

Horoscope for Weight Loss

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★★★ Serious Advice on Weight Loss for ALL Zodiac Types ★★★

Fad diets, unbalanced diets, diet pills, diet supplements, fasting, weight loss surgery and other short term weight loss methods are not recommended for permanent weight control. The best way to lose excess fat and maintain a healthy weight in the long term is to follow a balanced calorie-controlled diet (that improves your eating habits) and take regular aerobic exercise.

Our Website: <http://www.freeweightlossguru.com>

Weight Loss Tips For Aquarius Women



AQUARIUS (20 Jan - 18 Feb)

Diet Personality

Aquarians are often drawn to the mysterious. Fad diets, herbal supplements, diet pills and food combining appeal to the Aquarian dieter. However, the Aquarius logical mind quickly realises that a healthy weight loss program is necessary for fat loss and lowering cholesterol. A low-fat diet and regular exercise is essential for Aquarians to avoid circulatory problems.

Diet Strengths

Aquarians optimistic nature makes starting a weight loss program fun. Temptation to go off their diet is not a problem for Aquarians who are strong and independent. Planning a diet and exercise program is easy for the calm and logical Aquarian. Some flexibility in their weight loss program is important as Aquarians do not like being pinned down.

Diet Weaknesses

But weight loss can be more difficult for the Aquarian who has fixed opinions. Losing weight requires change and Aquarians should not be afraid to change their ideas on how to lose weight. Aquarians unpredictable nature can turn them from the perfect dieter one day to the binge eater the next! A lack of confidence can prevent the Aquarian from tackling their weight problem.

Weight Loss Potential

Once logical Aquarians understand why they should start a diet and exercise

program there is no problem. Aquarians are inventive and will find ways of making their weight loss program fun. Exercise is important to Aquarians and they particularly enjoy individual sports like swimming. Aquarians are unlikely to become part of a diet support group as their privacy is too important to them.

Foods that help with weight loss

A low-fat diet is essential for Aquarians. Plenty of fruit, particularly apples and citrus fruit. Dried and frozen fruits are also good. Avoid: All high fat foods, processed foods, rich sauces and candy.

Weight Loss Tips For Aquarius Men



AQUARIUS (20 Jan - 18 Feb)

Weight Loss Problems for Aquarius Man

Weight loss can be difficult for the Aquarian Man who is self-protective and does not like to reveal his feelings. His first step is to admit that he needs to lose weight! Although independent-minded, Aquarian Man enjoys being part of a group and his diet may suffer as a result of his busy social life.

Weight Loss Strengths for Aquarius Man

Aquarian Man has many positive qualities that make weight loss easy. His calm, logical mind will focus on sorting out the diet and exercise issue. Once Aquarius Man has decided to follow a weight loss program nothing will divert him!

Best Exercise for Aquarius Man

Exercise is particularly important to Aquarians who are drawn to most sports. Aquarian Man often pursues unusual outdoor activities like parachuting, gliding, deep-sea fishing or surfing. For weight control, and good health Aquarian Man should continue to take regular exercise into old age.

Diet Advice for Aquarius Man

Whether he needs to lose weight or not, following a low-fat diet is important for Aquarian Man. Aquarius and its ruling planet Uranus is associated with the circulatory system and Aquarians should adopt a healthy-heart diet from an early age. So eat plenty of fruit and vegetables and try to avoid those creamy

sauces you love!

Diet Tip for Aquarius Man

Don't diet unless you really want to! Aquarian Man is extremely successful when he is really involved in what he is doing. See your diet as a challenge and you will live up to your reputation for 'brilliance'.

Weight Loss Diet Tips For Pisces Women



PISCES (19 Feb - 20 Mar)

Diet Personality

A Piscean may decide to go on a weight loss diet, then immediately eat a cream cake! Pisceans say one thing one moment, then do the opposite. Idealistic Pisceans are drawn to fad diets, gimmicks and diet pills. They believe the adverts that promise 'lose weight fast without changing your diet'. Pisceans have a sensitive system and should choose a healthy balanced diet plan and take regular exercise. They should avoid diet pills as Pisceans often react badly to drugs.

Diet Strengths

Piscean dieters are good organisers and once they decide to start a weight loss diet they plan it well. Pisceans enjoy good food so it is important to choose a varied diet with a good choice of healthy diet foods. To stick with their diet and exercise program, Pisceans should use their wonderful imagination to visualise how they want to look when they lose weight.

Diet Weaknesses

But making the decision to go on a weight loss diet is difficult for the indecisive Piscean. Ideally, someone else will suggest that a new diet and exercise program is a good idea! Diet support is important for Pisceans who are easily influenced and highly emotional. A critical comment can put Pisceans off their diet plan and a minor worry can drive them to bingeing.

Weight Loss Potential

Diet and weight loss is generally not a problem for young Pisceans. However, older Pisceans tend to gain weight easily. Pisceans should start a healthy weight loss diet and exercise plan as soon as they start putting on weight in order to prevent obesity in later years. Pisceans will lose weight fast if they stop doubting themselves and take action rather than sit on the fence!

