



FAB BITS-N-TIPS – WEEK OF 29 JANUARY 2012

Sticking to Your Weight Loss Goal

Losing weight can be very difficult. There are so many temptations like that gooey chocolate dessert and that scrumptious cake. How many times have you told yourself that you will exercise everyday and not eat unless necessary? But the minute you get a whiff of that freshly baked brownie you lose control - don't you? Losing weight requires a lot of motivation. Here are a few tips that will do just that so that you stick to your weight loss goal.

Don't Ignore the Problem

Most of the time women tend to ignore their weight and hence are prone to weight related health problems. With children to take care of, deadlines to meet and other errands to run, you seem to be falling short of time. But, taking care of yourself should be top priority.

Prioritise

Try to set aside a time of the day to go to the grocery store, for a walk or other exercise and stick to it. Time management is very important when it comes to weight loss. So it may cut out on a few pleasures like catching that re-run of your favourite TV drama or that late night movie, but the results will be worth it.

Be Dedicated

If you want to lose say 15 pounds in the next 3 months, do it. Write it in your diary, mark it in the calendar, ask your friends to remind you and your family to help you with your diet. Decide that you have to exercise 30 minutes every day and do it. And when you see a dish of delicious fries, remind yourself that you have a goal to attain, a deadline to meet.

Be Realistic

Don't aim at losing something like say 25 pounds in a month. It is simply not possible to meet such goals. Moreover, an attempt to do so could harm your health. Set goals you know are within your reach. Eg. 1-2 pounds per week or allowing yourself that chocolate treat just once a week. Every time you attain a goal even if it's a small one, you'll feel good and will make it easier for you to reach your ultimate goal.

Motivate Yourself

Treat yourself to a slice of pizza or a piece of chocolate if you have been good otherwise. Be proud of what you've achieved. This will help you to keep going for longer and help you stick to your weight loss goal. Finally, don't beat yourself up – if you have a bad day, week or even month – commit to trying harder, making more of an effort to be consistent.

All it takes is a little determination and optimism to reach your destination. Remember, weight loss is not just about fitting into that 'Little Black Dress' but more about a healthier you...for the rest of your life!

Source: www.idiva.com