



FAB BITS-N-TIPS – WEEK OF 12 FEBRUARY 2012

Excuses - No! Choices - Yes!

At our last FAB Meeting everyone (including myself) was given the assignment of anonymously writing down the number one excuse stopping us from reaching our weight loss goals. We then helped each other come up with solutions in order to avoid these pitfalls and also undertook to replace the word **EXCUSE** with **CHOICE** instead. Strive to make your life about **choices** - not *excuses*!

Here are some of the tips we shared with each. Those present at the Meeting can review these for reinforcement and those not in attendance should benefit from these as well.

1. "I Hate Exercise"

Health authorities recommend a minimum of 30 minutes exercise per day, but even 15-20 minutes is better than nothing. Many people plan exercise but then fail to commit to it. Try introducing more 'incidental' activity into your day. Take the stairs, walk instead of taking the car. Try wearing a pedometer to see how active you *really* are.

2. "I Don't Have Time to Eat Healthy"

Do you have the time to be sick? Taking time out to look after your body is time well spent. This includes *always* making adequate time for breakfast.

- Look at what you are actually spending your time on and eliminate unnecessary or unimportant things from your schedule.
- Reassess your priorities - your health should be high among them.
- Read a book on time management and follow time management philosophies.
- Look for opportunities to combine things, like spending time with the kids and walking or exercising while watching TV.
- Keep a daily diary to plan your day.
- Simply get up earlier or stay up later.
- Planning meals is the key to healthy eating for the time challenged among us

3. "I Cannot Live Without Chocolate / Ice Cream"

When you think of certain foods as 'bad' - whenever you eat those foods you will feel guilty. If you can eat those foods in a positive environment - then you will have a better chance at choosing a small portion size. Also consider swapping the food for something with a similar flavor - but less calorie-dense.

4. "I Don't / Can't Cook"

Most supermarkets offer many pre-made foods - frozen meals, prepared salads and pastas. Learn to understand food labels. You do not have to be a chef to cook healthy food.

5. "I Don't Have the Support of Family & Friends"

Sometimes you may need to tell people what you are trying to achieve. This is important in social situations where food is on the agenda. Communicate with those around you exactly what you are expecting from them - don't try and second-guess their responses.



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6. "I Eat Out All The Time"

It is possible to lose weight while eating out a lot - but you must become very adept at selecting your food.

- Avoid chips, fried rice, wedges as an accompaniment. Order a side salad or vegetables instead.
- Choose a medium/small portion
- Avoid entrees - they are typically high in fat
- Drink plenty of water with the meal
- When choosing a main meat - choose fish, followed by chicken, then red meat. Grilled or poached is usually the best option.

7. "I Have to Cook Meals and Take of my Family"

Rather than having one person on a strict diet - try gradually altering the eating style of the whole family. This will mean substituting regular meals with healthier options - such as skinless chicken breast instead of beef mince, and vegetables instead of large portions of starchy carbohydrates.

- Incorporate them in your exercise routine and make healthier meals for all of you.
- If you have very small children, push their pram, with older children walk next to them while they ride their bikes, go swimming together or take them to a park and just walk around.

8. "Too Many Other Priorities"

- Change your priorities and let everyone around you know what they are.
- Remind yourself how important your weight loss goal is to your health and happiness.
- Keep a photo of yourself or how you want to be close at hand to remind you of your priorities.
- Simplify your life, maybe you're trying to do too much.

10. "I'm Always too Tired"

- Exercise and healthier eating will help you get better quality sleep.
- Exercise and healthier eating will increase your energy levels so you'll be able to cope better.

11. "I Can't Get Motivated"

- Setting clear goals and having a progressive plan combined with the right intensity of desire are the keys to motivating yourself.
- If you need help, get it.
- Being around others with the same goals as you can be very motivating, so consider exercising with a friend or joining a support group.

12. "I Can't Afford a Gym Membership or Trainer"

- Personal trainers are great if you can afford them but if you can't do some reading on what and how to exercise correctly and safely, and be prepared to motivate yourself.
- Most personal trainers offer group training sessions at a reduced cost.
- Hire a personal trainer just for a few weeks to get you started and then for a session or two later to check your progress.
- good quality exercise equipment can be very beneficial to anyone trying to lose weight, but there are a multitude of simple exercises that you can do without fancy equipment.
- Not all fitness equipment is expensive; a good skipping rope can be purchased for between \$10 and \$20 and you can always use exercise videos which are inexpensive.

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