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Developing Healthy Weight Loss Habits

Do you feel like you're getting nowhere with your weight loss efforts? Do you feel like losing weight is too difficult? Do you find it difficult to incorporate weight loss strategies into your lifestyle? Do you feel like you have more weight gain habits than weight loss habits?

Try not to become too upset about it. Trying to develop healthy weight loss habits can be extremely frustrating. The truth is that most individuals have many unhealthy habits, both in regard to eating and exercising. Those who overcome these unhealthy weight loss habits do so only with practice, perseverance, and time.

Take a look at the obesity statistics... over 50% of people in western society are either overweight or obese. That should provide an indication of how many people have unhealthy weight loss habits so you're certainly not alone in your unhealthy habits.

You can't expect to be able to eradicate those unhealthy habits overnight either. After all, you have probably been practicing those bad habits for many years.

The best way to overcome bad weight loss habits is gradually over time. Time is the one weapon those unhealthy habits will be unable to defeat. Instead of trying to change your lifestyle in one massive overhaul. Do it step by step. Spend time changing one unhealthy habit to a healthy weight loss habit, then move on to the next habit while continuing to practice the previously changed habits. Allow yourself time to establish healthy habits that will assist with weight loss.

You should change one bad habit at a time. Aside from not allowing themselves time to break unhealthy habits and develop healthy ones, many people attempt to change all their unhealthy habits at once which is impossible to do. As mentioned earlier, you've practiced those unhealthy habits for years and they won't go away without a fight.

Start by addressing one unhealthy habit. For example; Walk to the local store for bread or milk instead of driving. Burn off some calories. Or maybe you check email twelve times a day. That constitutes a lot of inactivity. Allocate two or three specific times to check your email instead. This will encourage productivity between scheduled email times. Initially, you will probably groan at the thought of walking to the store, or you will be tempted to go take a quick look at your email. Try to resist those urges. In time, you will be glad you did.

In time you will perceive the benefits of overcoming one bad habit at a time. This makes it much easier to persevere and break more unhealthy weight loss habits. Eventually, your old bad weight loss habits will be a distant memory and your new lifestyle will be transforming both your health and appearance. Now is the time to start taking it one bad weight loss habit at a time.

When you give it some thought you will realize there are many little things you can change that, when combined, can have a significant impact. Some other examples include;

Eating habits

- Start eating grilled and steamed foods instead of fried or deep fried foods
- Introduce more fresh fruit and vegetables into your diet.
- Eat less processed foods that are high in fat, sugar and calories
- Eat fruit or savoury crackers for between meal snacks instead of chocolate or cake.
- Add less salt to cooking or to meals post cooking (salt causes water retention)

Exercise habits

- Take the stairs at work instead of the elevator.

- Take a packed lunch to work so you don't have to buy unhealthy take outs.
- Walk to the park to eat lunch, provides fresh air, sunshine (great for vitamin D production), and exercise.
- Take the dog for a walk instead of flopping in front of the TV.
- Go for a bicycle ride with the family or play Wii Sports.

As you can see, there are many small changes you can make. Just brainstorm for a few minutes and I guarantee you can think of several healthy alternatives for things you do. There is no better time than now to start changing one unhealthy weight loss habit at a time.

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