



7 Steps to

WEIGHT LOSS



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Losing weight is all about making a **mindset shift**.

The biggest obstacle to losing weight is what goes on in the space between our ears.

So the first step to preparing for weight loss is working on our thoughts and eliminating as many obstacles and challenges that stand in our way as possible.

Here are my **7 STEPS** to helping you prepare for any weight loss challenge you are setting yourself!



1. SET YOUR GOALS – WORK OUT YOUR WHY!

Imagine how you would feel if you had lost xx pounds. How would it affect your mind, body, relationships, confidence and health, and what would you be able to do that you are not doing now?

Take a little time and write a letter to a friend, partner or someone who understands your frustrations and has supported you along your weight loss journey. Write the letter in the present tense as if you have already achieved the weight loss you are targeting. So, look ahead to 6 months from now, for instance, and imagine how you would feel having lost those pounds or kilos.



YOU HAVE REACHED YOUR GOAL - yay!

So how do you feel? Great, fabulous, more energetic, you wake up feeling refreshed every day, love looking at yourself in the mirror, front ways, sideways, any way! Shopping is so much fun, you're walking faster, have energy to play with your children more and for longer, confidence has rocketed and you love going out and meeting new people as the new you!

Write it all down, absolutely everything as if you are there already, and then, read it every day. Why? Because this will gradually change your perspective, change the energy surrounding you from 'only if...' to '*I can do it and I am doing it....*' Read it once, twice or as often as you feel you need to each day to motivate you.

So here's how you could start your letter.

'I am grateful and thankful that I am now feeling so much more energetic. I feel great! I am able to play with my children and take them swimming while wearing a swimming costume without feeling conscious of myself. I am so grateful and thankful that at last after all these years of dieting, feeling lethargic and frustrated with my appearance I am now able to look in the mirror and admire myself and be proud of how I look!'

Just imagine how you are going to feel when you reach this point!

2. BELIEVE IN YOURSELF AND YOU CAN GO ALL THE WAY!

This is so important. You must *trust* and **believe in yourself**. Just because you have tried the gym route or attempted so many diets in the past, it doesn't mean that you are not going to be successful this time.

You may have the odd bad day on which you eat more than you should or miss your planned workout, but that's ok, as long as you are aware of this you can easily get back on track again. Don't berate yourself just get back on your healthy eating program at your next meal or pick up your exercise routine the next day. Don't let your cheating set you back to the point that you give up.



3. CREATE A FRIENDS AND FAMILY SUPPORT NETWORK

You don't have to announce to the world that you're wanting to become slimmer. You can just tell a handful of people who you know will support you. This could be, for instance, members of your family or a few of your closest friends or colleagues you share your lunch break with at work. Let them know your goals and what losing weight means to you so that they can support you all the way.



4. CREATE A TIMETABLE FOR EXERCISE

Be realistic with your exercise planning and take in to account all your commitments as well as your lifestyle. Remember that even doing a small amount of exercise regularly, whether that's walking, swimming, jogging, or jumping along to an exercise video at home, or a combination of all of those, can be valuable and will always be much better than doing none at all - particularly if you haven't exercised for a while. As you start to make progress with your weight loss you can ramp up your exercise regime. Remember you are creating a lifestyle strategy that will lead to a lifestyle change.



5. MEASURE FOR MOTIVATION

Invest in a notebook, measuring tape, a set of weighing scales – one to measure your progress and a digital food scale too and finally a pedometer.

These tools will be your best friends and your biggest motivators!

Plan your meals in advance and simplify your shopping trips by writing down a list of groceries to buy and then stick precisely to what's on the list. With each day that goes by, write down what you have eaten and how the food makes you feel. Ideally you should start to reduce your daily calorie intake to 1250 - but if your body feels full then there is no need to hit that mark. If you are going out for a meal, plan ahead and check out the menu, choose two meals that you are ok with eating, in case one is not available, and stick to the choices you've made.

You should also measure different parts of your body such as your biceps, thighs and waist and make a note of those measurements. As you progress with a healthier eating plan go back and measure each part of your body again to monitor your progress.



A pedometer will also be a real asset to assess how much walking you have undertaken. Try and gradually build up to 10,000 steps each day for optimum fat burning.

Just bear in mind that your weighing scales may not reflect your fat loss as you are simultaneously going to be gaining muscle. This may slow down the appearance of your weight loss initially on the scale as muscle weighs more than fat but takes up less space.

6. KEEP AN OPEN MIND AND BE ADVENTUROUS WITH FOOD!

Find out about your **local organic food store**, local farmers market or try a new vegetable each time you go food shopping. Try a different way of cooking for example, if you don't like brussel sprouts boiled then try sautéing them or roasting them instead.



7. GIVE YOUR KITCHEN A SPRING CLEAN!

Clear your cupboards and the fridge of all junk food. Out with the old and bring in the new! It's time to say goodbye to old habits, so dispose of the mayonnaise, sugar laden jams, biscuits and puddings. Processed foods will minimise your fat loss by spiking your blood sugar and it's time to



have a clear out so that you can't be tempted and side tracked from your weight loss goals.

Be bold and ruthless, donate to a foodbank or give the products to a neighbour. We've all heard the phrase, '*out of sight out of mind*' well, this certainly holds true when it comes to fatty food and getting what's bad for you out of sight could be a big step in the right direction.

So get rid of all the foods that you've got at home that you won't be eating for the foreseeable future. All being well, you will be saying goodbye to them forever. Once you've jumped on the bandwagon of a healthier lifestyle your mind set will shift and you will discover that now there's no turning back!

Hope you found these tips useful.

To your health,

Sadhna x