Weight Loss Diet Tips For Pisces Men



PISCES (19 Feb - 20 Mar)

Weight Loss Problems for Pisces Man

The greatest weight loss problem for the Piscean Man is his emotional involvement. When his diet and exercise program is going well he feels great, but when diet problems occur he becomes depressed. Pisces Man's lack of routine and lack of discipline makes it difficult to stick to a weight loss program.

Weight Loss Strengths

Pisces Man is not easily fooled and will choose a weight loss diet that gives him the flexibility he needs. He has few prejudices and is always willing to try new things, including new foods. Pisces Man listens to advice and gathers support from his partner and friends.

Best Exercise for Pisces Man

Pisces Man is not drawn to strenuous exercise and cannot rely on burning calories and losing weight through activity alone. Team sport is not a natural Piscean activity but Pisces Man enjoys gentle watersports, non-competitive skiing, snow-boarding and skating. A regular, gentle exercise routine suits Pisces Man best.

Diet Advice for Pisces Man

A healthy balanced diet is important for Pisces Man who has a fairly sensitive

system and may suffer from stomach problems. Pisceans are extremely versatile and should choose a weight loss diet that encourages them to eat a wide variety of foods. Seafood and all organic foods are suited to the Piscean Man.

Diet Tip for Pisces Man

If you have a weight problem, get off the fence and do something about it. Don't wait for someone else to push you!

Weight Loss Diet Tips For Aries Women



ARIES (21 March - 19 April)

Diet Personality

Ariens start a diet with great enthusiasm, but unless they lose weight fast they soon give up their diet and move on to something new - maybe another diet. Their need for excitement attracts them to fad diets and weight loss gimmicks. Ariens dislike of restrictions and their impulsive nature makes it difficult for them to stick to a diet and exercise plan long enough for them to lose weight.

Diet Strengths

Weight loss for Ariens can be extremely successful if they apply their many positive qualities. Ariens love of a challenge and their great desire to succeed will make sticking to their diet and exercise plan easy. Ariens interest in their health and appearance makes obesity unacceptable. Their strong willpower can lead to easy weight loss and makes weight control part of Ariens life.

Diet Weaknesses

But weight loss can be difficult for Ariens when they allow their negative side to take over. Aries start diets regularly but their lack of staying power means they rarely stick with their diet plan for long. Low calorie diets and promises of fast weight loss appeal to Arien dieters but, long term, prevents them from losing weight.

Weight Loss Potential

Ariens weight loss potential is excellent. Arien dieters can achieve the impossible! If obesity has been a long term problem, Ariens strong desire to succeed and their enormous willpower makes sticking with their weight loss program easy. Ariens should avoid the temptation to try every new diet they hear about.

Diet Foods

Colourful, strong-flavoured, spicy foods like hot curries. Taste tends to be savoury rather than sweet. Onions, leeks, garlic and hot spices Avoid: sweet foods, processed foods, bland foods.

Weight Loss Diet Tips For Aries Men



ARIES (21 March - 19 April)

Weight Loss Problems for Aries Man

The idea of going on a weight loss diet will not appeal to Aries Man. His dislike of restriction makes sticking to any diet program particularly difficult. Aries Man is an enthusiastic starter of new projects but quickly gets bored.

Weight Loss Strengths for Aries Man

Aries Man has many positive qualities which makes weight loss fast and easy. He is fiercely competitive and has clear goals. Aries Man takes the initiative and starts a weight loss diet and exercise program as soon as the first bit of fat appears!

Best Exercise for Aries Man

Exercise is not a problem for the strong, energetic Aries Man. A weight loss program which includes plenty of strenuous exercise is best for Aries Man. Competitive sport, risky physical activities such as mountaineering or motor racing, boxing, wrestling or martial arts all appeal to Aries Man.

Diet Advice for Aries Man

Aries Man should choose a weight loss diet plan that allows him plenty of spicy, strong-flavoured foods. Aries Man needs a diet that provides plenty of high-energy carbohydrates. Luckily, you are not sweet-toothed, but your

energetic nature means you burn calories fast. Be sure to snack on plenty of fruit throughout the day.

Diet Tip for Aries Man

Once you make up your mind to go on a diet, give yourself a clear goal. Decide how much weight you want to lose and when you want to lose it. To prevent boredom, make sure your diet includes a variety of healthy foods.

Weight Loss Diet Tips For Taurus Women



TAURUS (20 April-20 May)

Diet Personality

A sensible diet plan suits most Taurean dieters. They are not attracted to fad diets. Typical Taureans will not lose weight fast as they have a slow metabolism and dislike exercise. Taureans are methodical, so following a diet plan comes easy to them. Their enormous patience ensures that they stick with their weight loss program and lose fat even if their weight loss is slow.

Diet Strengths

Weight loss for Taureans is slow but certain! They do not like risk so they choose a sensible diet plan. Taureans are steady and methodical so find it easy to follow a good weight loss program. Their main strength, which many other dieters lack, is their patience. They will stick with their diet and exercise program no matter how long it takes them to lose weight.

