



THE FITNESS CORNER

FACILITATING YOUR FITNESS JOURNEY

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THE 10 BIGGEST WEIGHT LOSS MISTAKES: PART 4

In the last three issues of the Fitness Corner, I discussed seven weight loss mistakes. These included going on a diet, trying to lose weight too quickly and eating only one or two meals a day. In this issue, I will describe three more mistakes people often make when it comes to weight loss.

1. Eliminating All "Bad" Foods. This might surprise you, but the truth is, eating plans that eliminate all of our favorite foods never work. It's a recipe for binge eating. Besides, your eating habits should not bring additional stress to your life. Focus on eating your favorite foods less frequently and in smaller amounts. Not on eliminating them com-

pletely. I have two suggestions in this regard:

First, purchase 'bad foods' one at a time, not by the box. Love cookies, doughnuts or ice cream? That's fine, don't deprive yourself of your favorite foods. But instead of buying them by the dozen, purchase one at a time. That way, you will only eat one and you won't be tempted by the other 11 sitting in the box and calling your name!

Second, select one 'bad eating' day a week for yourself. On this day, you get to eat the cakes, candies, cookies etc. that you avoid during the week. Make sure you choose the same day each week and select a day where it is already

hard to eat well (e.g., a day where you meet friends out for dinner). But remember, even though it is your 'cheat' day, don't overdo it!

2. Not Getting Enough Sleep. I'm guessing this one surprises you. What does sleep have to do with weight loss? According to recent research, a great deal. Researchers at Columbia University studied the sleeping habits of more than 18,000 people and found that those who got less than four hours of sleep per night were 73% more likely to be obese than those who got seven to nine hours nightly. Even those who got six hours of sleep were 23% more likely to



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be obese. Conversely, those who averaged ten or more hours of sleep were 11% less likely to be obese. It appears that a lack of sleep can increase ghrelin, which is an appetite stimulating hormone. This, in turn, triggers a decrease in leptin, which is believed to help control appetite. The result is an increase in hunger, caloric intake and weight. So my advice is to sleep tight, for at least seven hours, every night!

3. **Giving Up.** Anyone who has ever tried to lose weight has failed. That's right, no matter how you approach weight loss, you are going to encounter some obstacles along the way. It may seem like you are doing all the right things but the weight just doesn't come off. You may have some success and drop a few pounds but for some reason you backslide and gain some weight back. Or, like millions have before you, you may go on one of those crazy diets, lose 40 pounds, get real excited and then go back to your prior eating habits. Before you know it, you have gained the 40 pounds back plus another 10. Always remember, you are not alone. Everyone who has ever tried to shed some weight has had some failures. There is only one thing you can do: **hang in there!** The primary difference between people who lose weight and successfully keep it off and those who don't is *perseverance*. So never give up. When you have a bad day (and you will), hang in there, believe in yourself and accept that you are headed in the right direction!!

LIFESTYLE COACHING

Lifestyle Coaching is designed to help you **lose weight**, **improve your health and fitness**, and **enhance your work/life balance**. By utilizing a variety of processes, tools and techniques, you will reduce stress, improve your work performance, and most importantly, feel better about yourself.

Lifestyle Coaching works because it takes a holistic approach to your development. Specifically, we address the mental, emotional, behavioral and psychological elements of body shape, health, fitness and their impact on your life. By looking at the "whole person",

we greatly increase your chances for long-term success.

Lifestyle Coaching is also effective because it is based on a simple premise: **The best way to improve your health and facilitate permanent weight loss is to make minor, reasonable modifications in your eating habits and to slightly increase your daily level of physical activity.**

To learn more about Lifestyle Coaching, visit my website at www.holmesfitness.com and request a FREE CONSULTATION to begin the process that will change your life!

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