

## **Stop Making Excuses**

To put it bluntly, if you're fat it is because of what you choose. The internet is flooded with information around weight loss and getting fit and we're surrounded. There are gyms everywhere! We live in Australia, a country where we can get active and enjoy the outdoor weather and beaches. But... on the flip side, we have fast food shops at every corner and that chocolate bar beside the checkout counter.

So what do you choose? Do you choose to get fat? Okay I know you don't want to get fat, but you are the consequences of your choices. You did consciously order a big mac and you did consciously eat it. You did buy that packet of chocolate biscuits, and you did choose to have not one, but the whole packet in one sitting. Don't blame genetics, don't blame being in a rush, you choose it. Just as easily as you could have chosen to keep an apple in your bag or to have gone for that morning walk.

Maybe you think I'm being harsh, but and I will admit there is a lot of confusion as to what is healthy and what is not. It can be easy to think that caesar salad is actually healthy when in reality the dressing is loaded with fat. However if your over weight, and you think your making healthy choices ask for help, find out what choices you are making by mistake that are actually bad for you. In most cases, you know what is healthy and what isn't. No more blaming, yes you may not agree with the fast food giants and their advertising, yes you may have an aging body and yes you may have a health condition which affects your metabolism. Excuses and more excuses. You are in control of your choices and some people do have to work harder than others. We can't all look like supermodels but we can look our personal best!

Keep it simple, weight loss and maintaining weight is the result of calories in vs calories out.

Choose right and your body and mind will be happy.