

YOUR ULTIMATE
WEIGHT
LOSS
GUIDE

3 STEPS TO STOP THE STRUGGLE

HAVE YOU STRUGGLED TO LOSE WEIGHT? SICK OF THE YO-YO RESULTS? FOR MANY OF US, THE WEIGHT LOSS STRUGGLE FEELS NEVERENDING. HERE'S HOW YOU CAN STOP THE STRUGGLE – ONCE AND FOR ALL.

IF WEIGHT LOSS REALLY was just about food and exercise it would be simple. You could just change your eating, do some exercise and lose the weight.

Unfortunately, for so many of us it does not feel that simple, nor that easy. In fact, it often feels like a huge life challenge; overwhelming even. So how is it that something which should be so simple and easy becomes an area of life that seems impossible to conquer?

The answer is because as humans we have become somewhat out of balance. We sometimes forget that we are also emotional, psychological and spiritual beings, as well as physical. And it is these part of ourselves that can fall out of alignment with our physical bodies, causing havoc in our eating and our weight.

The secret to permanent and safe weight loss, therefore (in addition to a good diet and regular exercise) is how can we get all of ourselves aligned?

This is when weight loss can finally become that simple and easy process it is meant to be.

Despite what Oprah may convey, it is possible to be free from a weight loss struggle for life. By living moment-to-moment, taking that second to ask 'what is truly right and best for me?', listening to that 'truth' delivered through your nudges, and by committing to follow those nudges, you will start living a life based on the trust that your inner truth will only ever create a life that is filled with what is always the best for you.

1

Be willing to stop for a moment, before you take any action, and say to yourself 'what is truly right and best for me here?'

This simple action of pausing to consciously connect with yourself, allows your mind to be opened to the answer that is literally 'right and best' for you. And the best part is that the answer will come from the very best expert on you – you!

The power of making this simple decision brings your mind, emotions and spirit into alignment, therefore, allowing your physical being to be directed in a way that offers the best choice for you.

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3

Once you’ve learned to recognise and acknowledge your inner and external nudges, trust and follow them. Always. They are, after all, your own self, showing you what is right and best for you. And when you follow them one-by-one, they add up to a bigger and ever-expanding picture of what is right and best for you, so there is only good to be gained by trusting and following this intuition.

Your new weight loss path, therefore, becomes based on moment-to-moment honesty and integrity, with your actions aligned to what is always right and best for you. As a result, your eating, body and life will incrementally reflect the internal changes back at you, and what you will soon see is absolute magnificence.

WANT MORE?

To request a copy of ‘The Big Fat Truth’, a previously published article exploring what your fat deposits might be saying about your health, email editor@fitnessfirst.com.au

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