

Lifestyle – 10 Weight Loss Pitfalls

✖ *Advice from Gillian Dalgliesh of SlimThink*

At this time of the year, now that all the seasonal excesses of the festive period are behind us, a lot of people are focussing on diet and exercise. However, the discipline and will-power to stick to our resolutions in these areas are often difficult to adhere to. Our firm intentions of early January often fall by the wayside after a relatively short time! With respect to diet, I have listed below 10 possible pitfalls you may encounter during your weight loss regime, however, I end it on a very positive note by offering you a very powerful ingredient to transform your expectations and the outcome of any diet you have ever been on before!

Take a very cautious approach to science and health media

Be aware! Often health, fitness and diet information in the media is commonly misrepresented with the facts being presented in a way that intrigues us and feeds our desire for quick and easy solutions! However, fad diets often don't often work and can have very negative side effects!

Drink plenty of water

This is the commonest mistake in a diet. Water may put out fires but it's essential for burning calories! If you are dehydrated, your metabolism slows down and that results in slower weight loss. Studies have shown that adults who drink at least 2 litres per day burn more calories than those who drink less.

Relying on Crash Diets

Slashing your daily calories to less than 1,000 per day can have the weight falling off, but eating so few calories trains your metabolism to slow down and once the diet is over, you have a metabolism that burns calories more slowly – and gains weight more quickly than ever before!!!!

Skipping Breakfast

This seems like a simple way to cut calories – have you heard yourself saying “Oh, I’m never hungry in the morning?” Big mistake! It can lead to unplanned snacking during the latter part of the morning or eating an enormous lunch (making calories soar!). Studies show that those who eat a breakfast each morning are more likely to maintain a healthy weight.

Losing Track of Your Snacks

Don’t forget to count up the calorie content of all nibbles in between meals! If you must have them, then keep a notebook handy!

If you must have a snack ...

Keep healthy, calorie counted nibbles in your desk, fridge or bag so you’ll know that if you can’t resist the urge to have a snack, then it’s going to be something that’s already part of your diet plan.

Be aware that low fat doesn’t necessarily equal low calories!

Eating more than one portion of a low fat food may mean more calories than just one portion of regular food. Get acquainted with fat, sugar and calories by checking the nutrition on the labels.

Weighing yourself every day – a recipe for frustration!

Weighing yourself daily can be very demotivating! Weight loss is unlikely to be a steady daily decline. Better to look for a long term trend with weekly weigh-ins. The results are likely to be far more encouraging!

Setting Unrealistic Goals

Don't set yourself up for failure. Make your weight loss goal realistic and attainable. Little steps that are easily reachable are encouraging and make for steady growth.

Avoiding Exercise

Don't place the entire focus of your weight loss onto your diet. Not only will becoming more active help you to burn calories and increase your fitness, you will release the feel-good endorphins into your system. The key is finding an exercise you enjoy!

The Most Important Ingredient to Weight Loss Success!

The points I have made above are all very valid and worthwhile stating, but when it comes to adhering to them, many of my clients tell me that at times they slip, and often after one or more, moments of over-indulgence, their will-power evaporates, their confidence that they can ever remain on a

diet crumbles, and their belief that they will ever attain their optimum desired weight disappears. Before long, they have put the weight back on and are back on the yo-yo dieter treadmill. Sound familiar?

It is essential to realise that when it comes to weight loss, the thoughts you put into your mind are as important as the food you put into your mouth! Changing your mindset is the key to losing weight and changing your body shape. The power of the mind is the best tool in the battle with weight. At SlimThink we give you the knowledge and skills to access the power of your mind and ensure weight loss success, and more. By following our simple programme, you will become empowered with the knowledge that you are in control. Any moments of weakness will no longer be an issue. You will enjoy the confidence of knowing that you can achieve your weight loss goals and maintain them. With a positive mindset, weight loss and good health become a long term and simple consequence!

Change your mind.

Change your body.

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