

Is there a magic formula to lose weight?

No Magic formula

There is no magic formula too weight loss. There is only one way to lose weight. It consists of two elements, **eating less** and **doing more exercise**. Weight loss will only occur when our body burns more calories (by exercising) than it takes in (by eating). There are millions of books written on weight loss; however it all boils down to that simple fact.

Some weight loss aids such as the Tone & Slim or Alli® can help but losing weight will still not be easy. The problem is, eating less and doing exercise takes motivation and willpower. It may be easy to do this short term but sticking with it long term is often the problem. Losing weight has more to do with breaking habits which can be upheld long term than making major changes in your lifestyle. It can be the little things that count! I include ten tips or new habits that should help achieve your goal.

Ten Tips

- 1 – **Don't go on a crash diet** . . . successful slimming is more likely to be achieved by subtle changes in your eating habits and lifestyle.
- 2 – **Eat slowly and you'll eat less** . . . put your knife and fork down between mouthfuls, sip water with your meals and take smaller bites. It takes a while for your body to recognise that it's had enough food - the slower you can eat, the less you'll want.
- 3 – **Don't ban any foods** . . . from your slimming plan – especially food you like. Enjoy a small portion from time to time. Banning foods will only make you crave them more.
- 4- **Visualise how you're going to look** . . . when you reach your slimming goal. What will you be doing? How will you feel? What clothes will be in your wardrobe?
- 5 – **Never give up** . . . on your goal, it will take time. There is no quick fix so expect to remain focused the long haul.
- 6 – **Keep a food diary** . . . preferably calorie counted. This will allow you to focus on which foods you are likely to overeat and when you're likely to do so.
- 7– **Don't go shopping** . . . when you're hungry – you will be more likely to buy food, especially confectionary when you are hungry.
- 8 – **Be nice to yourself** . . . if you have a bad day, don't dwell on it. Congratulate yourself on how many good days you've had and realise that one bad day isn't going to spoil it all.
- 9 – **Get some exercise** . . . successful slimmers tend to make exercise part of their plan.

It doesn't have to be hard – even 20-30 minutes of fairly brisk walking a day will make a big difference.

10 – **Reward yourself** . . . give yourself a treat for each pound and stone you lose. New clothes make a great incentive when you're slimming – you could put €x per pound lost in a kitty!

Losing more “inches than pounds”

It is important to realise that when you are trying to lose weight, you will find that you will lose “more inches than pounds” initially. This is because you are replacing fat with lean tissue, and lean tissue is heavier than fat. Therefore you cannot gauge your progress by the weighing scales alone. Body Mass Index (BMI) is a more accurate measurement than weight alone. It accurately calculates whether you are the correct weight when compared to your height. Whelehans can calculate this for you for free.

Free Weight Loss Clinic

Whelehans now have a free weight loss clinic where you get free and comprehensive support and information to help you lose weight. You can get weighed on a weekly basis and we calculate your body mass index. The consultation is done in a private room with a trained professional so confidentiality is assured. You can find out how our Tone & Slim programme can help you lose weight. You can also find out about the new weight loss drug Alli®. Call in to our store or Dial 04493 34591 for more information.

Disclaimer: Please ensure you consult with your healthcare professional before making any changes recommended

For comprehensive and free health advice and information call in to Whelehans, log on to www.whelehans.ie or dial 04493 34591. You can also e-mail queries to info@whelehans.ie.