

FINDING THE MAGIC

When it comes to weight loss most people want MAGIC..... The answer to all of our weight problems... can be found in a pill, or a simple book, or a piece of exercise equipment that costs \$19.95. Unfortunately that magic does not exist. However there is some MAGIC... No not a chemical concoction or piece of stretchy rubber although they may be useful tools. What is the magic? Before we answer that lets decide what it takes to lose weight?

Psychologists tell us there are 3 parts to weight loss.... Do you know what they are?? You should know the first 2.

FOOD

EXERCISE

MOTIVATION

Want to lose weight? well eat less and exercise more. That's it!

The MAGIC of weight loss is MOTIVATION that is the key, and it is in you!

DO YOU HAVE MOTIVATION? Sure you do or you would not be here.....

Being successful at weight loss, or anything for that matter, requires a combination of knowledge, motivation, and skills. Knowing what to do and having the skills to do them is one thing but if you do not find your motivation, all the knowledge and skills in the world will not help you.

DO YOU HAVE THE COURAGE TO CHANGE?

Change is difficult. We get entrenched in our habits and we are reluctant to change them. We are also programmed either by habit or genetics or a combination of both, to seek out unhealthy food choices, less active pursuits and more stressful lives. We need motivation to change.

Psychologists have come up with a 5 stage model of MOTIVATION:

1 Pre contemplation: In this stage through either ignorance or denial you don't think about change. A typical thought in this stage is "There is nothing wrong with my weight".

2 Contemplation: In this stage you become aware of the problem and begin to consider change but you do not take any action yet. "I could lose a few pounds, but this is not the time for me to do it".

3 Preparedness: Now you are ready for change and are preparing to take action. "I had better start going to my TOPS chapter meetings".

4 Action: Now you are committed to taking steps and beginning a program. "Here I am walking with my chapters walking team".

5 Maintenance: Having established a program you keep it going, "I know this works, so I will keep it going".

BORING, BORING, BORING, Sorry but we need to understand some of the basics, so we know how it affects us.

NOW THE BIG QUESTION. What can you do to move from one stage to another?

People change when they experience a conflict in their values, attitudes, or behavior.

Example: A woman was carpooling some boys to a baseball game and eating a candy bar while driving, one of the boys said, "My mom quit eating candy bars because she was getting too fat". Gee a conflict of values? A light bulb moment? Time for an attitude change?

HOW DO I GROW MY MOTIVATION TO LOSE WEIGHT?

First examine your reasons, just why do you want to lose weight?

- To look better.
- So my clothes fit better
- To be healthier
- So I could tie my shoes
- So I can see my feet

What is your main reason????

Now that you know the reason you can use.

THE POWER OF IMAGERY

First lets use some negative imagery to help reinforce our reasons for losing weight.

What negative images can you conjure up?

- Clothes fit bad
- People stare at me
- I have no energy
- I feel ugly
- I get no respect
- I cannot sit in a booth in a restaurant
- I need seat belt extenders on an airplane

Close your eyes for a moment, picture a negative image of yourself like you weighted 50 pounds more than you do right now!!

WOW THAT IS BAD, isn't it.

OK, Now lets find some positive images of what we want to happen when we reach our goal weight.

- Smaller sized clothes
- wear bathing suits
- wear shorts
- wear sleeveless blouses
- Be able to buy clothes anywhere at any store
- Be given compliments
- Live a longer life
- Be healthier

Now close your eyes and picture a slender skinny you.....

A LOT better picture isn't it?? Are you motivated yet??

In addition to imagery we can use POSITIVE AFFIRMATIONS to help us:

- Eating fat food, will ruin your mood
- Extra dressing, Becomes depressing
- Get more active to be attractive
- Don't ruin your waist for a small cookie taste
- Eat too many fries, you'll be oversize
- Not eating light, Makes your clothes tight
- Lots of batter, Will make you fatter
- Arteries go splat!, When you fill them with fat
- Constant fat snacks, give heart attacks
- Energies abound, when you move around
- Walk a bit quicker, to train the old ticker
- I don't need perfection, to like my reflection

They don't have to rhyme make up your own or use one of these.

Now post them where you can see them...

On your organizer

On your bathroom mirror

On your dashboard

On your refrigerator

On your Telephone

On Your Television

On your computer

On your desk

On your checkbook

On your weighing scales

On your kitchen stove

On the back of your hand

On your toothbrush

Your challenge for this week is to make 3 signs with a positive affirmation on them and post them where you will see them every day!

The use of imagery and affirmations will boost your motivation and as you just learned motivation is 50% of the weight loss equation.

GOOD LUCK and remember

YOU HAVE ONLY ONE POUND TO LOSE, THE NEXT ONE!