Go easy on that weight loss

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HEALTHY WEIGHT LOSS IS ABOUT LOSING FAT AND NOT MUSCLE MASS. ALSO, IF WEIGHT LOSS IS ACHIEVED TOO QUICKLY, IT BECOMES DIFFICULT TO SUSTAIN IT SINCE YOU'RE REDUCING YOUR MOBILITY AND STRENGTH



It's common to see people sign up for crash diets and fad workouts in a bid to trim their waistline as fast as possible. You'll find ads promoting weight loss in a week. The truth is, a slow and steady method works wonders when it comes to weight loss.

Fitness expert Varun Rattan and bariatric surgeon Dr Hemanth Kumar Kasaragod tell us if it is indeed unhealthy to lose weight rapidly in a short period of time.

IT MAKES YOUR METABOLISM

DROP DRASTICALLY BELOW NORMAL LEVELS

Metabolism is our body's process to burn the calories we consume. When it goes haywire, it can damage the body's ability to keep the weight off in the long run, says Dr Kasaragod. One might also feel tired and lethargic all the time.

YOU WILL FIND IT MORE DIFFICULT TO SUSTAIN WEIGHT LOSS

Healthy weight loss is about losing fat and not muscle mass, in a safe and sustainable way. "If weight loss is achieved too quickly, it becomes difficult to sustain it since you're reducing your mobility and strength, and the ability to keep working out," says Rattan.

YOU'RE MOST LIKELY MISSING OUT ON ESSENTIAL NUTRIENTS

Our body's organs require essential nutrients. Be it protein, carbohydrates or fat, these are needed for the proper functioning of our body. They may also need a whole array of vitamins and minerals to function at their best. When you don't supply calories or outright cut out fundamental food groups such as carbohydrates or dairy, you risk having: Problems with the digestive system, like constipation Early exhaustion, fatigue and energy loss

A loss of bone density and lowering of strength Decreased immunity Brittle nails and hair loss

YOU CAN EASILY BECOME DEHYDRATED Some diets like juicing could make you lose water weight, which is not beneficial for weight loss in the longer term. Dehydration is usually seen as dizziness and headaches.

IT COULD TAKE A TOLL ON YOUR MENTAL HEALTH

If you don't have adequate time to nestle yourself into your new body shape and weight, you might get hit by acceptance issues, says Dr Kasaragod. You might even end up having eating disorders like anorexia or bulimia.

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