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**How to Become a Successful Dieter**

**By Annette Dykes**

**How to Become a Successful Dieter by Annette Dykes**

7-tip Series: How to become a Successful Dieter!

What do thin people know that others do not? Here are the TOP 7 TIPS on how to "think" like a thin person, so that you can become one...

TIP #1: Stop Dieting!!

Or at least, stop calling whatever you're doing a "diet." Just the word "diet" alone is enough to make a person's skin crawl.

Why? Because so many of us have tried special diets before only to lose control due to the severe restrictions by which these diets force us to live.

If we have been lucky enough to lose weight on any of these so-called diets, then statistically MOST of us have gained the weight back, many of us with an extra pound or two for good measure (no pun intended).

So what's happening? It's all in our minds. Diets have bad reps, and your mind is very skeptical of dieting.

If you've failed at a "diet" before, you will fail at a "diet" again... So think of healthy weight loss as a lifestyle change- with specific dietary changes, but no outright restrictions. You'll be happier, and slimmer, in the long run.

TIP #2: Eat Your Favorite Foods

Was that a mis-print? Nope.

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I mean it when I say "eat your favorite foods"... Of course, eating does not imply gorging oneself on chips and donuts, but there is nothing wrong with these food items as long as you eat them only in moderation.

But what does moderation mean, anyway? If you listen to your body, it will tell you when it has had enough.

If you tend to over-stuff yourself, then you are probably eating too much!

But there's nothing wrong with an Oreo Cookie or a handful of Tostado Chips every once in a while.

The only problem is the quantity in which we consume these so-called "bad" foods.

Of course, there are healthier alternatives to most snack foods, but if you're going to crave something sweet or salty - EAT IT.

Just watch how much you're eating and stop after one serving size.  
Take what you are going to eat, and then put the bag away.  
Then drink a glass of water, or a cup of peppermint tea.

And if you have trouble listening to your body at first, start reading the labels in order to understand how much is enough.

Mmmmm.... Chocolate.....

### TIP #3: Listen to Your Body

Have you ever tried to talk yourself out of eating something sweet or salty, only to wait a few moments and end up eating it anyway?

Your conversation probably went something like this:

And the pie is on the plate with your fork in your mouth before you can say, "A la mode."

Here's something to think about: Instead of trying to rationalize with your mind as to why you should or should not have that piece of pie, try talking with your BODY about it.

This is a new concept to most people, but it really works. Ask your body what it needs.

Remember, food is fuel for your body. Your body knows if it needs proteins, fats, or carbohydrates.

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Rarely will your body ask for pie. It is your mind that wants the pie.

But a little pie every now and again won't hurt anything either.

Remember - Everything in moderation. The key here is to make healthier choices MORE OFTEN.

Learn to tell the difference and to listen to your body, and you will be on your way to a slimmer you in no time.

TIP #4: Move!!!

What do you mean "move"?!?!?

What do you think of when I say the word "exercise?" I know what I think about. I think of sneakers and shorts and beads of sweat running down my face as I watch the aerobics instructor lead me through a complicated routine that I really couldn't follow if my life depended on it. Well, I used to be able to follow those routines, but somewhere along the way, I got turned around and I can't seem to follow their instructions anymore.

Exercise is often equated to "hard work." And sometimes I just don't feel like exercising. Can any of you relate?

Maybe "exercise" doesn't create those feelings for you. If so - Great! Keep exercising!

But what about the word, "move?" Movement doesn't have the same threatening connotations attached to it that many people feel with the word "exercise." I have started a "movement program" now instead of an exercise program. What's the difference? My movement program doesn't require a background in gymnastics to perform, and I "move" as often as I can throughout the day. Movement has become a part of my daily routine, rather than a one-hour trip to the gym that I have to do 5 days per week (that doesn't mean I never go to the gym. I still do! But now I go because I want to, not because I "have" to).

Movement means taking the stairs, walking through the parking lot, dancing in my living room, playing a game of pick-up basketball, stretching, sitting on my Ball (you know those big, colorful balls you see at the gym or on TV?) so that my lower back is always working and I work on my posture throughout the day.

You see, movement is easy. And it can be fun, too.

Wouldn't you like to go take the dogs for a walk in the park, and feed the ducks while you're there? Or to go dancing with some friends? Or maybe you enjoy gardening or cleaning (okay, there have got to

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be SOME people who enjoy cleaning!)

Get off the couch and enjoy your life. MOVE every day.

