Losing weight is easy, but maintaining it? That's where the real work comes in. Imagine taking 3 months to lose some pounds only to gain it back within a short period.

Frustrating indeed. And it can be that way for anyone, except you choose to change the status quo.

Sometimes when people lose weight, they automatically expect to stay that way. Some even go back to their old lifestyle and eating habits. Trust me, it does not work that way.

Let me play a little scenario here. Imagine inflating a balloon and just when you have gotten it to your desired size, you leave it open and let the air escape. What happens?

It's simple. Back to square one. Just like you never even made an attempt.

But if after you have inflated the balloon, you tie it up to keep the air inside, you are sure to maintain its size just the way you want it. The same principle applies to weightloss.

At that point when you have achieved your desired body size, that is not the time to relapse, rather it's a time to keep up the work and maintain the weight. If there will be variations, it should not be so significant.

So what can cause you to fall back after losing weight? Let's see some common reasons.

Why people fall back after losing weight

Inconsistency

This is usually what happens when you think of a diet as a quick fix to excessive weight. It is a wrong mindset, and should be avoided.

When choosing a weightloss routine, keep in mind that it will become a part of your everyday life, a long-term solution to better your health. So you're more likely to give up if you choose a weightloss method that cannot be sustained.

Consistency is key in every weightloss process. Without this, it will be difficult to keep up with the change, and you'll be gaining back those lost weight in no time.

Note that this does not only include diet and physical activities, it involves every single part of the weightloss process, including medications and supplements, if any.

Extreme calorie restriction

You see, going on extreme low-calorie diets is not such a good idea when you're trying to lose weight. The reason is, this prolonged calorie deficit may slow metabolism and shift appetite-regulating hormones, both of which can contribute largely to weight gain.

Always remember, calories are an essential part of your diet. It is the body's main source of fuel, and is needed to facilitate body processes.

So when you go on these extremely strict diets, especially ones that dangerously cuts down on your calorie intake, bear in mind, it is not only detrimental to your health, but can also cause you to regain lost weight.

Join the challenge

To maintain weight loss, there's the need to lose weight the healthy way and under the supervision of a trained expert. This is why joining my 30-day weightloss challenge could be just what you need to change your weight loss for the better.

By being a part of this challenge, you'll learn how to adopt weightloss routines that will ease you through the process instead of forcing your body through changes in nutrient intake.

Just as I mentioned earlier, weight loss habits and lifestyle changes should be a part of your daily life. These routines should not be based on only willpower but rather on habits - sustainable habits

Note: once you've decided to go back in shape, it's important to stick with the process as having another fallback can result in weight cycling, which is marked by a cycle of losing weight and then gaining it back only to start dieting all over again.

Not only is weight cycling exhausting, some studies have linked it to an increased risk of developing heart disease, and well as depression and anxiety.

Weight is a lot easier to maintain when it becomes a part of you.

No doubt, losing weight requires lowering your calorie intake, however if should not be to the extreme. With proper dieting and regular exercise, you have what you need to maintain the results you worked hard to achieve.

To learn more about how you can maintain your weight, be sure to register for this 30 days weightloss challenge. You don't want to miss this!