

Secrets for weight loss and weight maintenance in the long term

We've all been there. We get excited about a new diet, stick to it 100% for 5-7 days, lose a few pounds and feel really good about ourselves. Then all too often life just gets in the way.

We get invited to social events and don't want to miss out on the fun so we eat what everyone else is having.

The next day we feel guilty for 'breaking' our diet and resolve to go back to it. However our determination has lessened, we have more cravings for junk food and the hectic pace of life just seems to take over.

Before we know it we're back in a rut eating the same old food, piling on even more weight and watching our health and self-esteem disappear downhill rapidly.

It takes a lot of motivation but we've got to just say STOP to the constant voice in our head that tells us we're a failure and that we'll never achieve what we want.

You know the old saying, 'Fail to plan, plan to fail'.

If you want to succeed you've got to be organised and give your health and confidence priority in your life.

That means you've got to be strong and say no to fitting in with the crowd, no to worrying what others think of your new diet and yes to your new life.

You've got to say yes to feeling amazing, yes to looking amazing and yes to be willing to put in the hard work to make your dreams come true.

Plan your meals a week in advance, do your shopping and prepare your meals in advance. Take food with you to social events if you have

to. Do this until you are strong enough to have the occasional meal that doesn't fit with your diet.



You will feel much more able to stick to healthy eating if you completely avoid refined sugar. Refined sugar makes you crave more of the stuff and makes it almost impossible to avoid unhealthy food choices. You will find the first few days very difficult without it but after that you'll notice your cravings lessening and you'll find it so much easier to stick to your diet.

Take healthy snacks with you and if you get hungry you'll not be tempted by junk food around you. Take fruit, nuts, dried fruit, extra portions of your meals, smoothies, salads, healthy energy bars or homemade raw snacks.

If you know you're going out for a big meal, do a workout to burn off some more calories or eat slightly less before or the day after the meal.

Once you get to your ideal weight (and you will) you will be able to maintain your weight more easily if you don't relax your standards.

Don't tell yourself that you are entitled to all the treats you have been missing out on now that you're not on a diet anymore. Tell yourself that you're still on the same healthy diet but just eat to hunger levels. Don't go crazy eating all kind of junk as you'll just end up piling all the weight back on again.

Hopefully you'll be feeling so much better by this stage that you won't want to see your health problems return.

I don't agree with people who say 'everything is fine in moderation'.

What is moderation and who determines what is too much and too little? Is eating an unhealthy meal be ok once a month? Once a week or even once a day? I say, cut it all out and just eat healthy food. What's the point in planning any unhealthy meals if your goal is to be healthy?

Yes we are all human and get tempted. But don't beat yourself up. Just wake up and start the next day afresh. Even if you're not losing weight, you'll still be making massive improvements with your health.

Once you change your mentality to someone who wants to put healthy food into a healthy fully functioning body, you'll gradually not want to clog up your healthy body with unhealthy foods.

This is a gradual process and it doesn't happen overnight to most of us. If you keep picking yourself back up every time you stray away from your ideals, just accept that this was bound to happen and start again with a positive attitude. You'll be surprised at how much you'll change eventually if you just keep going!

Keep weighing yourself or measuring your body and don't bury your head in the sand.

Your healthy diet is for life, not just for a week!