

Ten Weight Loss Tips

1. Reduce Stress

Your body naturally will conserve weight under stress. Relax and the body will function at its best, the metabolism will work efficiently making it more capable of burning fat. Try exercises such as yoga, or stretching to reduce stress. Empty the mind and be quiet for a few moments each day to be still and calm.

2. Get Enough Sleep

When your body is tired the hunger hormone ghrelin increases, and the appetite satiety hormone leptin decreases. What does this mean? You will crave more food, and typically high carbohydrate foods. Make it easier on yourself, and avoid temptations by getting enough rest each night.

3. Watch your thoughts

Talk positively to yourself. When you are being positive and happy with yourself you're not likely to scoff down a pizza. You'll naturally want to feed yourself nourishing foods. Really get in the habit of watching your self-talk, the minute you find yourself saying something you don't like about yourself, say something you do like. And don't say there is nothing! You may have great skin, shiny hair, or it can be nonphysical, a great mum and friend.

4. Be realistic with your weight loss goals

Think about how long you have been over weight, it didn't happen overnight. Don't expect the body to change for the better overnight too. It takes time. Be patient and the results will follow. All good things take time.

5. Goals, Be Clear

It's no good just saying 'I want to lose weight'. Write down what that may be in kilos, write down how long it's going to take, write down why you want to. Ask yourself how you are going to feel once you get there. The more clearer you are on your goal the more likely you are to stick to it. You need to have real motivation behind the reason for wanting to lose weight. The reason has to be so powerful that the long term picture is worth the price short term.

6. Treats

Treats add up. Giving in to a chocolate bar today, will lead to another one tomorrow, and then you'll tell yourself, another biscuit is okay, and it's always just one more. You know yourself better than anyone. If you honestly can just have one, okay. But for most of us, one always leads to more.

7. Overeating

Having one bad day where you did make mistakes and regret it is not going to be made any better by a whole week of fatty foods. Accept it was a bad day, move on. Don't punish yourself with bad thoughts and more high fat foods.

8. Hydration

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Drinking water is essential. Dehydration is often mistaken for hunger and your body will run better with water. Muscle is made up of about 70 % water. Minimal water in the body, how can your muscles work effectively?

9. Exercise

Consistent behaviour is where it counts. This goes for nutrition too. Eat well most of the time, and exercise regularly most weeks, and you'll be on the way to a healthy body for life.

10. Life Balance

Avoid focusing on weight loss to the extent you lose balance. When you are mentally in balance with areas such as friends, family and work you will be in a better state of mind to make healthier choices.