



Losing Weight for You - Because You Are Worth It

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Why would you like to lose weight? Is it because you want to look good for a special day? Perhaps you have a family event or class reunion to attend this year; the reasons could be many.

However, rather than losing weight for a single day event, you may have more luck losing weight for *you*, because you're worth it!

Having a particular event to look forward to is a good starting point when you decide to lose weight, but it won't be enough to help you keep the weight off after that day has ended.

Sure, you may look great for your 15th high school reunion or your cousin's wedding, but will you maintain that weight loss once your old high school rivals can't be jealous over how good you look? The likelihood is that you'll go back to your old ways and gain your weight back.

Before starting on your weight loss venture, think of a way to motivate yourself to keep the weight loss going. You can't find a better motivation for losing weight than to get healthy and feel energized. This is especially true if you have health concerns that are complicated because of your weight.

Losing weight for you – because you're worth it – gives you a permanent reason to shed those pounds and keep them off!

Here are some action steps you can take to help you meet your weight loss goals:

- 1. Create your weight loss plan.** Now that you have your permanent reason for wanting to lose weight, you can create a successful plan to get you to your goal. Include in your plan:

- Specific, measurable goals that are also reasonable and attainable for *you*
 - A time frame
 - Steps you can take each day to achieve your goals
- 2. Get a mentor.** Your chances of succeeding will be greater if you have the help of a friend or weight loss mentor that will keep you on track when your will power begins to wane.
 - 3. Choose foods that are as close to nature as possible.** These will have the best nutrients and the least artificial ingredients.
 - Talk with a dietician or find an online weight loss community to give you advice, encouragement, and constructive criticism for making healthy food choices.
 - 4. Find a sport or activity you can enjoy that will get you moving.** You don't have to spend hours and hours in a gym, unless that's what you choose to do.
 - An increase in the amount or intensity of exercise by as little as twenty minutes a day can do wonders to help you reach your weight loss goals!
 - 5. Set small, attainable goals.** While your ultimate goal may be to lose 50 pounds, you won't be able to reach that goal in a short period of time. Set smaller goals such as five or ten pounds in two months.
 - Experts recommend losing no more than two pounds a week, so it would be feasible to lose at least five pounds in a month.
 - 6. Celebrate when you've reached smaller goals.** Just don't celebrate with food! Choose rewards you'll enjoy and that will keep you motivated to claim your next reward.
 - Have smaller rewards for smaller amounts of weight and then larger rewards when you've reached a major milestone such as 25 pounds.
 - 7. Don't beat yourself up if you have a bad day or even blow your diet completely.** You're only human! Instead of degrading yourself over it, tell yourself that you're worth the effort to lose weight and that you can do it. Start afresh the next day.
 - 8. Be patient.** Remember that you didn't gain the weight overnight. You can't be expected to lose it quickly, either. ***Your best course of action is consistency.*** Keep on track and the weight *will* come off and *stay off!*

Losing weight can accomplish so much more than making friends envious because you could fit in clothing that you wore in high school. Your health can be greatly improved by ridding yourself of extra pounds and exercising to get your body in shape.

This time, choose to lose weight for *yourself* rather than for anyone else or any other reason. That's the best reason in the world! Follow these tips, stick with it, and enjoy your new, healthy body!