

E-Book

YOU CAN
DO IT!



Motivation

What motivates you to lose weight can vary from person to person. But finding your motivation can involve identifying the reasons you want to lose weight, setting your expectations, and finding support.

Starting and sticking to a healthy weight loss plan can sometimes seem impossible.

Often, people simply lack the motivation to get started or lose their motivation to keep going. Luckily, motivation is something you can work to increase.

Motivation is what will help keep you on track to reaching your goals and many of us will have different motivations.

Losing weight is no easy feat, but by adopting a positive attitude, you really can achieve anything you set your mind to.

Determine Why You Want to Lose Weight

Clearly define all the reasons you want to lose weight and write them down. Think back to when you first decided to start a new kind of fitness regime and remember what your original reasons were

This will help you stay committed and motivated to reach your weight loss goals.

Try to read through them daily and use them as a reminder when tempted to stray from your weight loss plans.

Your reasons could include preventing diabetes, keeping up with grandchildren, looking your best for an event, improving your self-confidence or fitting into a certain pair of jeans.



Have Realistic Expectations

Many diets and diet products claim quick and easy weight loss. However, most practitioners recommend only losing 1–2 pounds (0.5–1 kg) per week

Setting unattainable goals can lead to feelings of frustration and cause you to give up. On the contrary, setting and accomplishing achievable goals leads to feelings of accomplishment.



Also, people who reach their self-determined weight loss goals are more likely to maintain their weight loss long-term (3Trusted Source, 4Trusted Source). A study using data from several weight loss centers found that women who expected to lose the most weight were the most likely to drop out of the program.

The good news is that just a little weight loss of 5–10% of your body weight can have a large impact on your health. If you are 180 pounds (82 kg), that is just 9–18 pounds (4–8 kg). If you are 250 pounds (113 kg), it's 13–25 pounds (6–11 kg)

In fact, losing 5–10% of your body weight can:

- Improve blood sugar control
- Reduce the risk of heart disease
- Lower cholesterol levels
- Reduce joint pain
- Reduce the risk of certain cancers

First, avoid the common mistake of postponing rewards until reaching a significant milestone, such as losing 10 pounds. Instead, nurture the small habits that pave the way to your success! The feeling of pride will help you keep the momentum going.



Keep a Weight Loss Journal

Self-monitoring is crucial to weight loss motivation and success.

Research has found that people who track their food intake are more likely to lose weight and maintain their weight loss

However, to keep a food journal correctly, you must write down everything you eat. This includes meals, snacks and the piece of candy you ate off your coworker's desk.

You can also record your emotions in your food journal. This can help you identify certain triggers for overeating and help you find healthier ways to cope. You can keep food journals on pen and paper or use a website or app. They have all been proven effective

Make a Commitment

Research shows that those who make a public commitment are more likely to follow through with their goals

Telling others about your weight loss goals will help you stay accountable. Tell your close family and friends, and even consider sharing them on social media. The more people you share your goals with, the greater the accountability

Moreover, consider investing in a gym membership, package of exercise classes or paying for a 5K in advance. You are more likely to follow through if you have already made an investment.

At Get Fit Today we have several online programs, plans and challenges available. Choosing a 6-week or 3-month plan and committing financially to this will help you commit mentally to it as well.

Plan for Challenges and Setbacks

Everyday stressors will always pop up. Finding ways to plan for them and developing proper coping skills will help you stay motivated no matter what life throws your way.

There will always be holidays, birthdays or parties to attend. And there will always be stressors at work or with family.

It's important to start problem solving and brainstorming about these possible weight loss challenges and setbacks. This will keep you from getting off track and losing motivation.

Many people turn to food for comfort. This can quickly lead to them abandoning their weight loss goals. Creating appropriate coping skills will prevent this from happening to you.

In fact, studies have shown that people who are better at handling stress and have better coping strategies will lose more weight and keep it off longer.

Consider using some of these methods to cope with stress:

- Exercise
- Practice square breathing
- Take a bath
- Go outside and get some fresh air
- Call a friend
- Ask for help

Remember to also plan for holidays, social events and eating out. You can research restaurant menus in advance and find a healthy option. At parties, you can bring a healthy dish or eat smaller portions.

Don't Aim for Perfection and Forgive Yourself

You do not have to be perfect to lose weight. It takes time, commitment and effort and you will have some good days and some bad days

If you have an “all or nothing” approach, you’re less likely to achieve your goals. You need to allow yourself time to enjoy life, be with family, have the occasional treat and don’t ‘hate’ yourself for doing so. You haven’t ‘failed’, this is the reason you are trying to lose weight, get fitter and get healthier - so that you can enjoy life.



When you are too restrictive, you may find yourself saying “I had a hamburger and fries for lunch, so I might as well have pizza for dinner.” Instead, try to say, “I had a big lunch, so I should aim for a healthier dinner”

And avoid beating yourself up when you make a mistake. Self-defeating thoughts will just hinder your motivation.

Instead, forgive yourself. Remember that one mistake is not going to ruin your progress.

Summary

Motivation is key to success. If you are trying to lose weight, doing so on our own can be tough. Is there someone at home or in your friend group who can help maybe?

Local clubs and groups are a great idea and joining one of these will introduce you to other people all with the same challenges as you. Some will have already have got through this and might be able to share coping strategies that can then help you.

Online coaching and training often uses group forums where you can chat to others as well which will be a great help.

Remember why you started this and start thinking about how you will feel when you achieve your goals.

