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## Fighting Those Creeping Kilos/Pounds

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## Fighting Those Creeping Kilos/Pounds



my scale and my clothes don't lie

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Here I am about seven years after my big weight loss of thirty plus pounds, fifteen kilo, and I must admit that about a third of the weight has found me. One of the problems is that I've lost the motivation, the self-discipline.



### Symptoms of Weight Gain

- Increase in body fat percentage
- Fat accumulation around the abdomen
- Difficulty maintaining usual weight
- Increase in breast size
- Steady weight gain
- Slower metabolism
- Change in body shape (pear to apple)



Weight Gain During Menopause

And even worse is that my body shape is changing, more "apple" than "pear." That can happen even if weight stays stable after a certain age. I've noticed it with some of my friends.

It's not that I've gone back to the diet/way of eating that facilitated all that weight that had over-padded/packed my relatively small frame, but I now eat things I shouldn't and enjoy dessert when it's offered. That wouldn't be a problem if it only happened once a month or less frequently, or even bi-weekly, but it seems that there are occasions weekly or even more often when I'm offered an irresistible dessert, or something of similar calorie danger.

I guess motivation has taken a nosedive... I probably need more sleep, too. All the studies say lack of sleep makes us hungrier, and even worse, reduces our self-control aka impulsivity problems.

Just to keep you in the loop...

### so much information Fighting Those Creeping Kilos/Pounds

hopefully the information that we show for you about Fighting Those Creeping Kilos/Pounds can provide the latest knowledge about the gadgets you need in everyday life.

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