

# Fitness Is Really Possible

## **Loose Weight the Healthy Way**

Many people lose weight every year. Two of the top incentives to shed those extra pounds are class reunions and bathing suit season. Yet most people who do lose weight gain it all back within one year, creating much stress in their lives. But you don't have to be one of those people. It is possible to lose weight for this summer and many summers to come. Take a look at the following hints that can change your life.

## **Get Real**

Be careful that you don't set yourself up for failure. Realize that some goals are not practical. If you dream of losing thirty pounds by next month, you are probably going to become discouraged and give up when it doesn't happen. You can realistically plan to lose about one pound a week. Having obtainable expectations will help you to lose weight and keep it off in the long run. And diligently sticking to a reasonable goal will give you a sense of accomplishment when it is finally reached.

## **Look Out**

Start recording every bite that you eat, where you eat it, whom you are eating with, and what mood you're in when you eat. You may find that you eat cookies when you're sad or eat high fat foods near the end of the week. Another thing to keep in mind is that people often eat inattentively. For instance, when you watch television or have a friend over to visit, you may be eating more than you realize.

Once you are able to identify your unhealthy eating habits, you can feel great about yourself by breaking them.

## **Caution Ahead**

You will be faced with fatty foods several times a day. Take precautions to make sure that you are not vulnerable in these situations. Eat before you go to a party, or stay away from any vending machines. By making a habit of avoiding temptations, you will find your quest to lose weight much easier to accomplish.

## **Keeping On Track**

There are times when you may get off track. For example, you eat a candy bar at your desk or buy dessert at lunch. Don't get discouraged. Instead, examine why you messed up and determine what you can do to avoid further temptation. Perhaps you can compensate the next day by leaving the dressing off your salad or skipping a snack. This will give a boost to your confidence and lessen the guilt of your slip.

Keeping these tips in mind will help make your pursuit for a healthier lifestyle a reality. When you are successful, you will be thrilled as you look in the mirror and see a new you.