

Weight Loss-R_x

Happy August!



Losing weight and keeping it off is not easy. In fact, it is the hardest thing many of us will ever do. It can be discouraging and you may wind up thinking it's impossible. But it isn't. You just have to know how to do it. Here are the top 5 things that those who succeed at weight loss consistently do.

1. Remind Yourself How Badly You Want It



Most of us will fight for what we want, but only if we want it badly enough. So if your goal is to be fit, remind yourself of that. Try writing down all the reasons you want to be in great shape and look at that list every morning before you go to work and every night before you go to sleep.

2. Limit Alcohol



This is a big one. Even occasional drinkers typically underestimate how many calories they are getting from alcohol. So if you are stuck and looking for a way to jump start your fitness, this is a great place to start.

3. Weigh Yourself Often



This is probably the single biggest determinant of those who make it and those who don't. Yes, it can be scary to get on the scale but think about it this way. If the number is going the right direction you'll learn to love your scale. And if it isn't you immediately know what isn't working and what you need to change to get back on track. So don't be scared of the scale. Make it work for you.

4. Just Say No To Excuses



We all have challenges. Some big and some small. Some real and some perceived. But the people who succeed at weight loss are the ones who find a way around the obstacles instead of getting blocked by them. Try refusing to let yourself use excuses. Because it's really hard to get to a goal if you are constantly thinking about all the reasons you can't.

5. Change Your Normal



We tend to normalize what we see around us. This can unwittingly work against us but it doesn't have to. You can mold your mind into thinking differently about what you consider normal. Try some of these things. Strike up a friendship with someone who's in great shape. Put pictures of your goal up in your office. Always have a YouTube fitness video on in the background while making dinner. Before you know it, you will be thinking in healthier ways because your brain will tell you that's just what people do. These things take a little time and effort but they are extremely effective.



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Sincerely,
David J. Barnes, DO
Medical Director, Weight Loss Rx

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