

[Classified ads](#) That's what the U.S. government recommends for optimum health. If you do decide to reduce your caloric intake, use a balanced diet that doesn't cut out any important food groups, and look for weight loss of no more than one to two pounds per week. This rate is more likely to produce permanent loss without serious health side effects because it's so slow that your body has the ability to adjust more effectively. You may not be able to drop a dress size in a month, but you'll feel better and stay a whole lot healthier in the long run.

As these people received positive support for their changes, they naturally were able to connect these changes to something larger than themselves, that is, helping others. In the case of weight loss, helping others to also lose weight provides a sense of purpose in one's own life. However, it is not without first experiencing the positive support through those around her, that the person feels as though her own weight loss achievements can represent a sense of purpose for others as well. It is the positive support of those at the weight loss camp that offers just that for the person attempting to lose weight. While there are many factors that can deter a person's efforts, certainly, those around her should not. Maintaining an audience for change that supports the person's movement toward change is certainly not a difficult task, and one made incredibly easier through the use of a camp. So whether the audience is helping the person to become more aware of herself, providing constant positive regard that fosters motivation, or representing a sense of connection and purpose for the client, the effects are profound. In the field of weight loss, profound effects are in short supply, and for the person losing the weight are certainly not unappreciated. Eric Viskovicz is the founder and director of Live In Fitness Enterprises. His site, <http://liveinfitness.com> is where many people find his Marina Del Rey retreat. Eric Viskovicz is both an innovator and a pioneer. Due to his own struggle, and a comprehensive understanding of the way in which the struggle to lose weight can totally envelope a person, Eric was the first person to realize that in order to be successful, it needs to be treated in the way in which it is experienced. What this means to Eric is that in order to win at losing weight, a person has to first completely understand himself. This philosophy led Eric Viskovicz to produce the first ever approach to losing weight based on the person's personality.