Diet Weaknesses

Sometimes however, Taurean dieters dislike of change can make it difficult for them to change to a healthy diet and exercise program. Taurean obesity is the result of a combination of things - a sweet tooth, a slow metabolism, a love of rich food and wine and a self-indulgent streak! Even worse, Taureans dislike exercise.

Weight Loss Prospects

Weight loss prospects for Taurean dieters are excellent if they overcome their dislike of change. A weight loss diet that is too experimental is not for the steady Taurean. They do not expect to lose weight fast and their patience means they are happy with a steady but regular fat loss. Despite their slow metabolism, Taureans love of order and cooking skills make long term weight control possible.

Diet Foods

Lots of fruit, in particular, apples, berries, grapes and lots of vegetables. Spicy foods, like chillies and curries are also good. Fill up on fibre like wholewheat cereals and breads. Avoid: Rich sauces, luxury desserts, sweet foods like candy.

Weight Loss Diet Tips For Taurus Men



TAURUS (20 April-20 May)

Weight Loss Problems for Taurus Man

Taurus Man has several problems when it comes to weight loss. He loves rich, sweet food, he has a slow metabolism and he dislikes strenuous exercise! Weight loss is also made difficult for Taurus Man who is often determination to hold on to fixed ideas. A new diet plan is viewed with suspicion, as are all things new.

Weight Loss Strengths for Taurus Man

Taurus Man's greatest weight loss asset is his refusal to let anything get the better of him! Weight loss is one area where his stubborn nature works in his favour. Taurus Man is patient, well organised and methodical, all qualities necessary to ensure success on a weight loss diet.

Best Exercise for Taurus Man

Any form of exercise will help speed up a slow metabolism. A combined diet and exercise plan is important for Taurus Man. He prefers gentle exercise like walking, golfing, bowling and horse riding. Unlike other star signs, Taurus Man is not bored by exercise machines at the gym. Taureans are great gardeners and can burn 500 calories an hour mowing the lawn!

Diet Advice for Taurus Man

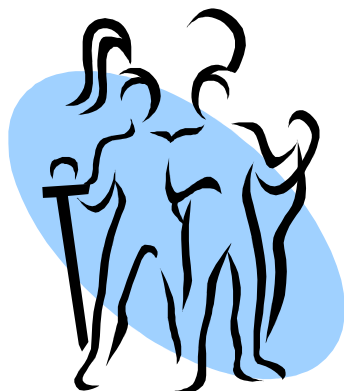
A very low calorie or fad diet is not for Taurus Man. He loves food and he

should choose a diet plan that does not leave him hungry. Taureans are inclined to overeat and hunger only leads to binge eating. Wholewheat breads and cereals, apples, grapes, pears and berries are all good foods for the typical Taurus Man.

Diet Tip for Taurus Man

Don't be afraid of change - instead embrace it! Choose a healthy diet plan that allows you plenty of food. Set yourself a realistic goal knowing that, with your great patience and perserverence, you will reach it.

Weight Loss Diet Tips For Gemini Women



GEMINI (21 May - 20 June)

Diet Personality

Geminis are the lucky ones when it comes to diet and weight loss. They often have a fast metabolism which means they burn calories quickly and, as result, lose weight fast. Geminis love change, so starting a new diet plan will not worry them. However, Geminis do want fast weight loss and quickly get bored with a diet that does not produce rapid results. Since quick weight loss (i.e. fat loss) is an illusion, this can cause problems for the Gemini dieter!

Diet Strengths

Geminis have many positive qualities that help them to diet. They love change and a new diet will inspire Gemini to lose weight. Their optimistic nature means that once they know how to lose weight they will embrace the idea and expect to succeed. The sceptical Gemini will not be fooled by fad diets and promises of instant weight loss. Geminis chances of success are increased by examining a weight loss diet plan carefully before deciding to try it.

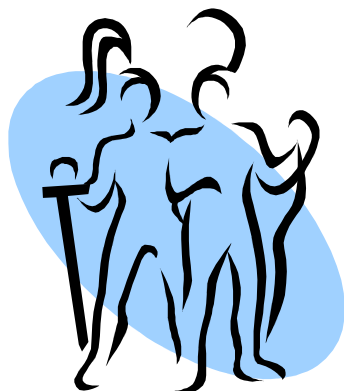
Diet Weaknesses

But Geminis fickle nature can make sticking to a diet very difficult. The impractical Gemini will find it hard to cope with a diet plan that is too complicated. Also, Geminis can become obsessed with fast weight loss and may weigh themselves several times a day. Unless they lose weight fast and see quick results Geminis become bored with their diet and give up.

Weight Loss Potential

Geminis weight loss potential is excellent provided they curb their impatience. Geminis optimism means they are not distracted by having a bad day on their diet. Once Gemini decides to make a serious commitment to a weight loss diet and exercise program they quickly lose weight.

