

Download Give It 100 My Weight Loss Journey In A Hundred Words

So, you've finally decided it's time to make a change and start down the path of weight loss. You go online, Google "weight loss," and are bombarded with more fitness and diet ideas than you can possibly sort through. Think skipping meals is the key to a slimmer body? Think again. Research published in the Journal of the American Dietetic Association reveals that eating more frequently—specifically eating three meals and two snacks in a 24-hour period—is positively associated with weight loss and weight maintenance.⁶

6. Do Not Doughnut: In addition to being a funny team name, I also like the fact that this has the same initials as the popular role playing game, Dungeons and Dragons.

7. World Wide Weight: Who needs the world wide web when you can focus on World Wide Weight?

8. No Weigh No Way: This is a simple pun, but we still think that this is a great one.

9. Ready to Lose: Some of the best weight loss ...Good article. I'm soo frustrated! I feel like my body is fighting me! I'm 29 (30 next month), female, 5'4". I cant seem to get under 190/191 lbs. Summer 2010 was definitely my highest weight ever in my life, probably reached close to 220.