



HOT TIP

# BUDGING THE LAST



IF YOU'VE EVER SAID 'I JUST CAN'T SEEM TO BUDGE THOSE LAST FOUR KILOS. I'M TRAINING REGULARLY, I'M EATING HEALTHY BUT THOSE LAST FEW KILOS JUST WON'T GO'. HERE'S WHAT YOU SHOULD KNOW.

**ARE YOU** feeling frustrated about your results? No matter how hard you train, how often you hit the gym or how healthy your eating is you just can't budge those last few kilos? You're listening to your personal trainer and putting into practice their advice, so why can't you drop that last bit of weight?

If this sounds like you then don't despair for there are reasons 'why' these last few kilos feel as if they are stuck like glue. Let's take a look.

The most obvious place to look first is the quality of your eating. The quality of the food you place in your mouth plays a huge role in your body's willingness to release weight. If the quality of nutrients is 'poor' in your diet (i.e., you eat more processed foods, even if they are low-in-fat or considered 'healthy' rather than fresh organic produce and chemical-free meats), then your body will be starving for nutrients even if you are eating enough calories. Your body will drive you to eat more food to get the nutrients it requires but by doing so increases your calorie intake beyond what you actually need. The result? You end up eating more calories than you need; and usually enough to cause you to hover a few kilos above your ideal weight. So, no matter how good your intentions are, if the quality of nutrients in that food is poor then your body will sabotage your good intentions and weight will be gained.

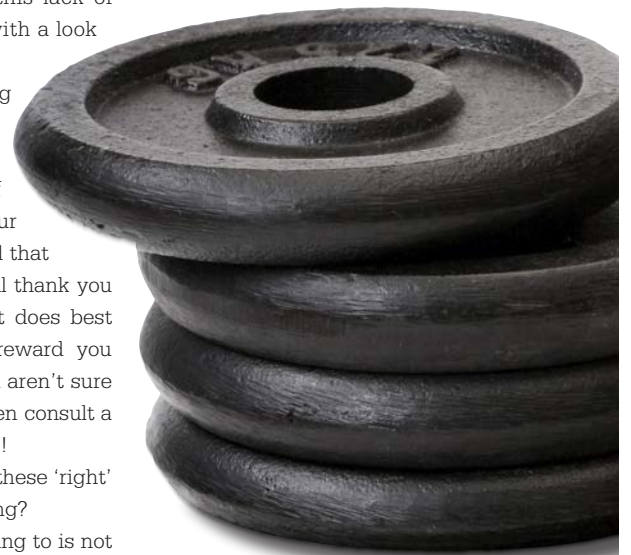
Secondly, the issue of timing of meals, combinations of foods, how frequently you eat, how much water you drink, if you drink alcohol, coffee, soft drinks, energy drinks and take

supplements all contribute to whether you remain lean or not. You are what you eat, when you eat, how much you eat and how often you eat. Your body is a mirror of all your eating and food choices. Without exception! If you skip meals and then 'stock up' on 'treats' late at night then your body will reflect this lack of nourishment and not reward you with a look and feel that is spectacular.

And thirdly, are you training smart? The key aspects being to train frequently, vary the intensity of your workouts, vary the type of exercise each session, make sure your workouts are at least 20 minutes and that you work up a sweat! Your body will thank you for the experience of doing what it does best (i.e., getting it moving) and will reward you with looking and feeling good. If you aren't sure what the best exercise is for you, then consult a personal trainer – they're the experts!

So what then, if you are taking all these 'right' actions but the weight is still lingering?

Sometimes the goal you are aspiring to is not a goal your body can actually fulfil. For example, you may have decided that 60kg is the 'ideal' weight for you, yet no matter what steps you take to lose those last few kilos you just can't get past 64 kilograms. This may well be because your body is comfortable at 64 kilograms. It is possible that 64 kilograms is the weight that is 'best' for your body! So your body stops you from losing any more weight because it doesn't want to be any lighter.



