

10

tips to achieve your perfect weight

By Jacinta Noonan, Personal Coach

1 Decide NOW to stop dieting
Diets don't work in the long term. Yes, you will lose weight initially, however as soon as you start re-feeding, your weight will go straight back on again. In fact, studies have shown that you will possibly put on more weight than you lost! Far better to learn about your relationship with food, to understand your eating triggers and train yourself to eat in a healthy way which keeps you at your healthy weight - long term!

2 Throw away the scales
If you jump on the scales and you've put on weight, you feel depressed. Result - you go and eat. If your weight is the same, but you've been dieting hard, you will feel disappointed. Result - you go and eat. If you have lost weight, you'll feel great and want to celebrate. Result - you will probably eat. The moral of the story: weighing yourself makes you eat.

3 Commit to exercising regularly
The human body was designed to move. We need to exercise to keep our bodies in good condition. Find ways to move more that you enjoy. Buy a pedometer and walk 10,000 steps a day. Actually, it is easier than you think.

4 Eat smaller portions and relax as you eat
Serve your food on a smaller plate knowing that if you are still hungry when you've finished you can always have more. Secondly, it is very important to sit down and focus on your food so that your digestive system can get ready to

receive food. Thirdly, ensure your tummy is relaxed, do some deep breathing if it is not. You will digest your food better and feel more satisfied if you eat in a relaxed state.

5 Stop comparing yourself to others
You are wonderful just the way you are. How you feel about yourself is very important for long-term weight management. Build your self-esteem by valuing your unique qualities. When you walk into a room, don't focus on the other women there and compare yourself to them. Instead focus on the interesting conversations, the friendliness of the people there. Comparing yourself only makes you feel bad and when you feel bad you eat.

6 Start focussing only on your good bits
What you focus on, is what you get more of. That's how the unconscious mind works. If you spend many hours of the day lamenting how 'fat' you are, and how ugly your bottom is then you will find it very hard to get slimmer. Start focusing on slim thoughts and visualising yourself slim. Imagine yourself doing the right things to maintain a healthy weight. Visualise yourself eating well, saying no to seconds, having a strong, fit body. Your unconscious mind will create whatever you focus on.

7 Eliminate negative self-talk from your conversations (internally too)
Putting yourself down, criticizing yourself, constantly bullying yourself is a sure way to maintain your excess weight. A much better strategy is to compliment yourself

consistently, nurture yourself daily and only say kind things to and about yourself. Each morning write down 5 positive things about yourself in your journal. Read these whenever you are feeling low.

8 Buy clothes to enhance your body, not camouflage it
Too often we buy the wrong clothes to try and cover up our larger bits. This only makes us look larger. A much better approach is to recognise your good bits (everyone has them) and buy clothes that enhance these bits. It will make you look slimmer and you'll feel great. When you feel great, you stand taller. When you stand taller, you look slimmer.

9 Learn new strategies to deal with emotions
Using food to numb unpleasant emotions may work in the short term, but it doesn't teach us life skills to handle emotionally difficult situations. In the long term using food this way only makes you put on weight. Before long you won't be able to distinguish between physical hunger and emotional hunger. Learn new ways to deal with negative emotions that do not involve reaching for food.

10 Fill your diet with nutritionally rich foods
You are what you eat, so if you want to look great, have lots of energy, be the right weight for your body, then you need to start feeding your body nutritionally rich foods. There are plenty of books out there to help you with good recipe ideas. Put the right fuel in your body and you'll get the right response in return.

*What have you got to lose??
Jacinta*

big on the **inside**