

Why am I finding weight loss so hard?

Part 1 DIETING

For me, the word diet means a change of habits to create a new lifestyle that is sustainable. This could be *(and should be)* a lifestyle that includes a rich array of foods, and social occasions *(perhaps alcohol if you so choose)* and a level of confidence that comes from within you as you navigate the options to give you the best health, well-being and longevity.

Unfortunately, nowadays, dieting tends to mean a restrictive, or strict approach to nutrition that usually means the participant drops a few lbs over a short period of time and typically doesn't make any long term habit or lifestyle changes *(I say typically because there are those who break the mould)*.

Do you know the stats around dieting and weight re-gain POST DIET?
(prepare to be astounded)

Dieting statistics

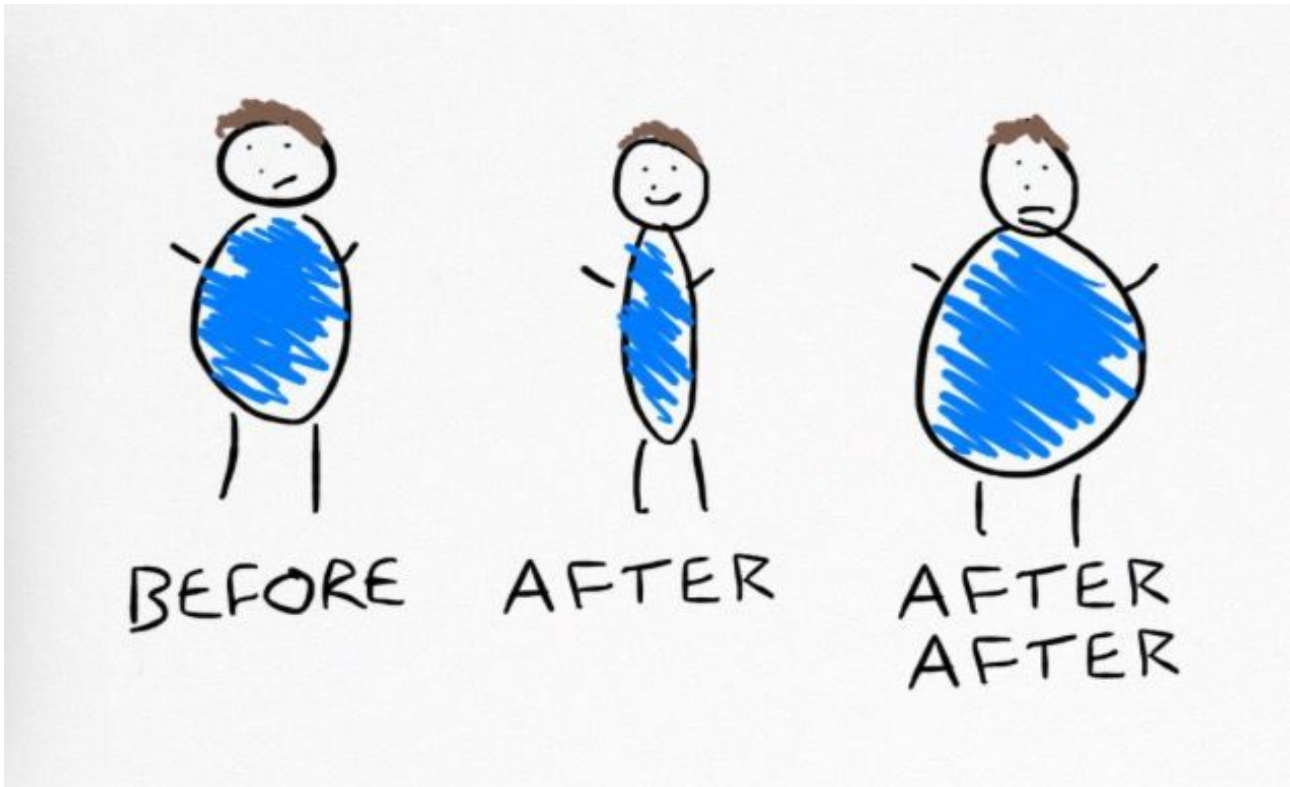
These are the ACTUAL stats for weight regain AFTER A DIET

- After 1 year 70% of people put the weight back on *(leaving 30% still maintaining)*
- After 2 years 85% of people put the weight back on *(leaving just 15% still maintaining)*
- After 3 years 95% of people put the weight back on *(leaving just 5% who can call their diet a success)*

Diets have a success rate of 5%

READ THAT AGAIN!

Post-diet a lot of people will also OVER SHOOT and gain more weight (*I'm sure you know more than one person that this has happened to – maybe it's you?*)



One of the major fall downs of dieting is that they are too restrictive. Some diets ask you to cut out carbs, other diets ask you to cut out fats, some diets label foods as bad or good and some diets will call you a sinner if you eat too much of a certain thing.

Any which way about it, the diet will impose a set of rules upon you that are probably vastly different from the way you had been doing it up to that points.

What diets don't really do, is come along with a bunch of emotional and psychological (and hormonal and biological) support to ensure that you are getting the best out of your own health.

Diet's typically don't teach you how to succeed long term with the changes that you are being asked to make, because often the changes are too harsh and they don't factor in THE REST OF YOUR LIFESTYLE! (*your social life, the events that you want to attend, the confidence that you want to have, the cocktails that you want to sip guilt free, the cake at your kids birthday party*

and the chocolate that you want to eat without 'sinning'.)

Consider this....

If you CANNOT see yourself doing your current habits/lifestyle for the next 5 or 10 or 20 years then perhaps its time to re-think things!

If you are always making excuses to hop off your diet and then hop back on (on Monday) then it may be that the diet you have chosen for yourself is not working for you. Dieting plans tend to be cookie cutter (*they are more or less one size fits all*).

How likely is it that you in your wonderful uniqueness will be able to succeed on the same plan as everyone else in the world? (*can you see now how those stats I mentioned at the beginning are not so far fetched?*)

At Rossell Fitness we are looking for SUSTAINABLE weight loss followed by maintenance (this means not gaining any weight back – or at least staying in a small weight range +/- 2lbs that suits your health and your happiness)

If there is a lack of sustainability then you will probably fail medium to long term and become a part of the statistics I talked about above!

Action points

- Keep a food diary. Ensure that it is detailed and thorough and lasts for 7 days. Present this to me so I can provide you with some analysis
- Try to let go of the idea that there is the perfect pre-formed diet out there for you.....there isn't. Begin to build the idea that you CAN create your own perfect diet (way of life) if you spend some time working on it with your family
- Have that conversation with your partner and your kids (and anyone else who is involved in your household) about making some changes. Make it clear that it will be a project for EVERYONE to be involved in and make sure they know it will be tasty AND fun!

NEXT TIME: The biology behind stubborn weight loss!