Weight Loss Diet Tips For Gemini Men



GEMINI (21 May - 20 June)

Weight Loss Problems for Gemini Man

Gemini Man's greatest weight loss problem is his need for fast action and quick results. Unless Geminis lose weight fast they quickly get bored and move on to something else. Sticking to a weight loss plan is not easy for Gemini Man, who has lots of nervous energy and a fickle, non-committal attitude to life. Gemini Man dislikes regimentation and will rebel against a diet plan that is too strict.

Weight Loss Strengths for Gemini Man

Gemini Man's fast metabolism means he can burn calories faster than other signs. He enjoys new things and will embrace a new diet and exercise plan with enthusiasm. Unlike others, Gemini Man can do two things at once! Following a weight loss diet and exercise plan at the same time as pursuing a high-flying career is not a problem for Gemini Man.

Best Exercise for Gemini Man

For fast weight loss and good health, vigorous daily exercise is essential for Gemini Man. He needs an outlet for his nervous energy. Fast moving sports like running, squash, cycling, skiing are all good for him. Aerobic exercise is particularly important for Geminis whose key body area is the lungs.

Diet Advice for Gemini Man

Geminis are lucky when it comes to diet and weight loss. They have a fast metabolism which means they burn calories quickly and, as result, lose weight relatively fast. A weight loss diet that is varied and flexible suits Gemini best. Gemini Man likes instant food so keep plenty of healthy canned, packaged and frozen foods handy.

Diet Tip for Gemini Man

To lose weight successfully, take time to choose a diet plan that suits your lifestyle. Butterflies are symbolic of Gemini, so set yourself several short term weight loss goals - not long-term ones.

Weight Loss Diet Tips For Cancerian Women



CANCER (21 June -22 July)

Diet Personality

The Cancerian dieter can spend years worrying about their obesity problem. Rarely do they take immediate action to find a good diet and exercise program. Cancerians are great cooks and good planners, so a varied diet with interesting recipes ensures they lose weight. Fad diets are not for the Cancerian dieter who will take time to choose a weight loss program that suits their lifestyle.

Diet Strengths

For successful weight loss, patience is the greatest Cancerian asset. Cancerians are great cooks and have well stocked larders so dieting is never boring. Once Cancerians get started on a diet and exercise program they are tenacious and will hang in there until they lose fat and get fit.

Diet Weaknesses

But weight loss is difficult for the Cancerian who LOVES to feed themselves and others! Cancerians diet plan may get in the way of their desire to feed family and friends. Cancerians are set in their ways so a diet and exercise program that disrupts their life will not work. Sticking to a diet can be difficult for the moody Cancerian who has a tendency to eat for comfort.

Weight Loss Potential

Cancerians weight loss potential is excellent if they allow new ideas into their lives. Check out a number of diet plans, find a diet to suit your lifestyle and go for it! Cancerians are tenacious and patient, two major assets that will help them to stick to their diet plan, lose weight and feel great.

Weight Loss Diet Tips For Cancerian Men



CANCER (21 June - 22 July)

Weight Loss Problems for Cancer Man

Weight loss can be difficult for Cancer Man who loves food and may even work in the food industry. Cancerians are extremely sensitive and can suffer from eating disorders. Cancer Man spends more time worrying about his weight than finding a weight loss diet plan that might solve the problem. Cancer Man is a great hoarder and clings to the past. This makes it difficult for him to give up the rich desserts and creamy cakes his mother fed him!

Weight Loss Strengths for Cancer Man

Cancer Man's greatest weight loss strength is his tenacious nature. Once he starts a diet and exercise plan he keeps going until he reaches his goal. Cancer Man has several strengths that will help him to lose weight. He is patient, well organised and very capable. All Cancerians are domesticated and their weight loss is rarely disrupted by lack of non-fattening diet foods.

Best Exercise for Cancer Man

Cancer Man can be described as 'crabby' and regular, vigorous exercise will not only help him lose weight but will also put him in a happier mood! Cancer Man is not particularly energetic. He loves anything to do with water, so rowing, sailing, swimming, surfing are all good forms of exercise.

Diet Advice for Cancer Man

Cancer Man is unlikely to suffer from obesity and a healthy weight loss diet plan will take care of any excess pounds. A diet plan that encourages Cancer Man to eat regular meals and snacks is best. Worry and stress can cause ulcers and other stomach problems so regular eating is important. Cancer Man is a great cook, so choose a diet plan that includes plenty of interesting recipes.

Diet Tip for Cancer Man

Use your extraordinary imagination to visualise how you are going to look and feel when you reach your weight loss goal.

Weight Loss Diet Tips For Leo Women



LEO (23 July - 22 August)

Diet Personality

Leos are drawn to fad diets, weight loss gimmicks and promises of fast weight loss. Leos like everything they do to be exciting and the newest diet or weight loss program will grab their attention. When it comes to weight loss, Leos best and most useful asset is their enthusiasm, together with their desire to succeed. Leos have very high standards and need to remember that weight loss is not about being perfect. A diet and exercise plan that gives some freedom is best for Leos.

