



Is weight loss easy?

This is something I recently read “It isn’t hard to shift the pounds in the short term, but keeping them off requires a long-term approach.”

I agree with the latter, but not the former: I weigh a lot of people every week I would like to add to that, that not everyone finds it easy to shift lbs, not even in the short term.”

Losing weight requires continuous effort and lifestyle changes, so if you are fed up with reading statements like that because you wonder why you don’t find it easy, and you’re left thinking that you’re probably the only one who doesn’t, then I’m with you on that one!

I hate what I call blanket statements or labelling everyone as the same, because we’re not.

What stops one person saying “Enough is enough” at 12 stone rather than someone else waiting until they are 10 stone heavier than that? It just goes to show that we are all different, we all have our own issues and different thresholds, and for many it has to be considered “the right time” or there is simply no point trying!

But I will add, once we’ve cracked it, it can become easy.....but certainly not for everyone, and for some, it will never be easy.

For so many of us food is used as a crutch: It can be an escape and it can make us feel better, albeit very briefly, as I’m sure you’ll all agree, that afterwards you don’t feel better, and that is what I always try and tell myself. If you know there is something causing the overeating, then you should try and deal with that and not just tackle the weight loss.

So how can you do that?

1. Look at what you need to address, if there is something, and do your best to deal with it - finding someone you can trust to talk to is often the first step.
2. Don’t follow crash diets, they may work at first, but they aren’t sustainable, and you will put back on any weight lost as soon as you start eating normally again.
3. Try and create a healthy relationship with food and your body: This may require making smaller, sustainable changes to what you eat and in how active you are, rather than going at it all guns blazing, but then fizzling out and going back to old ways.
4. Don’t focus on it just being about weight loss: Remember it’s about your health too, so if you struggle, maybe write down why you should be doing this, and see them as goals to be achieved, not only to make you feel better, but also to see your health improve.
5. Try this.....think about how your life might be in 3 years if you started a new way of life today – no more fad diets, just a more sensible, sustainable approach, write down the good and bad things about that: There’ll always be bad things, such as that you might fail. Next, think of how life might be in 3 years’ time if you don’t make those changes. Then, write down the good and bad things about that, and then reflect on them.

Sometimes it can be hard to look at things constructively, so writing them down and evaluating the pros and cons can really help. Focus on how you want your life to be and then apply (the best you can) what you need to do to get there.