



# WEIGHT ★ NO ★ MORE DIET CENTER<sup>SM</sup>



[www.weightnomoredietcenter.com](http://www.weightnomoredietcenter.com)

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## **CHANGE YOUR MIND. CHANGE YOUR BODY. CHANGE YOUR LIFE.**

I oftentimes shake my head as new clients recite a long list of diets they've tried before coming to us, ranging from the ridiculous to the downright dangerous. My response is always the same, "If you're not ready to commit to a lifestyle change, then you'll be unsuccessful with me too. I can teach you everything I know, but I can't come home with you, I can't shop for your groceries and I can't cook for you."

A diet is a quick-fix formula for temporary results—such as the ever-popular breakfast bar in the morning followed by a diet shake at lunch followed by a "healthy meal" (whatever that means) for dinner. And THAT kind of eating supposedly will not only get people to lose weight but will sustain them for the rest of their lives! That's not the real world.

Losing weight should not, by itself, be THE focus. Eating correctly, giving our bodies the appropriate kind, and right amount, of fuel it needs to run SHOULD be THE focus. Shedding stored fat for a slim look WILL be the result.

Take a look at yourself in the mirror. Take a really good look. Front, back and sides. Do you like what you see? If not, and if you've been a yo-yo dieter, then this is probably not the first time that you see your current body in the mirror! How many more times in your life do you want to see *that* body? Aren't you tired of looking at it? The only way to get off the dieting roller coaster is to make a commitment, once and for all, to not only change your eating lifestyle but to modify your mind as well. A fat body begins with a fat mind! You must be committed to changing habits which are extremely ingrained. Difficult to do? Yes. Impossible to do? Of course not!

If you're overweight, say the following out loud: "I'm either going up or I'm going down, but I'm not staying the same." It is NOT POSSIBLE to maintain your current over-weight forever! You can either eat to lose or eat to gain, but you're NOT staying the same. Acknowledge that fact, and do something about it.

- (1) **BELIEVE YOU CAN LOSE.** You must believe that your weight problem is caused by your own choices (such as what foods you eat and how much) and not by genetics (such as the size of your mother's thighs!). Only in this way will you come to understand and believe that you are in control of your weight. Say this out loud, "I am in charge of my life. My thoughts and my words create my experiences, so I must choose them carefully. What's good is my fault and what's bad is my fault." [Quote from "The Power is Within You," by Louise Hay]
- (2) **VISUALIZE YOURSELF SLIMMER AND HAPPIER.** Think about this: Anything you've wanted in your life—admission to college, marriage and children, a promotion at the office—started out as something you dreamed about achieving. You followed through on taking all the steps necessary to achieve success. Think about your weight loss the same way. Visualize a new, slimmer, healthier you. Then do what is necessary every day to make your dream a reality.
- (3) **LOOK AT HEALTHY FOODS IN A NEW LIGHT.** People who lose weight and keep it off have permanently changed the way they view food; they understood at the outset that their eating patterns would have to change. They educated themselves about good nutrition and made a commitment to enjoying healthy, lower-fat foods. Stop dividing foods into "good-for-me" and "bad-for-me" categories. Start thinking of food as fuel for your body

and you'll shift the focus to nourishing your body and not on dieting. Even a simple shift in perception like this can help you curb your overeating tendencies and make better food choices.

- (4) **CONCENTRATE ON SHORT TERM GOALS.** If you have a lot of weight to lose, that long-term goal, at the present time, is a fantasy to you. You can't imagine it. It overwhelms you. Long term goals do not motivate healthy behavior because they are too far away to inspire you at the present time to make the necessary smart choices dozens of times a day, every day, every week. Short-term goals, however, ARE do-able. And, think about this: Without reaching dozens of short-term goals, you'll never get to the ultimate goal, right? Therefore, don't minimize the tremendous accomplishment of losing 2 pounds. Time passes very quickly. Before you know it, all those weeks of losing "just 2 pounds" will add up.
- (5) **BE BORED WITH BOREDOM.** Most people tend to overeat not because they are hungry and not even because they have an irresistible craving, but simply because they are bored. Recognize the tendency and, next time, don't head for the cookie jar. Head for the front door instead. Get out of the house. At that moment don't worry about making practical use of your time, just go and do something you'll enjoy. Catch up on some shopping. See a movie. Go to the bookstore. Call a friend and suggest the two of you take a walk. Go through your "to do" list (we all have them) of things you haven't had time to do—like clean out closets, balance the check book, etc.—and start doing!
- (6) **TALK NICE TO YOURSELF.** Would you be friends with someone who constantly told you how fat you looked? Probably not for very long. So why put up with that kind of talk from yourself? Every time you hear that little negative voice inside your head, stop whatever it is you're doing at the time and think of something to encourage yourself— which is exactly what you would do if you were trying to encourage a friend. Say to yourself, "Okay, my body isn't as slim and fit as I'd like, but I'm working on it. I'm making progress."

Be focused. Be committed. Get slim. Stay slim. Be healthy. Be happy.