Diet Strengths

Successful weight loss depends on good organisation and planning, and Leo is excellent at both. Leos will not only plan their own diet and exercise program but their family and friends weight loss programs as well! Leos enthusiasm will ensure their diet gets off to a great start and the high standards they set themselves will not allow them to give up their diet program easily.

Diet Weaknesses

But weight loss can be difficult for the over-enthusastic Leo who may choose a fad diet or a very low calorie diet which is impossible to stick to. Leos need for excitement can prevent them from choosing a healthy, balanced weight loss diet in favour of some dietary gimmick. A bad day can put the Leo dieter off completely. Leos high standards mean they expect to be the best and they get very upset when they go off their diet and consume extra calories.

Weight Loss Potential

Leos weight loss potential is excellent. Leos desire to lead and take control of their life makes sticking to a diet and exercise plan easy. Leos can lose weight fast and they encourage family and friends to lose weight as well! Leos need to choose a weight loss plan that allows them to socialise and entertain. When Leos choose a diet plan that suits their lifestyle, when they curb their impatience and over-enthusiasm, then weight control is not a problem.

Weight Loss Diet Tips For Leo Men



LEO (23 July - 22 August)

Weight Loss Problems for Leo Man

Leo Man starts his weight loss and exercise program with great enthusiasm. However, unless he achieves rapid weight loss he quickly gives up. Leo Man sets himself high standards and even an occasional break from his diet plan will upset him. He may choose a very low calorie diet or a fad diet. His stubborn nature and belief that he knows best often prevents him from taking good advice.

Weight Loss Strengths for Leo Man

Weight Loss can be easy for Leo Man who is enthusiastic and a splendid organiser. Leo Man loves to be loved so his desire to look good makes weight loss important to him. Leo Man takes great pride in everything he does and will pay scrupulous attention to the details of his diet plan. Leo Man's outlook on life is positive and happy and most diet setbacks are temporary.

Best Exercise for Leo Man

Leo Man is healthy and energetic and his main problem with exercise is his tendency to overdo it. The heart is of especial importance to Leo, so regular aerobic exercise is vital for health as well as weight loss. Leo Man enjoys team sports, but only if he is captain! Tennis, running, martial arts, dancing and diving all appeal to the Leo Man.

Diet Advice for Leo Man

Leo Man should eat a low-fat diet even if he does not suffers from obesity. A low-fat diet plan which includes lots of vegetables will suit Leo Man best. Leo Man wants to lose weight fast, but should resist the temptation to start fad diets or very low calorie programs.

Diet Tip for Leo Man

When you start a diet, don't try to be perfect. Set yourself realistic goals, allow yourself some bad days, and try to be patient.

Weight Loss Diet Tips For Virgo Women



VIRGO (23 August - 22 Sept)

Diet Personality

Virgos desire for perfection makes it difficult to stick to a weight loss diet plan long enough to lose weight. One bad day can put them off! However, Virgos practicality and attention to detail makes successful weight control possible. Virgos have high energy levels so a weight loss program should include a regular exercise routine that will burn calories quickly and reduce fat.

Diet Strengths

Sticking to a diet plan or weight loss program is easy for Virgos who are organised and practical. When Virgos diet they are dedicated and not easily put off their diet plan. Virgos care about good health and will choose a sensible weight loss diet. Fad diets, or celebrity diets are not for them. Virgos desire to be perfect will ensure relatively fast weight loss and long term weight control.

Diet Weaknesses

But, weight loss can be difficult for Virgos who are never quite happy with themselves. Virgos expect too much from themselves and others, so unless they lose weight fast, unless their diet and exercise plan is perfect, they give up. Virgos desire to lose weight may cause them to cut corners. They may reduce calories too much in order to lose fat fast and end up binge eating because they are so hungry.

Weight Loss Potential

Virgos potential to lose weight is excellent. When many Virgos start a diet and exercise program nothing stops them! Virgos strength of purpose is a great asset when following a weight loss diet and exercise program. Virgos enjoy helping others and frequently offer diet support, diet tips and diet motivation to friends and family.

Foods that help with weight loss

A vegetarian diet particularly suits Virgos. Nuts are a good source of protein for Virgos. Eat all vegetables, particularly root vegetables like carrots and potatoes. Eat lots of fiber in foods like wholemeal cereals, bread, brown rice. Avoid: Processed foods, junk food, too much meat.

Weight Loss Diet Tips For Virgo Men



VIRGO (23 August - 22 Sept)

Weight Loss Problems for Virgo Man

Weight loss can be difficult for Virgo Man, also known as Mister Perfect! He is extremely critical of himself and no matter how well he sticks to his diet and exercise plan, he is never satisfied with himself. Virgo Man wants to lose weight fast and may be tempted to try a fad diet, like High Protein, in his rush to achieve his weight loss goal.

