

IN CELEBRATION OF THE THINKING WOMAN

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# Overcome Weight-loss

**Do not be disheartened by the occasional slip up in your efforts to reach your weight-loss goals.**

**W**e have all been there. Devouring a big bag of potato chips, polishing off a big chocolate bar or eating a bowl full of ice cream and then regretting it. Yes, it has happened to all of us. It is very common when starting to make changes to your lifestyle to slip back into old habits and patterns.

If you make too many radical changes, your body and mind will most likely rebel and crave unhealthy foods, so it is best to introduce change slowly. It takes time and consistency to achieve anything that has a long-term benefit. However, if you stick to your new habits, they will eventually become a way of life and slot easily into your lifestyle.

Use the tips below to get yourself back on track and on the way to weight-loss success.

#### **Plan before you get started**

Before you start to make changes to your current lifestyle, look at where you are at now. Examine your habits and behaviours

and identify what areas need to be worked on for you to reach your goal. Keep the reasons for why you have decided to change your lifestyle in the forefront of your mind. This will help steer you towards what you want to achieve and help you to make the right choices and actions each day.

If for some reason you have a slip up, look at what problems are popping up. Sit down and create a list of solutions. For example, if you get cravings for chocolate every day at 3pm, make sure you do not have any chocolate on hand. Replace it with a small bag of sultanas or have a piece of fruit.

Experiment with many solutions to a problem and if one works, use that strategy to prevent you from sliding backwards. If a solution does not work, keep going until you find one that suits you.

#### **Always take full responsibility**

Avoid blaming other people for any problems that occur on your quest to reach your weight-loss goals. Create a plan





of action for yourself that you feel desire to commit to. Accept full responsibility for your own actions and behaviours. Only you are responsible for your ultimate results. The more you accept full responsibility, the better off you will be in the long term as you will learn to do what is best for you rather than living to someone else's rules.

Be responsible and avoid places that test your temptations. If you overeat when at your favourite restaurant or find it hard to limit portions, avoid the place until you feel more in control of your behaviours and actions.

Also, learn to say 'No' to situations where you know you have a weakness. If a friend invites you to an 'all you can eat' buffet and you know you will ruin your weight-loss plan, politely decline. Look out for yourself and put yourself first. Consider it a temporary measure until you get a handle on your behaviours and are closer to reaching your goal.

### Be nice to yourself

We all make mistakes, slip up or fall back into past patterns. You have been practising your past habits for a long time now, so it will take time to change your habits and actions permanently.

Try to avoid 'black or white' thinking. Just because you slipped up and ate the whole bag of chips, it does not mean you have given up completely. Learn from the experience and move on to be better next time.

Keep moving forward and when you feel yourself about to slip up, remember the dissatisfaction you feel when you revert to your old habits. Focus on your aim of a healthier body and you will soon programme your mind to choose healthier options.

Every time you have a craving, ask yourself if you are hungry, or bored and restless. Experiment with yourself and delay caving in to a craving. Distract yourself by sipping water or doing a new task. If the craving does not pass, reach for a healthy

alternative such as fruit or a nut mix, or sip a hot drink.

### Get support from friends or a professional

If you need help, ask for it. This is not a sign of weakness. If you are having a rough day and know if you stay in the house that you will binge eat, call up a friend and go to a movie or for a walk.


Think up creative ways you can bond with friends that do not involve eating. Tell your friends and family what your goals are so they are aware of what will help propel you to your goal.

Enlist the help of a professional, be that a nutritionist or a personal trainer, to help move you in the right direction. We all need guidance along the way and accountability to someone else could be the very thing to keep you on track.

### Think of your body as your temple

Too often we mistreat our bodies, thinking we are invincible and there will be no repercussions from our actions. Any unhealthy habits now will show up in the future. No exceptions. This can be hard to swallow, but it can also be empowering as it means you are in the control seat of your future.

Some subtle consequences from your current unhealthy lifestyle may be showing up now in the form of headaches, breakouts, being susceptible to colds and even just not being able to fall asleep. Do not wait to get a wake up call in the way of a heart attack or getting diagnosed as obese or a diabetic before you start to make the necessary changes for a healthier you.

Learn to treat your body well, so it treats you well in the long term. Take any setback on board as a learning experience and keep going after your dreams and goals. Today is the tomorrow you were waiting for, so make changes now! 

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