

TIPS TO ACHIEVE PERMANENT WEIGHT LOSS

You have made the commitment to lose weight and change your lifestyle forever. So what can you do to help you lose weight and keep it off?



There are a few tips that can help you on your journey to losing weight. Remember the key to successful weight loss is simply eating less and exercising more. But it's not that easy is it? No of course not. If it were that simple then we would all be thin! In order to lose weight successfully and to maintain that weight loss we need to make lifestyle changes that result in better habits and

more positive thinking. So how can we achieve that? Well, first of all we need to change our thinking. The way we think about food and why we think about food is extremely important. Follow these few tips to make it easier to achieve your goals.

- 1.** Set realistic weight loss goals. Healthy weight loss is 1 to 3lbs per week. If you set unrealistic goals you are setting yourself up to fail!
- 2.** Be committed! You need to realise that you want to lose weight for you. Not your partner. Not your family. Not your friends. FOR YOU!
- 3.** Be prepared to change your behaviours and habits regarding eating. You cannot go on eating the way you were before.
- 4.** THINK! Often we eat because we THINK we should eat not because our bodies need us to eat.
- 5.** Realise that eating does NOT solve your problems, they make them worse!
- 6.** When you think you are hungry or need to eat, ask yourself if it is true. 9 times out of 10 it will NOT be true. CHANGE THAT THOUGHT.
- 7.** Listen to the signals your body is sending. Over-weight people often miss the signal the body is sending to the brain telling them they are full!

8. Eat slowly, chew every mouthful. Enjoy the flavour and the texture.
9. Serve portions on smaller plates. This encourages smaller portions.
10. Put down your knife and fork between mouthfuls.
11. Don't drink while eating. This flushes food through the system more quickly and stops us feeling full.
12. Drink zero calorie drinks.
13. When someone tries to force food on you remember it will not be them that will gain the weight.
14. Don't be afraid of waste. If you eat it will end up as waste anyway! If it goes in the trash it will end up as waste as well. The difference is that in the trash it is not going on your weight!
15. Keep a food diary and note down what, when and why you ate.
16. Recognise your triggers. That is the things that happen that result in you having something to eat. Once you have identified your triggers you can change your reaction to them.



And finally.....If you cheat you are only cheating yourself. No one else is going to put the weight on for you.