

SKIP THE DIET



There is no diet that will do what healthy eating does.

Skip dieting and eat mindfully. It has been shown over and over again that going a weight loss diet is actually a significant predictor of weight gain. Yes, you may see dramatic weight loss in beginning of a very strict diet but weight usually creeps back within a year. WHY? Because only permanent lifestyle changes will be effective.

When making dietary changes you need to question whether you are REALLY going to be able to eat like this for the rest of your life? “Dieting” simply doesn’t work because it is associated with sacrifice - “no pain, no gain” RIGHT? WRONG! Food should be enjoyed, life should be enjoyed and what you eat should enhance and not distract from your quality of life.

“BEING HEALTHY IS NOT A DESTINATION IT’S A JOURNEY”.

Being healthy is not a destination it’s a journey. Your health journey is in your control. Building a healthy and SUSTAINABLE lifestyle will have its obstacles, the key is to keep a growth mindset. Commit to being healthy no matter what setbacks you have.

Your attitude will determine your success, therefore remain determined to improve your lifestyle and remind yourself that failures are learning experiences.

Learn from setbacks. Unplanned late night pizza may be because you ate too little during the day, or you had too much alcohol when you went out and lost all your inhibitions.

“LEARN FROM SETBACKS”.

Make a plan on how to resolve the situation/prevent it from happening again – learn from it. At the end of the day it is about BALANCE! Eating a plate of spinach doesn’t make you healthy, eating one cookie doesn’t make you unhealthy either.

REMEMBER: Your health and weight are not defined by one moment in time but are a reflection of all the things you’ve done to impact your body throughout. All the little things add up.

So what is a BALANCED meal?

A balanced meal should consist of ½ plate vegetables (non-starchy vegetables), ¼ plate starch (including starchy vegetables and wholegrains) and ¼ plate protein (opt for lean meats and remove visible fat and chicken skins. Eggs, beans and legumes are also a good source of protein).



9 SURE FIRE WAYS TO SABOTAGE YOUR WEIGHT LOSS

1. Rely on willpower

- No one can hold out forever, some maybe longer than others, but definitely not forever Willpower is notoriously unreliable: your weakness will win when you are at your weakest ie sleepy, hungry, tipsy, grumpy, sad, happy, lazy etc. The key is to create healthy habits that will happen automatically.

2. Forget the difference between temporary and permanent

- If your goals are intended to be permanent your dietary and fitness changes should be as well. Ask yourself am I really going to eat like this for the rest of my life?

3. Start a really hard workout regimen

- How long are you really going to subject yourself to such a strenuous and painful regimen before you give up on exercise all together?
- Start slow 30 – 40 min is enough to start with, slowly work up your intensity level and time.

4. Never learn to eat mindfully

- Meal times should be an event where everyone gathers, talks about the day and share good food together
- Adapt acceptable portion sizes
- Eat more slowly, savor your food – it becomes easier with time and practice
- Ensure meals are balanced

5. Ignore how much you miss your favourite foods

- Developing a healthy relationship with your favourite foods
- Withholding from these treats forever will most certainly lead to an inevitable binge

6. Assume that what worked for some else will work for you

- A diet plan, healthy lifestyle will only work for you if you enjoy it and are able to integrate into your life
- Each to his own

7. Dramatically restrict your eating

- This is an excellent start to yo-yo dieting
- Limiting your calorie intake to unrealistic lows will never be sustainable

8. Don't find deeper purpose in what and why you eat

- You will have better success at staying with your healthy life style if the goal is more than just fitting into your tightest jeans or having your dream beach body
- Find a deeper meaning and belief: for example, eat to maintain a healthy long fulfilling life to be able to enjoy more of life's pleasures, find your deeper reason.

9. Pick a diet that is super inconvenient

- Everyone has their limit on how far that will go to stick to an eating plan
- Know yours
- Pick dietary changes that you can handle
- All the little changes add up if you are able to maintain them for the long term