

Published based on [How should I go about losing weight for the first time?](#)

How should I go about losing weight for the first time?

Asked: How should I go about losing weight for the first time?

This is my first attempt at losing weight - I'm 23 5'9 and 265 & a 7yr vegetarian - I eat carbs soda and all the sweet stuff I'm talk so I carried my weight well until recently when I saw a not so good picture of myself - when I met my bf in 07 I was 145 I'd like to get under 200 this yr but not sure the best way to go about /// weight watchers ? Spark people ? Any good diets for vegetarians ? Any advice would be greatly appreciated

Answers:

Answered:

www.sparkpeople.com - great site that helped me reach my goal weight!

Got a better answer? Share it below!

You can also find this article published on [How should I go about losing weight for the first time?](#), and on the tag pages [Answers Answered](#).