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New Years Resolution - Lose Weight

Lets face it, during the holiday season the last thing we want to think about is losing weight because we don't want to deprive ourselves of yummy foods. After all, we're constantly surrounded by delicious foods at work and family Christmas parties and new years parties etc. All of use have looked at those foods and thought 'I really shouldn't have that' only to decide seconds later, 'Stuff it, it's Christmas after all, just indulge!'

But once the year comes to a close, the parties end and we lose the excuse. The time arrives to face the consequences of our indulgence. Maybe you've already decided that your new years resolution is to lose weight!

But how do you motivate yourself to follow through on your resolution? For many people, their resolution is forgotten six or eight weeks into the new year because they simply couldn't maintain focus and motivation.

One of the best ways I've found to motivate myself is using a weight loss goal setting worksheet. You can find instructions on how to do this and a free download link at [Free Weight Loss Downloads](#)

The basic concept here is to create a visual reminder of just what you want to achieve. There can be many reasons we want to lose weight including;

- 1) Wanting to look your best: Perhaps for a special occasion like a wedding.
- 2) Health reasons: Shortness of breath, high blood pressure or type II diabetes.
- 3) Physical discomfort: those awful skin folds on the side of your torso chafe, clothes are uncomfortably tight etc.
- 4) Physical fitness: You just want to play more actively with your children.

These are all excellent motivators. If you write them down and place them in a prominent position such as on the fridge it will help keep your mind on the task... especially when you go to get a snack from the fridge!

Of course, the main aspect to the weight loss issue is our food intake. It's no fun being hungry all the time and having to deny ourselves. This is where most of us fall down with this resolution. We're able to cut back our calorie intake for a while but we get hungry, then we experience cravings and eventually we give in and we binge. Then we feel guilty and feel like we failed and sometimes that is enough to make us give up totally.

Thankfully, there is a solution to this. A couple of years ago I came across an amazing Japanese noodle called [Shirataki noodles](#). [Shirataki noodles](#) are made from 97% water. The other 3% consists of a 100% soluble fiber called glucomannan. So what I hear you say. Well, your body is unable to convert fiber to energy which makes these noodles effectively calorie free. Compare this to normal noodles which contain anything from 190-220 calories per cup. And fiber also makes you feel full and slows digestion so that you feel full for longer. These noodles reduce the calorie content of a meal by up to 500 calories. Imagine eating them once per day. This equates to weight loss of one pound per week since scientists have estimated that it requires 3500 calories to form one pound of fat.

You can buy these [miracle noodles](#) online and occasionally from a local Japanese grocer. Check out [miracle noodle coupon codes](#) if you'd like an online discount.

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