



## Diet Mistakes



Do you want to change your weight? Do you want to change it ... yesterday? Will you do just about anything to drop the excess weight? Well, if the answer to the above questions is “yes” then read on.

### 1) Too much too soon

Ask a child: “How do you eat a whole elephant?” and he will answer: “Easy. A little at a time”. The same applies to weight change. You have to go slow and steady. Adopting a very strict or restrictive diet and/ or incorporating a killer daily exercise regimen will do two things: a) will burn you out and b)

will slow down your metabolism. Thus you need to start by committing to three workout sessions per week and working on a couple of food issues at a time. Once these small changes have become part of your lifestyle, you can work on making more changes. You’ll find that this approach is a lot more manageable and you set up yourself for success.

### 2) Giving up

Instead of quitting with every setback that falls in your lap, use these setbacks as stepping stones of opportunity to grow stronger. Learn from your experience and keep going forward. If you cheat, forget it and start again the next day. Remember that each morning is like being reborn ... you get another chance to be the best you can be. Most people quit because they don’t see results fast enough. If you fall into this category remember the elephant! “A little at a time”. Think of it in another way as well. If you quit now, a few months from now, the weight will still be there and you will have to start over!

### 3) Doing the same thing day after day!

Boring ... and ineffective. You have to realize that our bodies adapt fairly quickly to increased activity and change so doing the same thing day after day eventually becomes a maintenance program. Thus, to overcome this plateau, you need to change your activities. Changing thing around every 4 weeks will keep you losing and will also keep you from getting bored.

### 4) Unrealistic expectations

You haven’t gained the extra weight overnight so don’t expect to drop it all overnight either. It will take some time, but if you go slow and steady, the results will be permanent because the weight you will be dropping will be from fat loss and not from water loss. Don’t believe the advertisements that promise fast weight loss. Primarily, they are not safe or healthy and also the weight difference you see on your scale comes from water loss – weight which will reappear like magic when you go back to a sensible eating plan. Take baby steps and be realistic about your goals.

### 5) Pay less attention to the scale

The scale weight is one way of monitoring your progress. But it is definitely not the best one. The reason is simple. You increase your activity level thus build muscle. At the same time you lose fat. Muscle weighs more than fat. Thus your scale weight might even be higher than when you started off. Use the scale only once every 10 – 15 days. In the meantime, take your body measurements and monitor the change. You may also see that your clothes fit differently. Hooray!!