Fitness or weight loss results.

However, there are several things you can do to help maintain momentum towards your fitness goals. This time of year is when most people are thinking about fitness. But one of the biggest killers to motivation is not seeing immediate results. However, there are several things you can do to help maintain momentum towards your fitness goals.

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Editor's Note:

Celiac disease affects 1 out of every 133 people, or about 3.5 million Americans. It is an autoimmune disorder in which the body mistakenly reacts to gluten. Gluten is a protein found in wheat, barley, and rye. When people with celiac disease eat gluten, their immune system destroys the lining of the small intestine, which causes malnutrition.

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Osteoarthritis is the degeneration of the joints as the cartilage wears out, usually due to attrition over time but is a form of arthritis, whether the process is due to an autoimmune response or the wear and tear of the cartilage over time.

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