TIP #5: Focus on the Progress, not on the Gap

So often when working with people who are trying to lose weight, I notice that many of them focus on how far away they are from their goal, rather than acknowledging the progress they are making.

In losing her first two pounds on a program, one of my clients said, "Only two pounds! I still have 23 more to go!"

What kind of message do you think that sends to your subconscious mind?

Instead of focusing on the 23 pounds (or whatever it is for you) that you have NOT lost yet, recognize and acknowledge yourself for the progress you HAVE made.

This will encourage and motivate you to continue on your weight loss path.

Sometimes it's not easy, which is why a supportive environment, or a coach, can be a huge benefit in your success.

In any case, acknowledge yourself as often as you can.

And focus on your success!

TIP #6: Attract Your Perfect Body

Everything, everything, everything in our lives is a reflection of the vibration we are giving off to the universe.

If you want a healthy body, you can attract it, by becoming aware of the thoughts, feelings and emotions that are prevalent in your thinking about your weight. Everything in the universe is made up of energy (ask a Physicist), and this includes our emotions. If you emit positive emotions, you will attract positive results.

If you emit negative emotions, you will attract exactly what you say you don't want in your life.

The Law of Attraction is a complex, yet very simple principle that has been clearly explained by Michael Losier in his book, "The Law of Attraction".

Successful dieters understand that their thoughts and feelings lead to their results (your inner world

creates your outer world).

TIP #7: Play

What does playing have to do with dieting? Everything!

If you perceive something to be hard, tedious, boring or no fun, your subconscious mind will do whatever it takes to take you out of the game.

But have you ever noticed that when you do something fun - something you love - the energy of that experience lasts for hours, if not days, after the experience itself has ended?

That's because you have raised your vibrational energy, and when you are in a higher vibrational state, life FLOWS with ease.

The same thing will happen when you "play" with your food! Okay, I know your mother always told you not to... But who's watching?

When you take care of the part of you that wants to play, you will naturally be more loving towards yourself - and that includes in the food and exercise area of your life, too! So, make a Mickey Mouse in your pancakes. Go for a bike ride in the park, or spend an evening dancing! Whatever you do, PLAY!

Lighten up! Play is a critical factor in your success as a dieter and your overall life fulfillment, too.

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© Annette Dykes, Certified Weight Loss & Life Coach, Certified Fitness Trainer.

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##### End Publisher's Box #####

Annette holds a Bachelor of Science degree in Kinesiology and has coached hundreds of people over the past seven years to successful weight loss by implementing simple and effective strategies that make losing weight easy and fun! Her holistic approach focuses on creating life–balance while implementing necessary change.

## **Pick Up Your Pen and Lose Weight!**

**By Patti Testerman**

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Although every dieter knows that keeping food records is a key to permanent weight loss, few understand the importance of also keeping an "emotional journal." In fact, one dieter lost 100 pounds, thanks in part to the insights gained through daily journaling.

Dieting for weight loss can be as simple as keeping that food diary, or (the more challenging) dipping into the dark waters of the psyche. For example, which emotions motivate, sabotage, side–track, or inspire? Which people are supportive, which ones undermine your focus with snide remarks or constant invitations to ice cream? All will be revealed inside your private journal.

Of all the journal exercises for gaining insight, a favorite is the "Letter to My Body." In this exercise, the dieter actually pens a letter to self, being as honest as possible. A sample might be "Dear Fat Body, I hate you, I hate you, I hate you. I hate your rolls of fat on me, I hate that my knees hurt, I hate that you'd rather have a Danish than let me feel good about myself. I hate that you've been good all day and I know that tonight you'll be a pig."

What does that type of letter accomplish? For many—instead of adding to an already huge portion of self–loathing—it provides a powerful way of recognizing and reversing trigger situations. In this example, when nighttime does come and the journaler heads for the pint of Ben and Jerry's, there's a good chance the letter will be remembered. And, an even better chance that instead of eating a pint, some or none will be chosen.

Journaling to lose weight also involves writing about how your food choices will make you feel tomorrow when you get on the scale, or when you sit down to journal again. And, as you write these letters to self, you'll quickly begin to connect the dots, and track the ways in which everyday life impacts your food choices.

Keeping a journal will also help with weight loss because it's almost impossible to get to know yourself on a deep, intimate level and then continue with self–destructive behavior. Fortunately, we're just not made that way.

So tonight, instead of settling in with a pizza and beer, take some time to write a letter to yourself and analyze what your hunger is really about. I guarantee you, it isn't food.

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