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Thread: [Losing weight and keeping healthy](#)

Powdersnow - August 25, 2018, 8:43 am

So recently I checked my BMI and its 25.6 and I think that's pretty alarming for me.

Weight 80.2kg / 176.8 lbs

Height 5ft 9.5in.

I really want to start losing weight but I don't want to be doing all sorts of shit an fuck myself over with no results in the end.

Should I like start first with a fixed Diet from Monday only eating certain foods, vegetables, fruits?

Or exercising by running/playing a sport/going to the gym?

Or just take it easy by fast walking for 30 mins a day?

What do you guys suggest?

Angela White - August 25, 2018, 8:48 am

Pokemon Go helped me lose a lot of weight. I didn't want to start walking around so I got the app again and started forcing myself to walk to the gas station 2 miles away from my house, and I'd walk there 2 times a day. Over time when you get into better shape, you'll be able to walk further and just keep pushing your limits each day.

Your diet is also important, I recommend cutting out soda and stop eating fast food. Try to substitute those with home-cooked meals and drinks such as tea tea (sweet tea isn't that bad).

Powdersnow - August 25, 2018, 1:56 pm

I usually walk from uni to the taxi stand, which is about 30 - 45 mins every day.

Adsmte - August 25, 2018, 1:58 pm

If you are so dedicated go to the gym work your ass off. And have a balance diet.

Scofield77 - August 31, 2018, 7:09 am

Combine diet to diet, abstain from carbo with sports every day

Kevinoleary - August 31, 2018, 7:20 am

First you should calculate how many calories do you burn a day. If you eat that amount you will not lose or gain weight. To LOSE weight you need to burn more calories than you eat. It is that simple. So eat less calories than you need + pair it with a 3-4 gym sessions a week. Please don't just lose weight, also get stronger and fitter.