

## Sedentary Lifestyle Will Lead to Weight Gain

Today's sedentary lifestyle leads to weight gain. No one can argue with that. Everyone differs, however, on how to shed the weight.

The conversion of energy from stored fat is one of the main functions of the liver. Therefore, it is important that your liver is always at peak performance. Another function of the liver is to help the kidneys do their job if they're dehydrated. The solution to keeping your liver converting fat to energy is to drink more water! The consumption of water is vital in order to maintain a healthy body. To summarize, cut down on the dehydrating beverages and fill up with more water.

Just existing burns calories. Energy is required every hour of the day, regardless of what we do. Who doesn't know that? What is not as commonly known is that the amount of muscle on your body determines your resting metabolic rate. Even a small increase in your muscle mass will increase your resting metabolic rate, with the result being more calories expended throughout the day.

To benefit from increasing your metabolism, you don't need to lift weights two or three hours a day. You probably don't have that kind of time to invest – nor do I.

If you're overweight and would like to add to your muscle mass, start slowly, and do simple things like squats or push-ups. Every day do five of each exercise. Those can both be done from the home and it won't cost you a dime. If you want more workout than just push-ups and squats, do you need to buy a set of weights? No matter how silly it sounds, you can always use a pair of rocks weighing three or four pounds each.

Increase your muscle mass as fast as possible by making your body constantly rebuild and repair muscle. Every part of your body needs exercising: chest, shoulders, back, biceps, triceps, quads, forearms, and glutes, calves and hamstrings, and abdominals. To accomplish this, do you need to kill yourself every day at the gym? Not if you're creative. Just remember, push-ups and squats. Those two exercises will work every muscle in your body (it's even better if time allows you to concentrate on individual muscles).

However, don't overlook the last but very important factor of losing or gaining weight: your diet. If three times a day you consume a double cheeseburger and a large fries, and drink a soda that's not calorie-free, it's going to be hard for you to lose weight no matter what you do.

While there is no limit to the number of diets claiming to be the best (all fruit, no meat, low carbs, low fat, etc.), different types of food create different reactions in people. On the most fundamental level, everyone's body metabolizes food differently. What rejuvenates one person is just as likely to make someone else lethargic.

Which diet produces the best results for your body? To start, analyze how many calories you eat every day. Make sure it is the proper amount for your current body weight. Second, pay attention to how you feel emotionally and physically thirty minutes after you've eaten. Do you feel sluggish and want to nap? Or are you re-energized? Feeling like you could run a marathon? Most likely you've already concluded the answer because your body will tell you exactly how it feels after consuming a meal.

Light exercising, adequate water consumption, and a diet that makes you alive and full of energy are the fundamentals of losing weight. Be sure you include all three of the above factors, your lifestyle will be healthier and you'll lose weight without even trying!

### About the Author

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