

Americans Turning to Trendy Diets to Shed Pandemic Pounds

Americans in the prime of their lives are worried about the pounds they packed on during the pandemic and plan to do something about it in the new year.

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EINPresswire.com/ -- Americans in the prime of their lives are worried about the pounds they packed on during the pandemic and plan to do something about it in the new year, a new Harris Poll/HealthDay survey finds.

Nearly 2 of every 3 U.S. adults (63%) plan to change up their diet in 2022, either by eating less or cutting back on specific foods, poll results reveal.

Adults between the ages of 18 and 44 are the most worried about the health effects of their pandemic weight gain, according to poll results.

Folks in that age range are more likely to say they're struggling with diet and weight

management. They're also more worried that the hit their health took during the pandemic will affect them in years to come.

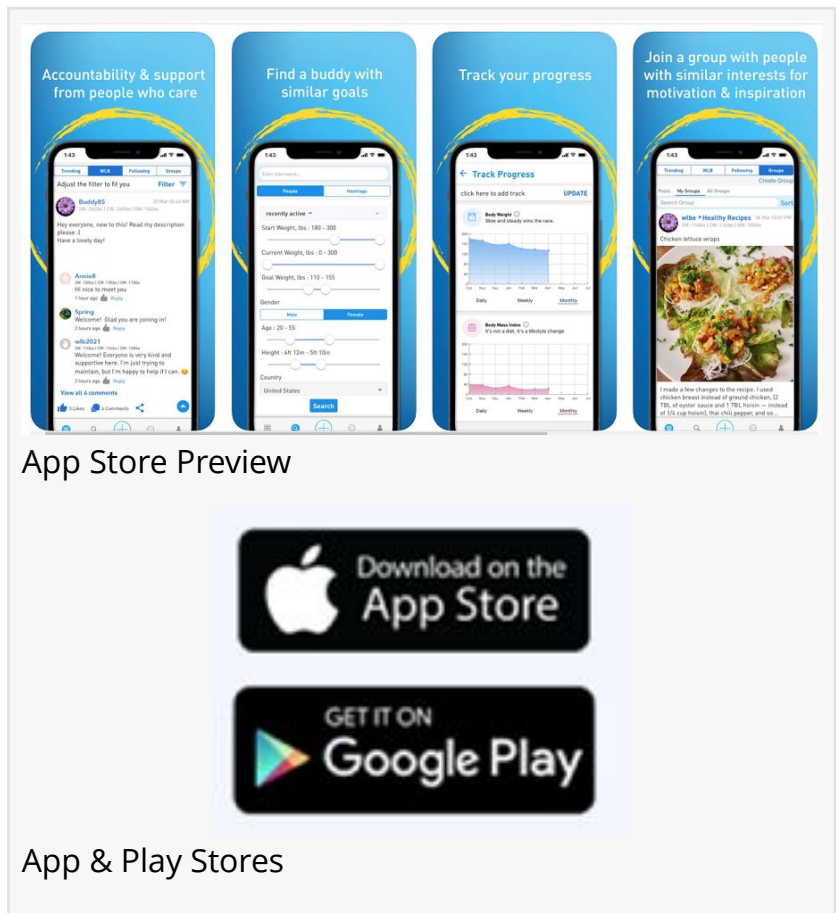
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You can't help someone up a hill, without getting closer to the top yourself -"

Joey Dweck

"These younger adults are more likely to be employed, and they're also more likely to be parents of children under 18. That probably means these folks are more likely to have

been stressed during the pandemic," said Harris Poll Vice President Kathy Steinberg.



App & Play Stores

"If you're an adult who's 55-plus or 65-plus, yes, it sucks that you haven't been able to visit family and you've been quarantined, but maybe your life hasn't changed that much in terms of what you're doing," Steinberg continued. "Whereas if you're a parent and you used to send your kids to school and you used to commute to work, your whole life has changed."

Overall, more than 2 in 5 adults (43%) said they gained weight during the pandemic.



Of those, 7 in 10 (71%) are concerned about the weight they gained, including 1 in 4 (26%) who strongly agree.

A deeper dive into the poll numbers support Steinberg's contention that the busier lives of younger adults make them more likely to be stressed about the health effects of the pandemic.

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About WeightLossBuddy

WeightLossBuddy is the largest community dedicated exclusively to supporting people who are struggling to lose weight.

Its new app allows users to monitor their weight, while sharing their progress with others, and at the same time learning from their experience.

Not only are users able to chat live with other users, but they can also form or join groups to connect with people who have similar interests and goals.

Public & Private groups let them share their concerns with people they can trust.

Research has shown that people who have social support, tend to be more successful at achieving, and maintaining weight loss than those who do not.

In a 2010 study, almost 88% of subjects who joined an internet weight loss support community reported that being part of a group supported their weight loss efforts by providing encouragement

and motivation.

In addition to a very easy to use platform, weightlossbuddy uses a familiar “posting” interface people are familiar with. It allows users to share both their successes and setbacks.

What makes the new weightlossbuddy app stand out from other apps is that it is non-toxic, safe, supportive, welcoming and easy to use.

Users can check in each day, post their progress, get encouragement and check to see how their friends are doing.

The new App helps users by giving them the support they need in a welcoming, non-threatening community of like-minded people who share their frustrations,

WeightLossBuddy caters to those individuals who want to lose weight and need help.

It helps by providing weight loss support from others on a similar journey.

The new 100% FREE weight loss support app gives users access to a large weight loss community that is ready to

encourage them, share effective weight loss tips, and help them in any way possible to reach their weight loss goal.

Users of the new app can explore the social fitness & weight loss posts from weight loss buddy users that are on the same journey.

Users can find great weight loss support content, read about other people’s personal struggles to learn and relate, and like and comment on posts.

Additionally, users can make use of Weightlossbuddy as their weight loss tracker and social weight loss app to post content, thoughts, struggles, progress photos, and more.

Users can start chatting live with fitness buddies from around the globe within the app!

WHY the NEW WEIGHTLOSSBUDDY APP?

Users can now:

add current and target weight

find a buddy and get support

share photos and weight loss progress

connect and chat live with other weight loss buddies

comment and like on posts

track daily weight

This New 100% FREE App can be found in both the [Apple](#) and [Google Play stores](#).

It has the ability to transform people's lives.

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