Weight Loss Strengths for Virgo Man

Weight loss is fast and painless for Virgo Man when he allows his positive qualities to emerge. Virgo man has many skills that makes sticking to a weight loss diet easy. He is practical and pays careful attention to daily routines. Unlike many other star signs, Virgo Man takes full responsibility for his health and weight. Once Virgo Man starts a diet, he is totally dedicated and nothing will distract him.

Best Exercise for Virgo Man

Virgo Man is not a natural sportsman, even though he has high levels of physical and nervous energy. So he needs plenty of exercise to help relieve stress, as well as to lose weight. A varied exercise routine will suit Virgo Man best. When young, he enjoys fast-moving games like badminton, tennis and squash. Later, walking, jogging, cycling and golf all appeal to him.

Diet Advice for Virgo Man

Weight loss and following a healthy diet plan is easy for the health conscious Virgo Man. Many Virgos choose a vegetarian diet which suits their system. Virgo Man should choose a weight loss diet plan that includes plenty of roughage. Health foods, like wheatgerm, bran, and organic fruit and vegetables are particularly suitable.

Diet Tip for Virgo Man

Loosen up! Stop trying to be perfect. Don't be in too much of a rush to finish your diet. Remember the best diet plan is a diet plan you can stick to for life.

Weight Loss Diet Tips For Libra Women



LIBRA (23 Sept - 22 Oct)

Diet Personality

Librans hope that if they wait long enough their obesity or high cholesterol problem will go away! Librans have a slow metabolism and put on weight easily. This, together with their dislike of exercise and the Libran sweet tooth makes weight loss difficult. However, Librans are very aware of their appearance and appreciate how weight control, diet and exercise helps to maintain their good looks.

Diet Strengths

Vanity is Librans greatest asset when it comes to fat loss! Librans adapt well to new situations so starting a weight loss plan or a new diet and exercise program will not cause them any problems. Librans think before they act and will spend time choosing the best diet for them. High energy levels makes exercise a must for Librans who generally excel at fast-moving games.

Diet Weaknesses

Librans dislike of discipline can make sticking to a weight loss diet plan difficult. Their love of lounging and dislike of exercise means their calories convert quickly to fat! Librans have a slow metabolism which makes exercise an important part of their weight loss program. Fast weight loss is not easy for Librans who love good food and wine and enjoy entertaining.

Weight Loss Potential

Weight loss is not easy for Librans. Result? They may resort to extreme measures to lose weight. They may choose a very low calorie diet or an excessive exercise program but soon quit. Or sometimes they do nothing and hope their fat will go away! Librans who use their intelligence to choose a diet plan that fits their lifestyle will do well. A diet that allows them to cook a variety of interesting foods will work best.

Weight Loss Diet Tips For Libra Men



LIBRA (23 Sept - 22 Oct)

Weight Loss Problems for Libra Man

Libra Man does not find it easy to lose weight. He tends to have a slower metabolism, a strong dislike of exercise and dislikes discipline. Libra Man talks about starting a weight loss program, but hopes that his fat will disappear by itself! Libra Man is intelligent but can be gullible and can be attracted to fad diets and promises of very fast weight loss. Libra Man is handsome, but fat can ruin his good looks.

Weight Loss Strengths for Libra Man

Libra Man has many positive qualities that help him to lose weight. Appearance is very important to Libra Man, and because of his slow metabolism, weight control is a necessary part of his life. Starting a weight loss diet and exercise program with a partner works well for Libra Man who functions best when in a happy relationship.

Best Exercise for Libra Man

Exercise is a must for Libra Man whose slow metabolism makes burning calories a slow business. Any exercise is better than none! Libra Man dislikes vigorous, sweaty exercise and is often the classic Couch Potato. Joining a luxury gym where he can also socialise, works well for him. He can excel at fast moving sports like tennis, squash and badminton.

Diet Advice for Libra Man

The best diet for Libra Man is a low-fat diet that is high in fibre. His diet should contain lots of fruit to satisfy the Libran sweet tooth. He should avoid processed foods and foods that are high in refined sugar, like cookies and candy. Because Librans can have problems with the balance of body fluids and elimination, Libra Man's diet should contain plenty of water.

Diet Tip for Libra Man

If you want to keep the ladies as interested in you as you are in them, stop sitting on the fence. Make up your mind to start your diet and exercise plan today.

Weight Loss Diet Tips For Scorpio Women



SCORPIO (23 Oct - 21 Nov)

Diet Personality

Sticking to a weight loss program or following a diet and exercise plan comes easy to Scorpios who are positive and determined. Scorpio is able to follow strict diet rules. To lose weight successfully, Scorpios must immerse themselves in their diet plan- no half measures will do! Scorpios enthusiasm and organisational skills makes weight loss a certainty.

Diet Strengths

Fast weight loss is easier for Scorpio than any other sign. Once they start, they stick to their diet plan and are determined to succeed. A positive outlook plus an orderly mind can help Scorpios overcome all weight loss obstacles. Scorpios make things work even when the going gets tough!

Diet Weaknesses

But sticking to a weight loss diet plan is difficult for Scorpios when the negative side of their character is dominant. Scorpios resent the restrictions that a weight loss diet plan places on them and they will not want to count calories or fat. Scorpios tend to overdo things and should avoid very low calorie diets, fad diets and excessive exercise.

