

Fact Sheet - Motivation

Motivation in the early stages of a weight loss regime is often easy. The pounds come off easily and you are proud of your achievements. Your clothes begin to feel looser and you receive compliments. Your energy levels are high because you're eating the right food. Your complexion looks better and your hair behaves. You are contented and your confidence is boosted. You wondered why you had left it so long to lose weight.

You may think "Why don't all those fat people out there do something about it - IT'S EASY!" These are all the thoughts that go through every successful dieter's mind to begin with and to a certain degree many of the above points are very valid.

You do feel and look better and it has worked wonders with your confidence. The problems arise when the body gets used to less food and learns to be economical with it. Motivating yourself will be difficult and you will need to be armed with practical ideas and solutions.

- 1) firstly, before you change your shape you have to change your mind and your attitude. Tasks that are unpleasant to do are rarely accomplished satisfactorily. You need to have a strong desire to lose weight, otherwise you are wasting your time even thinking about it.
- 2) find a motive – a reason for changing. Self esteem is very high on the list of motives to lose weight. Everything without exception goes better when you look in the mirror and like what you see
- 3) don't be too hard on yourself. Aim to lose an average of 1lb per week for the first month. You may not do it, but maintaining weight loss is still being successful. As long as you are not gaining weight the diet is working. Some weeks you will lose nothing even though you have dieted like a saint. It just means the body is alive and functioning and adjusting to your new regime
- 4) don't keep on weighing yourself just because you feel thinner. You may get a nasty shock. Wait until your regular weekly weigh-in at the same time each week without your clothes or in the same clothes. Don't move the scales as they change according to position and surface of floor
- 5) take up a new hobby or interest. This really does work as it takes your mind off food. Boredom accounts for too many lost causes. Better still if it is a new exercise.
- 6) do reward yourself on achievement or better still, get someone else to put up the reward. New dress, hair do etc.

- 7) don't try to change everything at once - it will take over your life and make you miserable. Life goes on and you will want to socialise so become discreet with your diet and don't become a dieting bore. Learn the selections and memorise your chosen eating regime so that you can be sensible when eating out or with friends.

- 8) one indulgence won't ruin the diet, it just proves you are normal. Sometimes the body needs food and it will tell you, sometimes in between meals. You may have to give in to a sweet food item and it's bound to happen, but do try to keep a bag of fruit with you for that sweet craving. You will still lose weight if you are not 100% loyal to the diet. Do the best you can.