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Why can't I lose weight with diet and exercise? – The Best Answer!

“Why can't I lose weight with diet and exercise” –isn't that the question, tossing from side to side inside your head. A good physique is something all desire and something all work hard for. People on the heavier side undertake a routine of proper diet and exercises to lose the extra calorie. However, for a few these practices are in vain. If you are among them, you are not alone. Well, there are a lot of reasons to why proper diet and exercising helps reduce a few while proves futile for another few. So, let us talk about these reasons.

Do exercises really help??

Statistics show that about one half of the population of the United States engage themselves with some sort of exercises yet a fairly high number of them still remain obese. Obesity has highly increased despite the large attempts of people to reduce weight. The notion that exercising is highly helpful in reducing weight has become a firm belief only very recently. Earlier doctors would have advised to keep you away from tough exercises. This was especially for the elderly who could injure themselves. As for exercising, it is helpful in burning calories and calories lost is weight lost but, exercise has another effect on the body. It makes you feel hungry. So, we go on and add another few calories nullifying the prior effect. After an tiring hour of burning calories, we are not able to resist ourselves from stalking onto the pizza kept nearby. So, basically exercising is not helping us lose that extra calorie and perhaps in some cases making it worse.

Ever heard of 'leptin'?

Perhaps you have come across this word sometime in your life. If not, don't feel ashamed, we are not all Biology freaks. Well, leptin is a hormone which starts off energy generation inside the body. Thus, after the release of leptin, the brain orders to burn fats and activate energy. Unless brain receives the right signals, there would not be any need of energy production; no fats burned, thus, sadly no weight lost. Well, the fat cells produce leptin. It is the only way for the brain to know that there is excess of fats in the body and that calorie burning has to be done. So when leptin secretion is low, fat burning activities are also low. So, it does not matter how hard you exercise, the body would not burn fats. Well, there is solution to this too. It is called 'the healing diet'. This diet is bereft of everything that turns into sugar after chewing for some time. Basically it cuts off glucose, fruits and grains from the diet. Only limited protein and carbohydrate intake is allowed.

Perhaps there are a lot of other reasons too. The prime cause of this is the wrong attitude. Improper diets, wrong methods of exercising, exercising without proper guidance and at the wrong time are the causes that count. Most people are not able to tune in their routine properly with their workout schedule and diet chart. This makes the whole effort ineffective. So, to lose weight and to be in a good shape it is very important for one to undertake a properly planned routine and exercise in a guided way.

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