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## WHY WEIGHT?

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*Let your body and mind transformation begin!*

Now that 2016 has begun and we are well on our way to creating a legendary year, listed below are 10 tips to help you change your shape for ever.

**1. BE SPECIFIC** about your weight-loss goal and know where you want to be in a reasonable period of time. Set a realistic target and ensure any lifestyle changes you make will be sustainable and enjoyable.

**2. KNOW WHY YOU WANT THIS.** Once set, write your goal down and 'why' it is important for you to reach it. Read it every day to keep you motivated.

**3. PREPARE AND PLAN.** Prepare meals in advance and schedule your exercise for the week. If you don't plan your day, someone else will!

**4. RESISTANCE TRAINING.** Do not be afraid to increase the strength component of your workout. Adding lean muscle to your body not only tones, it also increases your metabolism.

**5. ASK YOURSELF, 'AM I HUNGRY?'** Unless a craving comes from hunger, eating won't satisfy it. Using the acronym HALT is a great technique. Am I Hungry, Angry, Lonely or Tired? Check out the answer before you eat.

**6. DRINK** at least two litres of water per day and learn to love your green vegetables. Have plenty of chopped up vegetables in your fridge as a quick snack.

**7. CARRY A SNACK** around to avoid getting to a point where you are over-hungry and cannot go another minute without food. Almonds are a great option, and just quietly, so is dark chocolate!

**8. STEP OUT OF YOUR COMFORT ZONE** and you will realise it was not that comfortable after all. Expect some discomfort. You're leaving your comfort zone of old eating habits and beliefs so just take one day at a time as you move through it.

**9. KEEP A JOURNAL OF YOUR FOOD** intake. Use it as a means of educating yourself as to what works and what does not.

**10. BE ACCOUNTABLE** to a coach or buddy who has similar goals to you. Schedule regular check-in times to monitor your progress.

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