**YOUR BODY'S  
NATURAL STATE  
IS LEAN, WELL  
AND VIBRANT  
AND IT WANTS  
YOU TO BE  
SUCCESSFUL IN  
WEIGHT LOSS.**



**THE TRUTH IS YOU MAY FIND YOUR IDEAL WEIGHT IS ACTUALLY A FEW KILOGRAMS HEAVIER THAN YOU ASSUMED, DUE TO LEAN MUSCLE MASS.**

The thing is, your body actually has its own intelligence, so that it knows what food, exercise or rest it needs, when it needs it and how much it needs. As a result, your body knows precisely what its ideal shape, size and weight is. This natural regulator is a powerful system within us that you can access and flow with if you choose to do so. What this means is that rather than struggling to be a shape, size or weight that you have decided is 'right' and best for you, it is simpler and easier to allow your body to balance out at the shape, size and weight that it wants to be; that is, to allow it to settle into its natural shape, size and weight.

Often we listen to our minds rather than our bodies. And the challenge with this is that our minds are often clogged with thoughts that interfere with our body's natural system of perfect care. For example, sometimes we may listen to the (possibly) unrealistic expectations and goals we create, rather than to our bodies, and we are then left wondering why our bodies don't work in conjunction with us and don't fulfil our desires.

The bottom line is, you can trust your body because it only wants what is sincerely best for you. Getting your mind and body working in unison allows for you to find that shape, size and weight that you can easily sustain and maintain while looking great.

So how do you begin this process of clearing your mind and working with your body to allow it to reach it's intrinsically correct shape, size and weight?

Firstly, accept your body as it is. Accepting your body – rather than struggling and fighting with it over a few kilos – allows you the opportunity to gauge whether your body is happy at its current weight. It is often the 'discontent' you feel about your body not meeting your expectations that actually sabotages your success! Which is why the reverse of what you want happens. It's the thinking and feeling that



your current weight is inadequate or 'not good enough' that actually drives you to fulfil this – like a 'self-fulfilling prophecy' – and keep you at a weight that may be too high for you. Instead, you need to accept your body 'as it is' which will give you the freedom and liberation from the struggle within to make better choices and enable you to drop those extra kilograms.

You may even find your ideal weight may be a couple of kilos heavier than you assumed, but if you have been eating well and training smartly then you may actually have gained lean muscles mass. Lean muscle mass is heavier than body fat so keep in mind that any 'extra kilos' may be reflective of this gain, leaving you heavier, but leaner!

Getting your mind around the fact that those extra few kilos may not be 'bad' means you'll instantly feel better about yourself. And feeling better means you are more likely to take action that is positive in terms of your eating and exercising; therefore, it will pay huge dividends in helping you to lose those last few kilos (and look and feel great for life!).

Secondly, accepting your body 'as it is' means you don't 'beat yourself up' about who you are, what you are doing and the progress you have already made. Instead, you can start to encourage and treat yourself mentally and emotionally as you would your best friend; you can start to truly honour yourself, both in mind and body.

And finally, spend time each day listening to your body. Ask yourself 'What shape, size and weight is my body happiest at?' Then, be willing to follow the 'nudges' from within that stop you eating that extra slice of pizza, or say 'no' to that extra glass of wine, or say 'yes' to that additional serve of veggies at dinner time.

Remember, your body does not want to be overweight; it wants to look and feel great for life. So you can trust your body to guide you to take the best actions. The key is to ensure you listen to your body, trust the internal 'nudges' and be happy with your results.

**JOANNE M PRIOR, BSc (Nutrition)**  
**PostGradCounselling Reiki Master** Joanne is the director of 'Think Yourself... Successful'. Her mission is to help women and men who can't quite seem to get their minds and emotions around how to lose weight successfully. For further information phone 0412 499 758 or visit [www.joanneprior.com](http://www.joanneprior.com)