

6 BEHAVIOR CHANGES TO SPUR WEIGHT LOSS



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Here are 6 tips that can help if you are struggling to even begin your weight loss journey. These simple tips may be the catalyst you need to begin the changes in your life.

All of our choices stem from our thoughts and feelings. And the actions we take, ultimately determine the outcome we create.

So allow yourself to view these steps as simple and easy to follow. Take each step as it. Don't beat yourself up for any set backs. Be kind and loving to yourself and others. Even if it may feel that you are not making progress, trust in the process and the work that has already begun within you. Intention is your first action towards your journey to wholeness.

1) SET REALISTIC, ACTION-ORIENTED GOALS

If you want to lose ten pounds, do it in stages. Focus on losing one pound this first week. Then think about maybe 3 to 4 pounds next month. Often when we look at our goal, it can seem overwhelming. But focusing on small steps makes the goal feel easier to accomplish.

2) AVOID SELF-DEFEATING ATTITUDES

You may feel like "Well since I ate that piece of candy off my plan, I should just go ahead and eat the whole bag." But what if you simply change your way of thinking to this instead, "Since I ate a piece of candy off plan, I will eat a little less at dinner tonight." Feels better, huh?

3) KEEP TEMPTING FOODS OUT OF SIGHT

If you shop for food for your household, be mindful not to purchase “empty calorie” foods that have no nutritional benefit. If you live with others who purchase these tempting treats or you work in an office where these types of snacks are plentiful, then walk quickly past the cookies, potato chips, and desserts. Keep your focus before you of the person you are becoming.

4) CHANGE UNPRODUCTIVE EATING HABITS

If you like to eat your meals while watching television, you may subconsciously begin to associate eating with that activity. Thus, you create a desire to eat every time you turn on the set. The same may occur if you eat while on the phone, driving around in your car, or munching in the evenings. You may think you are hungry and grab something to eat, when in reality, all you wanted was a drive or a walk around the neighborhood.

Most of the time, we are not aware of our habits. But one of the powerful tools I utilize in coaching is having the client keep a food journal. This has helped clients track where, what, when, and how much you eat. This awareness and documentation gives insight about where to focus attention as the client implements the necessary change.

5) SLOW DOWN WHEN YOU EAT!!!

Concentrate on your goals. Taking pauses between bites can be effective in increasing a feeling of fullness. Many people eat so quickly that they don't get a chance to feel full. In fact, it takes about twenty minutes from the time you eat, for your brain to realize that you are full.

6) IF SERVING YOURSELF, USE A SMALLER PLATE

Using a smaller size plate, for instance a 10 inch plate instead of a 12 inch plate, gives the illusion that you are eating more food. Many of us are socialized to “clean our plate” and not waste food. So with a smaller plate, we still get the satisfaction of a clean plate, even though the plate was actually smaller.

So here are six tips you can implement right away. Continue to do them, and in no time, you will see that you have created new habits that will help you in your weight loss. Making decisions ahead of time, keeping track of what you are doing and eating, and sticking with healthy meal choices are the key to losing weight and keeping it off.

And if you ever want more in-depth work or want to talk speak further about these or other tips, feel free to

CLICK THE LINK

You may contact me for a free consultation. To your health.

Dr. Z