

mind over matter

It's that time of year when many of us start diets in an attempt to get in shape for summer. Everyone wants quick results and many diets do work in the short term, but sadly most fail to achieve results after 6 to 12 months. Only those who have made a long term, strong mental commitment to change and improve their lifestyle are the ones who keep weight off.

When it comes to weight loss, it is definitely a case of "mind over matter" so here are some tips and ideas to get you in the right frame of mind for long term success.

Think long term health

Weight control and good health is a long term commitment. Think of all those people you know who have health issues later on in life that could have been prevented by a healthier lifestyle. Decide if you want to be like them. Health is not something you can fix later on – you need to change now to get the health benefits in the future.

Take small steps and be realistic

Set small, achievable goals and only a few at a time so you can get used to them and then take the next step.

If your expectations are too high, they are sure to lead to disappointment. Each step you take, no matter how small, brings you closer to a healthier lifestyle – even just a 5% weight loss has huge positive health implications.

Put your mind into "positive" gear

Our brain and "self talk" have a big influence on our lives. You must think and truly believe that *this time* you are really going to change your eating habits and control your weight. Think positively about all the food you *can* have - don't focus on what you should be avoiding.

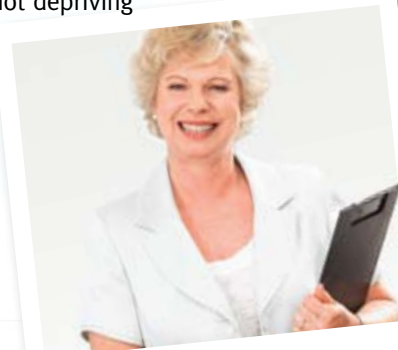
Chocolate Theory

If you are one of those people who gets very strong cravings for something sweet, in particular chocolate, instead of suffering total deprivation or worse, going on a binge, try the following **Chocolate Theory**:

- Have one **SMALL** piece of chocolate (5 grams) every day. Small, individually wrapped chocolates are ideal.
- It must be very good quality – the best you can find. For example, high quality European chocolate such as Lindt.
- Eat it **BEFORE** 11.00am, so your craving does not build up during the day.
- Sit down, savour it and make it last as long as possible – do not gobble it down guiltily.

The theory is that you *can* have a *little* chocolate every day and when that little piece that you have thoroughly enjoyed is finished, you can look forward to having a little more tomorrow. You will feel that you are not depriving yourself and that you are in control of what you eat.

Be warned! If you feel you cannot stop at just one piece of chocolate, maybe this is not something you should try.



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