

The Mind Game of Weight Loss - Donna Marlor, RD, BSN, MA

As we head into week #7, the Healthy Weight MJ2 group is starting to display a distinct personality. Competitive, tenacious, determined, optimistic – without hesitation I can state that these people mean business. It is weight loss or bust!

One of the biggest mistakes a person can make when attempting to lose weight is to not take advantage of the most powerful tool we humans have: our mind. Of course, dreaming about a svelte figure is not going to be enough to make it happen. As the Healthy Weighters' can attest, getting up an hour early before work to exercise is not always what they feel like doing. Choosing to order grilled chicken over ribs can take a bit of effort as well.

Losing weight is possible. Here is how it's done:

- Take the time to sit down and set written goals. Then post them.
- Learn visualization. Have a clear picture of yourself accomplishing your goals.
- Evaluate your self-talk. Is it helpful? Would you say the same thing to someone else if they were trying to lose weight? Berating yourself for a mistake will only lead to discouragement.
- Watch for black and white thinking. One piece of chocolate cake may slow down your weight loss progress, but it's not a disaster.
- Use the Rule of 80/20 – aim to make most choices healthy.
- Get a support group.
- Track your progress – use a chart, use a journal.
- Switch bad fats to healthy fats.
- Reduce processed carbohydrates and increase fruits and vegetables.
- Remember that exercise is for the spirit as well as the physical body.
- Be patient: enjoy the creative process of change.
- Believe in your ability to change.