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100% Effective Natural Hormone Treatment
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Impair Healthy Healing In People Over The Age Of 30!

Healthy Weight for Life: The 5 stages of lifestyle change

By Michael Hallinan

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So you're determined you're going to do something about your weight. But what? Losing weight is not in itself a behavior. Releasing fat pounds is an outcome of many behaviors that add up to consuming more calories than your expending. (Yes, there's a genetic component too, but you can't change that.)

The good thing is that this gives you lots of places to start moving toward your goal of losing weight. The challenge is sorting through them all and finding what will work best for you. So here's the question: What are you most ready to change?

Behavioral researchers have identified five stages in behavior change:

1. Precontemplation: You're not even considering it. No way you're gonna give up your pizza and beer. Gym-going is not for you. Why walk when you can ride?
2. Contemplation: Well, maybe you could live without pizza and beer **every** week. Gym is out, but you always liked swimming, maybe a pool. The walk in the park with your friend was pleasant last weekend, maybe you could do it again.
3. Preparation: Next week you're going to skip that pizza. You found out the local Y has a pool and their family rates are affordable. You talked to your friend about doing more walks sometime.
4. Action: Two weeks and no pizza. You joined the Y and you've swum laps there a couple times. You and your friend have gone walking the past three Saturday mornings.
5. Maintenance: The weekly pizza has been a thing of the past for six months. Swimming is so much a part of your daily routine that you don't feel right if you skip it. Those Saturday walks are don't-miss tradition.

In fact, this readiness to change model is behavior-specific. That is, you might be in the action stage with the pizza but still in precontemplation on that exercise stuff. You're not likely to be very successful

if you flog yourself for not swimming laps every day, what you want to do is move yourself to the next stage: List the pros and cons of regular exercise and guess what, you're thinking about it and that means contemplation.

So think about the behaviors you can change to lose weight. What stage are you in for each of those behaviors? In each case, what can you do to move yourself to the next stage? What are you most ready to change.

We explore readiness to change in my free teleclass, "The Real Skinny on Weight Loss: Don't Diet, Do It." You can get details and register at www.teleclassinternational.com/catalog.phtml?keywords=MH-RS

Michael Hallinan overcame a lifelong obesity, and the midlife discovery of health and fitness so changed his life that he established a coaching practice specializing in helping others find their own healthy way to a healthy weight. For more helpful tips, subscribe to the Healthy Weight Newsletter. For past issues and to subscribe see www.healthyweightcoaching.com/Ezine.htm

Making Lifestyle Changes For Permanent Weight Loss

By Abbas Abedi

So you want to lose some weight. Almost all of us have felt this way at some time or another. Maybe it's some holiday weight you want to work off, or maybe you've just decided that you would feel and look better with a little less bulk. Whatever the reason, losing weight can sometimes be difficult. It's often the case that you find yourself dealing with a very restrictive diet that is difficult to stick to, or other inconveniences. You can avoid much of this, however, by making some lifestyle changes that incorporate more healthy activities into your daily routine.

Although everyone will likely be tempted to try and lose weight as quickly as possible, unless you feel for some reason that this is absolutely necessary, it's better to take a long term approach. If you want to lose weight quickly, it's likely that you're going to have to make a restrictive and drastic diet change that will be hard to implement. This also means there's a good chance you will simply put the weight back on when you diet is over, or when you (inevitably) lapse from it.

A far better long term solution is making some lifestyle changes. Not only will this be an easier way to lose weight, but those pounds you lose will stay lost. The reason that lifestyle changes are an effective way to lose weight is that you don't have to alter your daily routine too much. Many people find the exercise regimens and diet changes involved in quick weight loss unrealistic – you never have enough hours in the day as it is, so it's hard to make more for exercise.

The best place to start in your attempt to lose weight is to look at things you do every day. First and foremost for most people is going to work. Many people live close enough to their employers to bike, but choose instead to drive. By biking to work you will not only be getting exercise and working towards your goal of losing weight, you will be saving money and doing a good thing for the environment. Try

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and think of other small changes in a similar vein: take the stairs instead of the elevator, go for a walk on your lunch break instead of sitting at your desk. Although these changes may seem small and suspiciously convenient, they will go along way towards losing weight.

The other more pro-active way to lose weight through a lifestyle change is to engage in more athletic activities. Take up a sport, or go hiking on weekends. The beauty of this is that these things are entirely recreational: you're having fun at the same time that you're losing weight. It's much easier and more enjoyable to commit to going on a hike every weekend or playing tennis with a friend than it is to sit alone in gym: after all, there's a reason they call it "work"ing out.

Lifestyle changes go a long way towards losing weight, and anyone who incorporates some of the changes listed above should find themselves able to lose weight permanently.

By Abbas Abedi—To make weight loss easy visit my blog



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