The 6 critical steps to end stressful dieting and gain ultimate body confidence

6 Steps To Weight Loss Success

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What Is Dieting And Why It Doesn't Work?

If you've ever gone on a diet and lost weight only to regain it all again then you know exactly what yoyo dieting is. You may have referred to it by some other name, but this is what we call it in the fitness industry.

Many people will go through this process multiple times over their lifetime, hence the name yoyo, up and down, up, and down again! Never truly get to the body shape or the confidence level that is desired.

Why is this?

In one word, RESTRICTION!

It's that simple.

Every diet you've ever gone through has been far too restrictive in one way or another. Whether it be from cutting out foods you like or eating foods you dislike. And this is ultimately unsustainable, hence why these types of diets never last long term.

This guide is NOT a magic wand that you can just wave, and you will arrive where you want to be. However, if you implement each step, I can guarantee you will be successful, finally ending your days of yoyo-ing, and become the confident person you've always wanted to be.

Step 1

Practice Self-Care And Adopt A New Mindset

Forget where you have come from, you cannot change the past. But what you most certainly can do, is determine what happens in the future. The mind that got you to where you are today is NOT the mind that will get you to where you need to be.

Each day you should make self-care a non-negotiable. Allow yourself time just for you, whether it be to relax with a cuppa, read a book, exercise, or just watch your favourite program. If you fail to allow time just for you, the stresses in your life will build up and you'll end up crashing.

Be aware of the relationships in your life, they play a huge part in your mood and your stress levels. If you have someone in your life who is draining your energy this will play a huge part in your self-care. By distancing yourself from these people, you will allow yourself to remain less stressed which will help you on your journey.

So many times, my clients have in the past, looked for perfection. Trying to get their diet perfect, training perfect and lifestyle perfect. This is simply not possible and looking for perfection will only hinder your progress. Rather than trying to be perfect, just try to be better than the day before.

Allowing yourself time to work on your self-care daily and having a change of mindset can be the difference between success and failure.

Step 2

The Support Network

The people you surround yourself with daily are the people who will either help or hinder your progress. It's very important to surround yourself with people who are going to support you every step of the way, or it will be a very lonely journey.

Tell everyone who is in your immediate circle about your journey and help them understand why it is important to you. By having them on board and aware of why you are doing this, they can help you stay positive and encourage you along the way.

You should also be aware that some people in your circle would love to be able to do what you are trying to do. But through their own failings can't, and therefore would like to see you fail.

Positivity is so important, and by surrounding yourself with positivity and cutting out all the negativity in your life, the journey becomes less stressful and a lot easier. Stress can be a huge factor when it comes to weight loss, so, keeping your environment, which surrounds you positive can only help with your results.

Step 3

Saying No No To The YOYO

For far too long now you have tried various diets. Low carb, low fat, Paleo, Adkins, juicing and I'm sure many others. You may have noticed a change initially and found you were losing weight, but after a while you plateaued. And in time you may have piled it all back on again with interest. Sound familiar?

This is what we referred to as YOYO dieting. Your weight constantly going up and down and causing you to lose faith in it all. And rightly so, because that is no way to live and those constant rebounds take its toll, mentally, emotionally, and of course physically.

As I mentioned in the intro, the further you stray from your existing diet the harder it is to maintain and the greater the chance of you failing. So, by eating foods you like you have a far greater chance of success.

You will, however, need to cut down on high sugar, high saturated fat, and high salted foods. I am not saying to cut them out as this would be straying too far from your regular diet, but I would highly recommend you cut down on them for better results and for your general health and wellbeing.

Another important factor when it comes to weight loss and diet is water. The vast majority of people do not drink anywhere close to the recommended amount. You should try to consume between 2-3 litres of water per day. Starting as soon as you wake up, having a glass of water upon waking.

Step 4

The Calorie Calculator And Protein

First, why is this important? Knowing how many calories you should be eating takes out a lot of the guess work. If we eat more calories than our body requires, we will gain weight. If we eat less calories than our body needs, we will lose weight.

This is where our TDEE comes in to play. TDEE is short for Total Daily Energy Expenditure. This is the number of calories your body burns in a 24-hour period through sleeping, working, exercising, playing, and even digesting food. There are a few ways to work out your daily calories, but my advice is to use a website called IIFYM.com (If It Fits Your Macros).

Once you have worked out how many calories you need to eat to maintain weight, you can take about 10-15% off to place yourself in a calorie deficit. By doing so you will lose fat and maintain the lean muscle you have in your body, which will ultimately give you the toned luck you so crave.

Protein is a very important Macro-Nutrient which the body needs for essential repair and maintenance. There is a misconceived idea that protein will give you big muscles, however this is not the case. Protein is needed to repair any regenerative organs in the body, such as skin, nails, hair, and muscles among others. So, to say it is an important macronutrient is an understatement.

A good way to calculate how much protein you need simply take your body weight in kilos and multiply by 1.5. The number you get is the grams you should be eating in protein. So, if you are a 60kg person and you multiply that by 1.5 you get 90 grams of protein. This is a minimum requirement, so to start out with it's a good figure to use.

Step 5

The Toned Effect

Almost every client who contacts me asks for the same outcome, “I want to tone up” or “I want to lose weight and get toned”. However, if you don’t have enough muscle then you can’t have tone.

Performing resistance exercises will help with muscle tone, however, if you don’t enjoy a particular exercise then you won’t stick with it. So, find something you really enjoy doing and do it consistently.

Nutrition will allow you to lose fat, but exercise will give you the toned look you are looking for. By lifting weights or doing some form of resistance training you will increase muscle mass (not grow big muscles) and therefore help you get toned and looking good naked. And let’s be honest, we all want to look good naked!

Exercising with a partner or in a small group setting is also good for motivation and to keep you accountable. So, do a bit of research in your area and find someone who you feel you can work with or who comes recommended.

Step 6

Consistency And Trusting The Process

Like everything in life, if you're consistent with it you will be successful. And weight loss is no different. You must be consistent with your mindset, nutrition, and exercise to succeed. You should always plan your week ahead, know what foods you will be eating and have the shopping done in advance. If you don't have the right foods in the house, chances are you will grab anything or worse still order a takeaway. So, planning is very important.

Far too many people are in a hurry these days and want results straight away. Logically we all know this is not the case and that time is needed to be successful. Trust in the process and be patient. If you allow time for the process to work, you will see the results.

It's so important that you enjoy life. We all deserve to be happy and that's why I do what I do. I want everybody to be happy in their own skin. So, I want you to enjoy this journey we call life and make many happy memories along the way. And if at any stage you are not enjoying the journey have a think about why that is. Assess everything and try to work out what it is that's bringing you down. Once you have discovered what it is, make the necessary changes.

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