

Healthy Weight for Life Club News

January 2010

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What's my motivation?

Motivation is the desire to achieve a goal, matched with the energy and drive to continually take action towards achieving that goal.

There are 2 types of motivators – extrinsic and intrinsic factors. Extrinsic factors are things that motivate you for external reasons. These can be strong motivators when you are starting out, but they lose their impact over time. Intrinsic motivation comes from within, the self satisfaction or sheer enjoyment of doing something for yourself. People who are intrinsically motivated are much more likely to stick with a healthy lifestyle. Below are some simple motivational strategies to help you reach your goals.

1. Set yourself a challenge

Re-examine your goals and stretch out beyond your comfort zone. e.g plan to participate in a fun run, a hike or a cycling trip and train for it.

2. Use the buddy system

Making a commitment to exercise with someone keeps you accountable, and you'll also have someone to chat with and share the journey, which can help make exercise much more enjoyable.

3. Include variety in your routine

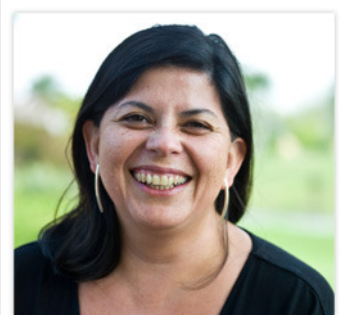
Add different and new activities at least once or twice a week, such as golf, strength training, dancing, swimming, gardening or yoga.

4. Use technology

Listening to music is proven to help you exercise for longer before feeling exhausted. Pedometers are also great, because you can challenge yourself to beat your record each week.

5. Reward yourself

Reward yourself to reinforce your healthy behaviour, and give yourself something tangible to aim for. Use non-food related rewards that don't undo all your hard work, such as a massage, a new pair of walking shoes, or a personal training session.



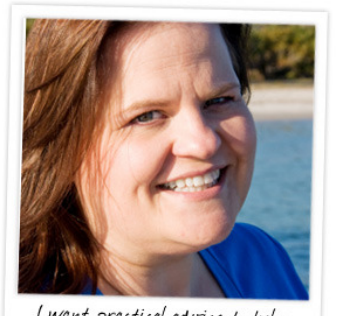
I'm eating well & exercising but my weight loss is still slow



I'm motivated to lose weight but I don't know where to start



I think our family diet is ok but I'd like some practical guidance



I want practical advice to help me and my family stay healthy

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Recognising and Avoiding Self Sabotage

There are a number of reasons that people find their healthy lifestyle journey has “gone off the rails”. Sometimes we are our own worst enemy. Here we will describe a couple of the more common self sabotage traps that people fall into so you can recognise them if they occur and employ some strategies to help you overcome them.

A Negative Focus – we often have a tendency to focus on the negatives of a situation rather than on the positives. For instance, you may be disappointed with yourself for the fact that you ploughed through a whole tub of ice cream after a bad day at work. The temptation may be to say “what’s the point, I may as well give up now” and let all your healthy habits go by the wayside. But what you’ve completely ignored is the fact that you had 2 really healthy months leading up to that.

As soon as you recognise this negative and defeatist thought, stop and tell yourself:-

“Weight loss is a long term process – so what if it takes me an extra week to get to my healthy weight? What matters is that I am still making progress”.

Lack of discipline - Maybe you’ve done really well and achieved your healthy weight goals, and then you begin to think “I don’t need to watch what I eat or exercise anymore” and all of a sudden you are back where you started or worse.

Having discipline comes from being disciplined. The good habits you develop may feel a bit awkward or unnatural at first, but if you are consistent they eventually become like second nature and you will do them almost without thinking about it. It takes very little effort from you then to be able to stay on track.

Start by focusing on simple, positive habits that you know you can do consistently: healthy portion controlled dinners prepared at home, no late night snacking, taking a 30-minute walk every day, and balancing any “Extras” with “Activity Blocks”.

And don’t forget KicStart is a great way to boost your weight loss initially while you are practising all your other healthy habits to get you back on track.

