

-FACT SHEET-

10 TOP TIPS to help you succeed with your new year's weight loss resolution!

By Caron Milham - Accredited Practicing Dietitian & Nutritionist, Author & Creator of the CHOOZ TO LOOZ Weight loss program.

One of the most popular New Year's resolutions is to lose weight. Many people however, have strayed from their path to a slimmer future even before Easter eggs hit the shopping isles.

Here are my 10 top tips to help you help you stay on track...

- 1.** Make sure that you are **losing weight for yourself first** and for the **right reasons**, otherwise your success may be short-lived. Choose mostly positive and internally motivated reasons rather than negative and external.
- 2.** For long lasting motivation for weight loss (or any goal) you must have or get, the **4 P's : PATIENCE, PERSISTENCE, POSITIVE THINKING AND A PASSION FOR YOUR GOAL.**
- 3.** Set **realistic goals** for your goal weight and your rate of weight loss. Diets that result in rapid weight loss or that have a limited range of foods or that leave you hungry or feeling deprived, should also be avoided. Then set weight 'sub goals' for more frequent successes and reward your achievements. For example, aiming to lose 20 kilos is too large a chunk to consider. Shoot for 5 kilos at a time.
- 4.** Aim for a **balanced, varied food intake**, allowing for occasional indulgences, meals out and for your program to fit in with your families eating habits. The [Australian Healthy Cooking Guide](#) includes lots of easy, tasty recipes (including desserts and cakes) and a realistic, flexible weight loss plan including a 2-week menu that you can tailor to suit your needs.
- 5.** **Vary your menus, foods and recipes** to avoid boredom otherwise you may go looking for excitement elsewhere. A chicken salad wrap may be a healthy lunch, but eaten every day could lead you to detour down the lolly isle at the supermarket and find a packet of 'Fruchocs' have landed in your trolley by the time you touchdown at the checkout. You can maximise variety and minimise the risk of temptations, by planning your menus and shopping list in advance.
- 6.** **Focus on the positives.** For example, rather than dwelling on the foods or drinks you have to cut back, focus instead on what you can eat more of, the new

-FACT SHEET-

10 TOP TIPS to help you succeed with your new year's weight loss resolution!

recipes you want to try and how much better you will feel and what you will be able to do, when you're slimmer.

7. Tempt me not. Throw out or give away those high kilojoule temptations you shouldn't consume often (think chocolates, biscuits, cakes or chips); particularly if you can't stop once you start. Having them there is tempting fate. (If it's not in the fridge, you can't eat it.)

Remember... "Out of sight, Out of house,
Out of mind, Out of mouth"

8. Gain **greater insight into your eating habits** by keeping a **food diary**. You will discover habits you didn't know you had. This is the first step. Then plan ways to manage your eating better. Many people find that they eat when they are not hungry but when they are triggered environmentally (for example, the TV happens to be on and when the TV adverts appear) or emotionally (for example, when feeling bored and eating becomes a hobby or when depressed and food is used/eaten to cheer up).

9. If you are an **emotional eater**, **discover 'what's eating you'**, before you turn to food for all the wrong reasons. If you feel stressed when you get home from work, instead of opening a bottle of wine or chocolate bar, take the dog for a walk to let off some energy or run a hot bath to help you relax. If watching TV bores you then change the channel, pick up a book or go for a walk around the block so eating doesn't become a hobby.

10. **Buy an outfit a size smaller** than your current size as an incentive to lose weight then put it in a place where you'll see it daily, like on the outside of your bedroom door.

***For more FREE tips, view the eBook 'Silly season slimming tips' also available in the 'Free Services' – 'Free diet Information and Tips' section of this website www.healthy-guide.com**

-FACT SHEET-

10 TOP TIPS to help you succeed with your new year's weight loss resolution!

EXTRA TOOLS TO ASSIST YOU...

My book, the ***Australian Healthy Cooking Guide*** can assist you further with a healthy, realistic and flexible Weight Loss Plan and a 2 week menu and shopping lists; more weight loss and healthy cooking tips and over 100 easy, tasty recipes including desserts and cakes,

My book the ***Australian Healthy Shopping Guide*** can assist you further by making healthy Supermarket Shopping easier and less confusing. In addition, smart shopping tips are included over 2000 products food

*Both best-are my website www.healthy-guide.com



tips are together with of the healthier from over 48 categories.

selling books available from [www.healthy-](http://www.healthy-guide.com)

*For more information on **Caron Milham and Associates services** including individual clinic **consultations** at Blackwood and North Adelaide, Caron's best-*

-FACT SHEET-

**10 TOP TIPS to help you succeed with your new
year's weight loss resolution!**

*selling **books**, or the **Chooz to looz** weight loss program available in clinic or by
correspondence (online), please visit us online at www.healthy-guide.com*