Weight Loss Potential

Scorpios weight loss potential is excellent. A varied diet and exercise plan that allows Scorpio to use their mental and physical energy will work best. When

Scorpios curb their restlessness and settle on a specific diet plan they lose weight fast. Scorpios have the ability to help others succeed so they often lend diet support to partners and friends.

Weight Loss Diet Tips For Scorpio Men



SCORPIO (23 Oct - 21 Nov)

Weight Loss Problems for Scorpio Man

Weight loss can be difficult for the self-destructive Scorpio Man. Scorpio Man understands when someone else had difficulty dieting but is critical of himself when he has problems. Also, he needs to understand how losing weight will benefit him. He may only start a weight loss diet plan if his cholesterol or blood pressure is high. He has difficulty following a diet plan as he likes doing things his own way.

Weight Loss Strengths for Scorpio Man

Fast weight loss is easier for Scorpio Man than for any other star sign. When Scorpio Man starts a diet and exercise program there are no half-measures! He will stick exactly to his diet plan until he reaches his weight loss goal. Scorpio Man's orderly mind and enthusiastic nature guarantees successful weight loss.

Best Exercise for Scorpio Man

Scorpio Man has enormous mental and physical energy, and needs to take regular exercise whether or not he is overweight. Scorpio is a water sign and a typical Scorpio Man enjoys swimming, rowing, diving - ideally competitive - and scuba diving. Boxing and martial arts are also good calorie burners and appeal to his aggressive side.

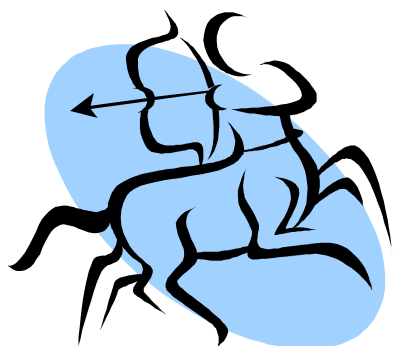
Diet Advice for Scorpio Man

Scorpio Man has no problems following his diet and exercise plan. A diet high in fibre, and plenty of fruit and vegetables is important for Scorpio Man who can suffer both physical and mental blockages. The Scorpio diet plan should include plenty of strong flavoured, spicy foods. Scorpio Man can get so involved in his work he forgets to eat. A weight loss diet plan for Scorpio Man should include plenty of easy-to-cook meals.

Diet Tip for Scorpio Man

Treat your diet like you do your job. Pursue your weight loss program with your abundant energy and enthusiasm, and you are bound to succeed.

Weight Loss Diet Tips For Sagittarius Women



SAGITTARIUS (22 Nov - 21 Dec)

Diet Personality

Sagittarian dieters need a varied diet plan that gives them freedom. Sagittarians try to take on too much. Typically, they start a weight loss program, an exercise program and a new job all at the same time! Weight loss for Sagittarian hips and thighs is difficult. Sagittarians do not have the patience to count calories but they want to lose weight fast. Calories from alcohol should be limited for health as well as fat loss.

Diet Strengths

Sagittarians begin a weight loss diet with enthusiasm. Their optimistic nature means they expect fat loss and weight control to be trouble-free. Sagittarians adapt well to a new diet and like to finish what they start. Exercise is important to all Sagittarians.

Diet Weaknesses

But weight loss is hard for Sagittarians who take on too much. Lack of planning and impatience makes sticking to a diet difficult. Sagittarians are not domesticated so they need a diet plan with simple meals. Weight management is not easy for the indulgent Sagittarian!

Weight Loss Prospects

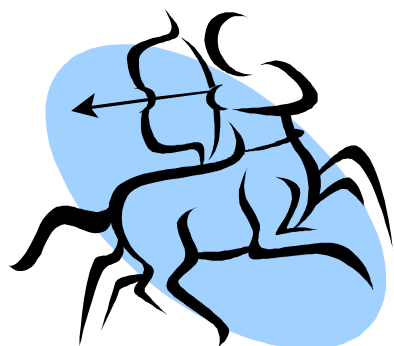
Sagittarian weight loss prospects are excellent if they can curb their need to do things their own way! Their restlessness makes it difficult for them to follow a weight loss program in the long term. Their best asset is their

enthusiasm. Obesity is not generally a problem and fat is mainly stored on Sagittarians hips and thighs. A sensible and varied weight loss plan and a regular exercise routine will sort out the problem!

Foods that help with weight loss

Plenty of Vitamin C (citrus fruits, kiwi, oranges) tomatoes, leeks, onions, garlic and reasonable amounts of protein. Avoid: Highly processed fast food, large quantities of alcohol, sugar, candy and cookies. In general, eat fruit instead of cookies or candy to satisfy your sweet tooth.

