



natura)(yslim®

TOP 5 WEIGHT LOSS ROADBLOCKS

And how to overcome them

In these stressful times, it's natural to hesitate before deciding to make a major change to your routine. Even if you've really been wanting to make some healthy changes, with everything going on in the world, this might not feel like the time.

You're not alone. With the uncertainty we're all facing (new remote-work routines, distance learning, and more), tending to our health and well-being can often fall by the wayside. In fact, it's more important than ever to take care of yourself and work toward your goals. At Naturally Slim, we're here to help you reach those goals through moderation (not deprivation). But first, it's important to bust through some of the roadblocks that may be keeping you where you are.

WHAT YOU'LL GET FROM READING THIS ARTICLE:

1

Ways to address common roadblocks to losing weight and getting healthy

2

Actionable tips for starting and sticking with a healthy routine

1



On average, Americans spend **144 minutes** per person per day using social media. Why not spend **30** of those on a better you?



I JUST DON'T HAVE THE TIME



This is the number one roadblock for many people. You're working hard to meet the demands of jobs and family and carving out even a little bit of time can be challenging. It may even feel selfish to use time for yourself when it could be used helping other people.

In reality, what you're probably doing is procrastinating. That doesn't mean you're lazy—far from it! It means that you're probably not feeling rewarded immediately when you do exercise or eat with awareness. It feels like a road that will go on for a long time without a lot of payoff. So why bother when you can do what you need to do to get through your day?

But things have changed, and your habits can adapt. Right now, if you have a little more free time because of our current circumstances, consider using it to improve your physical and mental health. This is the time to focus on you. Everyone else in your life needs you at your best. Remember, the Naturally Slim program is NOT about taking hours and hours out of your day. We've created video lessons that are powerful, yet short. If you are already a participant, log back in! If not, visit naturallyslim.com to learn more about the program.

2



GETTING HEALTHY WILL BE TOO OVERWHELMING



Everyone knows change doesn't happen overnight. And now that our routines have been disturbed, it may feel even harder to make good changes in our lives. We can't control the situation around us, and most of us are just trying to get through the day with our sanity intact.

What makes change possible, as behavioral studies prove, is by having a specific, realistic plan. Your Naturally Slim plan is intentionally designed to be a reasonable, step-by-step recipe for better health (from food to movement to stress management to sleep). It's all about taking small steps and doing them consistently. Even if your progress is imperfect, it's still progress.



Failure is part of the process. So, plan for it. For example, if you overeat at one meal, simply wait until you're hungry again, and eat slowly at your next meal, stopping when you're comfortably full.

I LOVE SWEETS AND SUGARY DRINKS

Ah, the sweet tooth. This is a challenge for many of us. The fact that sugar activates our brains to release dopamine, the “feel good” molecule, makes kicking the sugar habit ... well ... stickier.

Consider a “sugar reset” by taking a break from sugar (and be mindful of those sneaky added sugars). Here are some tips to help you as you reset:

- Staying hydrated is one of many ways to battle sugar cravings
- Store “challenging” foods out of your line of sight (out of sight, out of mind)
- Have small portions of the foods you really crave, and enjoy them SLOWLY to get satisfaction
- Find a tool, such as a cup of tea or a mint, that signals you are finished with your meal
- Distract yourself from the craving by taking deep breaths or going outside for a quick walk

You’ll be surprised by how your cravings for sugary foods will decrease.

Of course, you can still have something sweet when you are at a hunger level three. We believe in moderation and having a specific strategy. Learning the Naturally Slim hunger levels helps you in slowing down to truly savor that cheesecake/ice cream/peach cobbler (insert your favorite treat here). We know that rigid and restrictive plans tend to backfire, often leading to overeating and subsequent post-eating frustration. If something is “forbidden,” that can increase your craving for it and lead to later binging.

3

Weight loss roadblocks

Room for growth:

According to the World Health Organization, only 5% of our calories should come from sugar.

Today, 15% of calories consumed by Americans come from sugar.



Weight Loss Roadblocks

4



Countless studies point to meditation as an effective way to manage stress. Start with just 5 minutes each day. [Here's a great beginners guide.](#)

I STRUGGLE WITH STRESS EATING

This is where comfort food gets its reputation! Managing emotions (and especially emotions around food) is very complex. It’s natural to want to make or eat something special when things are stressful. But doing this repeatedly can lead to poor health and derail your goals. If you think your stress eating is a problem, you’re probably right.

Managing stress eating is all about learning to identify and address the true needs that you may be using food to fill. We call them Vital Needs—they’re another centerpiece of the Naturally Slim program. You may have a need for control, for peace, for personal time, or just to feel good during this time. Those are all valid needs. But food is not a satisfying way to fill them over time.

With Naturally Slim, you’re not alone in facing these challenges. You have access to multiple sessions on how to navigate feelings around food, including tips like [this one](#) from our instructor and clinical psychologist, Dr. Dana Labat.

3



I DON'T HAVE ENOUGH WILLPOWER



Changing a long, ingrained habit (or really, any habit) takes time. Relying on pure willpower is ineffective, since it can vary from day to day. Some studies show that willpower is a limited resource and may be used up by other day-to-day tasks and stressors.

Lifestyle changes can be approached with specific, measurable, realistic plans that have short- and long-term goals built in. Luckily, we've done the heavy lifting for you. All you have to do is log back in, learn the skills, and practice them as you keep moving toward your goals.

5

Weight loss roadblocks



70% of NS participants felt in control of their weight one year after completing the program



Log in to naturallyslim.com/login from your smartphone or computer to watch this week's lessons.

Not a Naturally Slim participant?

Visit our blog at www.naturallyslim.com for more tips and resources.

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