



THINK SMART

3 STEPS TO weight loss

ARE YOU STILL TRYING TO SHED YOUR EXCESS WEIGHT BUT CAN'T SEEM TO BUDGE IT? HERE ARE THREE STEPS TO HELP YOU SUCCESSFULLY SHED THOSE UNWANTED KILOS.

HAS STRUGGLING with your weight been a constant for you? Have you ever wondered 'why is it always so hard to lose weight and keep it off'?

If you answered 'yes', then you are not alone. In fact, 55 per cent of women (as per the Australian National Health Survey 2007 to 2008) are struggling with their weight, and half of them seem to not be able to 'get it right'. Ever.

The reason it is so hard to 'get it right' is not because there is something 'wrong' with you. You are not to blame. It is because you don't know enough information about what is truly 'right' and best for you. Let me explain.

There is so much information available nowadays, regarding different ways to lose weight, which is fantastic; however, we all have our own specific and unique way of eating and exercising that is ours and ours only. Additionally, we have

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our own individual expression of eating and exercising that works 'right' and best for us.

Where we tend to go wrong is that we don't know what is right and best for us as an individual. Instead, we often try eating and exercising regimes that are ideal for someone else, and as a result, we cannot stick to them and, eventually, we go off them. The result? We feel like we failed, when all the while it was actually the eating/exercise program that was 'wrong' for us.

So how do we start finding out what is right and best for us?

Step 1

I always recommend seeing a Paul Chek lifestyle coach to determine, on a grassroots level, what type of eater you are. These lifestyle coaches can assess your current eating, your metabolic type, your overall body type, what combinations of food, the frequency of meals and the type of foods that will be right and best to ensure it is easy for you to eat sufficiently, but still lose weight.

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It may seem like a bit of diligent effort to begin with; however, what you are doing with this process is unraveling what used to be true for you, to allow what is *authentically* true for you and this is what is required in order for you to be your living the healthy reality you desire and deserve.

Step 2

It is worth taking a little time to clear your mind of who you think you have been, and start to envision a vivid and strong picture in your mind of who you truly are. The reason for this is very simple: who you think you are is who you become. So, if you think you are a 'struggler' then you will tend to propagate this. Again, to make the weight loss process easier, let's get you fulfilling the right and best prophecy for your goal achievement. The right and best prophecy being 'I am magnificent at X kilograms (or X cms, when talking measurements).'

Step 3

If you still find eating and weight management a struggle, even after taking these steps then the answer is to allow yourself the chance to truly understand what your eating and weight are trying to communicate to you. This is because the distress in your eating and weight is typically a reflection of a deeper distress. Therefore, once the deeper distress is addressed, your eating and weight will transform into health and vibrancy.

By following these steps, it really is possible to end the ongoing struggle of weight fluctuation.