest problem that exists right now in fat loss land, is that everyone wants to lose fat quickly, easily and permanently. Nobody really wants to work hard and people expect that the fat will melt away by itself. On top of that, the diets and diet programs, that people use are temporary. A diet really is a severe restriction in calories, that is temporary.

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If you are using temporary methods, then it is impossible to expect permanent results, but that is exactly what people are doing. Instead of changing their poor habits to excellent habits, people go on a temporary diet and maybe lose a bit of weight, but it is never permanent.

Treating the symptom does nothing to solve the cause of the problem. Most of the time the cause of obesity is a poor lifestyle, with horrible nutrition and too little physical activity, and if this cause is not treated properly, then the success you have will be always short lived, if you have any success at all. But changing ones lifestyle is hard work and it means you have to get your hands dirty, people do not want that. It is hard work, but this hard work will pay off and the rewards are worth all the hard work.

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