

8 Ways to Stick to Your Diet!

By

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According to recent studies the type of diet plan you choose has less to do with weight loss than the act of sticking to your chosen diet. While this may seem like a no-brainer, many of us who start January zealously committed to getting fit only to crash hard in February.

To help break out of this vicious cycle, Empower Your Life offer additional motivational support showing you effective ways to overcome common diet pitfalls so you are able to keep goals and look great for the New Year.

Step 1 - Remember you're in charge...

"Losing weight isn't about missing out on certain foods; it's about feeling like you can control your body and your life."

Many people use food as an "I deserve this" treat, but then feel worse later when they can't fit into their clothes". Most people are used to feeling bad about themselves because they gained weight or didn't keep their goal. But you don't have to feel bad anymore after our Empowered Weight Loss Programme you will confidently dictate what goes in your mouth, and never look back. You have the power to change.

Step 2 – Use your life coach as support!

We all have those "bad influence" friends who tell us we look fine just as we are, then coax us into ordering a dessert that we didn't even want! It is imperative, to find the correct support from people who respect your goal. Support groups like Weight Watchers are great places to turn, because they give you a loudspeaker to voice all your thoughts and frustrations, but some prefer a more exclusive direct communication with a coach, who offers the flexibility to answer calls whenever. Our Coached are trained to give you support specifically to your goals.

Step 3 - Set your OWN goals...

Make sure you set your **own goals**. Once you have a set goal, it's easier to create a plan and strategy to achieve that goal. So, if you want to lose 5 pounds, you can base your meals around that goal accordingly, and be specific with your goal. Come up with a number that makes you feel great and confident. Visualizing yourself at this ideal weight in detail: what it feels like, the clothes you'll get to wear, It's great incentive when you can see how great you'll look.

Step 4 – Walk before running...

If you want to have a great nutritional diet without the likes of crisp and chocolate, don't go cold turkey. Set a few new rules each week, pin them on the fridge look at them every day over a period of 6 weeks. Create a list of "No-No Foods", eliminate one this food until the list is gone, and try replacing the "No-No Food" with something you like: e.g. Chocolate with an Apple. Throughout, keep a list of what you are eating. This will make you more mindful about your choices and help you spot potential problem areas.

Step 5 – Excuses, excuses, excuses...

It's amazing what excuses people come up with: "I went out for dinner with my friends and they didn't have anything healthy on the menu?", "I had a great week so I had a treat"

If you knew you'd get your mortgage paid for the rest of your life for sticking to your diet for one day, wouldn't you do it? With the exception of those who have medical conditions, most people could stick to their diets with a little planning and perseverance. So, if you know you have a big work dinner, try to get the menu ahead so you'll know your healthy options, and be resolved to pass on wine when everyone else having a great time. Doing the prep work now means you're going to feel great later.

Step 6 – Honest to loosing weight?

Be accountable to your actions and the weight programme, this is where you fail or succeed, if you are looking to blame others for not loosing weight then don't start it in the first place, all your doing is creating negative thoughts and kidding yourself. If you create the goal to loosing 5 pounds within 4 weeks then make that your mission, be honest to yourself. Make sure you are ready, and most importantly have FUN....

Step 7 – Feel Great, Eat Great...

If you have fallen off track, don't waste time feeling bad about it, it's just a diversion to keep you unmotivated and off target. Feeling guilty can make you depressed, which can then make you crave comfort, and that's where the "No No Foods" come in. Instead, acknowledge you went astray, then get back on track. This is much more empowering and much less dramatic.

Step 8 – Turn dieting on its head...

Making promises to yourself and keeping them is the foundation for having what you want in every area of your life, Improving your health energizes your confidence and understanding that you can do well for yourself. Once that is in motion, it carries over to the other areas of your life, and that self-confidence is worth all the wealth in the world.

Ask yourself, what will happen if you continue on your current path... If you really want to change then call us.

If you have benefited from reading this article then the Empowered Weight Loss Programme is for you.

To order your pack simply call us on 0845 194 9644, we will happy to help you look great for 2009.

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