

BE A WINNER

Get on a losing streak

Nobody said that reaching your goal was going to be easy, you are going to need to make some changes, yes it will be tough. You are going to need to be more organized, can you do it...? I think you can. My suggestion to you is tackle it head on, make it happen and live the life you have always wanted. Don't drag the process out by sneaking treats here and there, be a winner and get the job done, I guarantee you won't regret it. Small sacrifice now for such an ultimate reward—lifestyle and maintenance.

Now, you will be off on a tangent ready to tackle the world and this attitude will last for oh....a week! By Jan 10 things will be getting a little trickier and you will start losing momentum then its February and you've decided it's 'too hard'.

To be a true winner understand the tests that you will face along the way and arm yourself with the strategies to keep you on a losing streak.

Week 1

The hard part: Your starving!

Get through it by: Not skimping on breakfast. If you are ravenous the first few days it's because eating less kilojoules has caused your body to produce extra ghrelin, a hormone that makes you hungry. To reduce ghrelin levels while still keeping your kilojoule intake under control focus on a healthy breakkie.

Week 2

The hard part: Your edgy and uptight!

Get through it by: Enrol the support of your friends, partner or personal trainer. The toughest part of reaching your goal is making changes which can be very stressful. Stress can make you revert to old eating habits, it can also keep you fat because cortisol, a hormone released during stress, slows weight loss. Instead of sticking it out on your own tackle your goals with a group of friends. It will allow you to share frustrations cheers and challenges. Encourage each other to stay on track. You've only got a few days before you reach day 21 and the changes you have enforced start to become habit.

Week 6

The hard part: The scales haven't budged

Get through it by: Trying on a dress or pair of pants that didn't fit you 6 weeks ago! You will notice that you have more muscle than fat. Muscle tissue weighs more because it is 70% water whereas fat is only 20% water. More muscle tissue uses more kilojoules than fat cells, so the more muscle the more fat burning going on.

Be proud of what you have achieved. Your clothes are feeling better, you have gone from wheezing after 20 secs of jogging and can now do 2 minutes, you are fitter stronger and happier. You may not be at goal yet, but look back and see how well you have done. Take that pat on the back!

Month 6

The hard part: After steadily losing weight—you stop

Get through it by: Mix things up, change your gym routine, try a different class, try a personal training session. But in saying that watch that you aren't over training, your body may need a few days rest. The change shop be enough to shock your body back into weight loss.

Month 8

The hard part: You are doing well and you start getting cocky.

Get through it by: Yes you have had great success, those changes that were tough to make are now habit and gym is now part of your daily routine. Just be careful that you don't slide back into bad habits and cut corners.

MY TOP TIPS

- 1 Take some time out before you make any changes. Sit down and write down what you are going to change and when. Small steps to start with will give you a sense of achievement and the will to continue. Enlist the support of a personal trainer, yes from a budget perspective it may be a little tight, assess your priorities and make some changes in the budget. You won't be spending money on takeaway and chocolate anymore lol!
- 2 Be accountable, fill in a food and exercise diary. Assess it each week and look for changes you can make. It is much easier when it's in black and white.
- 3 Keep your gym routine spiced up, always doing new things.
- 4 By all means reward yourself, be sensible and enjoy it don't feel guilty.
- 5 Knuckle down and get the job done.

*Yours in health & fitness—
Sarah*