

10 TIPS OF ENCOURAGEMENT

Be patient

Of course you want to see results quickly. But remember: Being honest with yourself, visualising your goals and making the commitment to change your lifestyle are the keys to long-term success. These things take time.

Rediscover good eating

Learn everything you can about low-fat cooking, try some exotic fruits and vegetables, or taste-test some low-fat products until you find your favourites. Rather than feeling deprived, look at food in a new, exciting way. It will do wonders for your willpower.

Think movement!

Introduce some everyday activities to help make exercise more of a habit than a chore. Take the stairs instead of the escalator and walk rather than drive. Plan active outings instead of going to a movie. You can even make cleaning the house and aerobic exercise: dance like crazy – no one's watching!

Stay flexible on food

You don't have to miss all your favourite goodies, nor should you feel guilty or abandon your goal if you occasionally splurge. Enjoy every bite, then balance the rest of the day – or the next day – with healthier foods.

Splurge on water

Think of water as a treat – your body sure does! Try it on ice with citrus slices. Drinking eight 8-ounce glasses of water per day is essential to losing weight. It also keeps digestion smooth, cleanses your body and curbs hunger. And it's great for your skin!

Know your needs

If you're susceptible to attacks of the midday munchies, keep something crunchy and satisfying – like fresh fruit, low-fat pretzels or sweet baby carrots – in your desk. If you always want something sweet after dinner, don't fight it. Plan a scoop of low-fat frozen yogurt or sorbet into your food plan.

Get scale smart

Put the scales away if you're trying to lose weight. Weight fluctuates too much day to day. Visit your scales once a week or less and you'll start to see results.

Be goal-orientated

The most successful people in life set goals to reach what they want. Write down your goals and watch yourself make them happen.

Tap into visualisation

If you can imagine it, you're that much closer to getting there. Visualise your body without all those unwanted kilos. Each day picture yourself getting a little slimmer. It will keep you focussed and reaffirm good feelings about yourself and commitment.

Track your progress

Write down the new foods you discover, every km you walk, how you deal with cravings, every goal you attain, when your clothes start fitting better, the first compliment you receive – all your finest moments. There will be many!

