

10 keys to diet success



There are many people who want to lose weight, but unfortunately there are just as many diet strategies.

Which do you choose? Avoid those that seem simply too good to be true; instead look for a program that you can follow for the rest of your life. There really is no miracle cure, and the further from a sustainable program you go, the faster any weight you initially lose will return.

Here are 10 tips for your long-term success:

- 1. Choose foods that are high in nutrients**

This will help keep you feeling full, allow your body to function optimally, and many niggling health conditions may well disappear. Research shows that it is essential to have adequate, not high, protein to maintain lean tissue while losing weight. This is the key to lasting weight control.
- 2. Manage your appetite**

No, this does not mean to eat less! In fact, eating high quality, nutrient-dense foods helps you to control your appetite naturally and without hunger. Food that are filling and supply your body with a load of quality nutrients will help you lose weight and keep it off.
- 3. Know your eating triggers**

Many of us are familiar with a smell, an event or a person that prompts an eating choice. If the choice is for a lovely meal of high quality foods, then that is excellent and you should expose yourself to these triggers more frequently. Too often, however, the trigger is for eating low quality foods. Knowing this means that you can plan alternatives and deal with these situations.
- 4. Monitor your progress**

Use your Daily Planner or Journal to plan ahead and record everything you eat and drink, and also what exercise you do. You can also keep a record of other factors that influence your weight: sleep, vision statement, bowel movements, stress, hunger, and cravings.
- 5. Build your support network**

Your mentor, food supporter and exercise supporter can all help when you're feeling 'weak' – and we all have times where our will power is not enough. The more positive, supportive people you have around you, the better your results.
- 6. Get good advice for you**

Your Health Coaches can help with information, tips and strategies to help you along your weight loss journey. More than that, they can be a friendly face when it seems the world is against you and a patient ear if you just need to off-load.
- 7. Personalise the program**

As you move through your program, you'll start to recognise foods, drinks and activities that work well for you and others that don't. There is not one diet that fits everyone, so think about the impact your choices have on your weight and your sense of well-being, and make adjustments accordingly.
- 8. Avoid confusion**

Decide on a program and stick to it. Avoid implementing parts of one program with parts of another; this usually leads to confusion for you body and disappointing results. Worse still, this usually is the first step to people just giving up.
- 9. Be realistic**

Expect your weight loss journey to take some time. Accept that you will make mistakes. Regardless of what happens, it's important to let it go, don't beat yourself up about it, and just get on with doing as your program outlines.
- 10. Move more**

Even people who feel that they hate exercise find that, as they lose weight, movement becomes easier, more comfortable and more enjoyable. It doesn't even have to be 'exercise' – many people love going out dancing, doing some gardening, or playing with their grandkids. Take opportunities to move rather than being an onlooker.