Weight Loss Diet Tips For Sagittarius Men



SAGITTARIUS (22 Nov - 21 Dec)

Weight Loss Problems for Sagittarius Man

Weight loss is made difficult for Sagittarius Man who is impatient and fails to plan his diet adequately. A lack of commitment and a dislike of restrictions makes it hard for him to follow a diet and weight loss program. Sagittarians love food and drink and have a strong indulgent streak which makes it hard to reduce fat, sugar and alcohol. Sagittarius Man is a risk-taker and may take risks with his health.

Weight Loss Strengths for Sagittarius Man

Sagittarius Man is adaptable and begins his weight loss diet with great enthusiasm. He regards dieting as a challenge. His optimistic nature is his greatest asset and he does not expect to have difficulties with his diet plan. He likes to finish what he starts so quitting his diet before he reaches his weight loss goal is not an option.

Best Exercise for Sagittarius Man

Exercise is more important for Sagittarius Man than most other star signs. Boredom is a problem for Sagittarius Man who needs to plan a varied exercise routine. He is a natural sportsman and enjoys the social as well competitive aspects. He is a risk-taker and is attracted to more dangerous pursuits like sky-diving, motor racing, mountaineering and para-gliding.

Diet Advice for Sagittarius Man

Weight loss is not difficult for Sagittarius Man provided he chooses a diet that

does not require him to count calories. Fast weight loss is important to Sagittarius Man, but a diet plan that allows him to enjoy a variety of interesting foods will work best. Jupiter's influence can lead Sagittarius Man to over-indulge in food or drink, causing health problems. Sagittarians key body area is the liver, so excess alcohol is particularly unhealthy for them.

Diet Tip for Sagittarius Man

Think of your weight loss diet as a challenge. Set yourself high goals and progress steadily. Then, not only will you lose weight, but you will enjoy the challenge!

Weight Loss Diet Tips For Capricorn Women



CAPRICORN (22 Dec - 19 Jan)

Diet Personality

Capricorn dieters are so single-minded that once they decide to diet they will lose weight fast. A strict diet plan appeals to the unbending Capricorn. However, if their weight loss plan goes wrong, Capricorns blame other people and other things - it is never their fault! Capricorns are hard to satisfy so, make your weight loss goals realistic.

Diet Strengths

Capricorns have many strengths which help them to diet and lose weight, even if obesity is a problem. Capricorn organising skills and desire for routine makes sticking to a diet and exercise program easy. A weight loss diet that is practical, with strict rules, is ideal for the single-minded Capricorn.

Diet Weaknesses

But weight loss is difficult for the less confident Capricorn. Capricorns do not welcome advice about how to lose weight, diet, exercise or anything else. They believe they know best! Their tendency to focus exclusively on one thing can mean that their diet and exercise is put on hold.

Weight Loss Potential

Capricorn weight loss potential is excellent if they use their amazing discipline and focus to stick to their weight loss program. Unlike other star signs, the austere Capricorn welcomes restriction. Counting calories, reducing fat,

increasing exercise and other changes which help to lose weight are not a problem for Capricorns.

Best Foods for Weight Loss

Lean meat, bread, potatoes, pasta, corn are all good for Capricorns. Plenty of calcium rich foods to protect Capricorn weak areas like teeth and bones. Avoid: Cold foods. Foods are best for Capricorns eaten at room temperature or hotter.

Weight Loss Diet Tips For Capricorn Men



CAPRICORN (22 Dec - 19 Jan)

Weight Loss Problems for Capricorn Man

Whether it involves diet, weight loss or any other issue, Capricorn Man believes he knows best. Perhaps he does, but acquiring expert advice on diet and weight loss will not do him any harm! Regardless of how fast Capricorn Man loses weight or how rigidly he sticks to his diet plan, he is rarely satisfied with himself. Capricorn Man is attracted to very restricted diets instead of a sensible diet plan that he can follow for life.

Weight Loss Strengths for Capricorn Man

Weight loss is easy for Capricorn Man who is utterly single-minded in pursuit of his goals. He possesses good organising skills that help him to incorporate a weight loss diet plan into his busy life. Routine is important when dieting and Capricorn Man loves routine. He is scrupulous about doing things right and a practical diet plan with strict rules is ideal for him.

Exercise for Capricorn Man

Capricorns often make excellent athletes. Capricorn Man enjoys exercise that requires endurance rather than stamina. Mountaineering and rock climbing are favourites. Capricorn Man enjoys jogging to burn calories, rather than gym-work. He is attracted to exercise routines that have social advantages, so joining the golf club or tennis club is perfect exercise for him.

Best Diet for Capricorn Man

Avoid fad diets and diets that are very low calorie. Capricorn Man's austere nature attracts him to diets that require super-human willpower. Long term this will not work. Capricorn Man should choose a diet that fits easily into his daily routine. A low-fat diet that provides plenty of dairy and calcium rich foods is important to protect Capricorn Man's weak areas like teeth and bones.

Diet tip for Capricorn Man

Set yourself a realistic weight loss goal and give yourself a reasonable amount of time to achieve it. Successful weight loss is not about being perfect, so don't crucify yourself!