

# NutriFit's Lifestyle Tips To Lose Weight

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Deciding to lose weight can affect your entire life.

There are countless fad diets and programs that promise quick fixes but do not offer real results. In fact if you try to lose weight by doing fad diets you can actually ruin your body and can cause many problems to your health.

Plus the weight lost due to fad diets is not permanent but the health problems arising due to the diets are definitely permanent.

You cannot simply lose weight by dieting or just exercising. You need a lot of planning and also need to understand your body.

To lose weight successfully, you should evaluate your lifestyle and change your negative and unhealthy habits.

You need to drop those unhealthy foods and need to replace them with healthy albeit tasty stuff.

You also need to work hard to drop those extra calories.

## Change Your Mindset

Going through the process of losing weight can make you more confident and strong. It will also help you realize some aspects of yourself. You will learn the kind of physical activities you enjoy and what healthy foods you like.

Most importantly, you would understand the importance of maintaining a healthy weight. Your reasons for losing weight should go beyond wanting to “look good.” You should also expect to feel better, more energized, and healthier after losing weight.

Remember, losing weight is not a physical thing it is a thing of mind. You cannot lose weight simply by concentrating on the physical aspect only. Similarly weight loss does not affect your only body, but it concerns your mind as well. You feel active, fresh and happy.

## **Make It A Commitment And Write It Down**

Permanent weight loss takes time and effort. Once you decide to start eating right and working out, you should make it a lifelong commitment.

You should be ready to make permanent changes in your lifestyle. Write your goals down in your journal. Whenever you feel like you are losing motivation, read what you have written to remind yourself of your commitment.

Remember commitment is the most important thing. As long as you are committed towards your job you will stay put on your goal and will concentrate on losing weight.

As said earlier read your journal to keep yourself on track. You can also try downloading an app to keep yourself committed.

## **Document Your Weight Loss**

Documenting your weight loss can keep you motivated. You can keep a journal to record your thoughts. You can also take photographs of yourself before and after weight loss to help keep yourself motivated to continue with achieving your goal. Seeing how far you have come would also give you a sense of accomplishment.

Documenting your weight loss is not only a fun way to keep you motivated but is also a way to keep your habits and routine in check. Looking at your progress everyday even if it is a little progress will keep you

motivated. You can achieve better results if you keep an eye on your progress. With this you should ideally write everything down including your

measurements, your weight loss, your weight gain, your muscle gain, your BMI, calories etc.

## **Find Your Motivation**

Everyone has their own reason to lose weight. Make a list of the reasons why you want to lose weight to remind yourself to pursue your goal. For added motivation, you can also find motivational quotes that you can relate to.

You can also get motivated by reading or listening to successful weight loss stories. You will realize that everyone faces challenges while losing weight.

You might even pick up some tips from people who have already successfully lost weight and maintained a healthy weight.

If you do not know any such person in real life internet can always help you. There are many forums and websites online, dedicated solely to weight loss techniques and methods.

You can find lots of people who have completed their journey of weight loss or currently on their road to lose weight.

You can also share your own journey on such platforms and thus gain a lot of support and motivation.

A lot of people have different ways to keep them motivated.

Some people love to dance while some people love to have a chat with a loved one.

Some people also like to read motivational books- fiction and nonfiction.

Some people also like to sing or listen to music to motivate themselves.

Choose your own way. If you have a hobby such as gardening etc you should always take it up and have fun doing it. This fun portion will refresh your mind and will make you more active and dedicated towards your job.

## Plan A SMART Goal

Simply wanting to lose weight is not enough. You should also set a SMART goal to achieve it. SMART stands for **specific, measurable, achievable, relevant, and time-bound**.

A specific goal is much easier to accomplish than a broad one.

Keep it measurable by tracking your progress regularly.

This way, you will know whether you are on the right track. Achievable goals mean that they are not too extreme.

You shouldn't expect yourself to change overnight. Have the patience to achieve your goal gradually. Relevant goals mean that they are important to you. Remind yourself constantly of why you want to lose weight in the first place.

Time-bound means that you have to set a reasonable deadline to achieve your goal.

This establishes a sense of urgency and prevents your goal from being overtaken by your daily activities.

If you decide to start eating more vegetables, then you should determine a way to start incorporating them into your diet.

If you want to work out, then you should set a time and place to do it. It is also equally important to follow through with whatever strategy you decide on.

Do not set unrealistic goals and then try to achieve them.

More than often these unrealistic goals are impossible to achieve and thus can actually break your confidence and dedication.

It is a good thing to have a long time goal but you should also have small, short time goals.

These short time goals will help you in achieving the final goal quite easily.

## **Sharing is Caring**

Your colleagues and friends can help you a lot in your weight loss endeavors. You should inform your colleagues about your weight loss goals and progress so that they can keep an eye on you.

You can also invite them for a post work dance class or some healthy activity.

This will only help you to lose weight but you all also form a close bond with your colleagues and make your work place a happy place.

## **Get a Sipper**

One of the main culprits of ruining your diet and exercise routine is craving.

You have read a lot of ways to curb these cravings till now. You can also adopt a very easy way to curb the cravings in an office.

You should buy a sipper and fill it with water or green tea or some other healthy and calorie free or less calorie drink. Whenever you feel hungry drink from this sipper.

Do not hesitate to refill it.

The more you will drink from this sipper the less you will get hungry.

Staying hydrated will also keep you satiated, will curb your hunger and will keep you active and alert as well.

It will also prevent bloating which is a side effect of consuming too much fiber without water.

You can also use a simple reusable bottle if you do not have a sipper.

## **Change Your Eating Habits**

Not only eating is important but even eating habits are quite important.

There are some habits which you can adopt which can enhance and help your diet routine. You should ideally sit in front of a person and eat with him or her instead of eating in front of a screen.

This way you will not eat randomly or mindlessly and eat properly. You should also concentrate when you are eating.

You should also brush your teeth after every meal so that you can avoid eating mindlessly or snacking mindlessly.

## **Walk and Talk**

A lot of our daily communications and conversations now happen on phone, some people even talk for hours altogether on phones.

Instead of sitting at one place while talking on a phone you should pick up your mobile phone and then walk around your house or a park while talking.

If you talk daily for an hour on phone you will automatically walk for an hour too, thus you will have your cake and you will be able to eat it as well.

A caution should be taken while trying this thing though, you should not walk and talk while you are on the streets or are in a busy area because this can prove to be fatal.

We also use text messages or instant messaging services nowadays for most of our conversations. You can try doing the walk and talk thing for this as well but unfortunately this can lead to headaches in many.

Instead you should just cut the use of instant messaging and should get up from your place and go to the person and talk to them. This is obviously only possible if you are in the same building. This will not only help you to walk but it will also make you more productive.

You should also set reminders on your phone or watches to go out for a short walk throughout the day. You need to follow these reminders very strictly though else they are of no use at all.

## **Do Not Focus Too Much On The Scale, The Number**

Too many people are obsessed with the number on the scale, the weight scale obviously.

While it can be one way to measure your progress, be sure that you are also paying attention to how you feel.

Once you focus on the other benefits of a healthy diet and exercise aside from weight loss, you'll remember how satisfying it is to do these things for yourself, and you can become even more motivated.

But this does not mean that you should not have a look at weighing scale once a week.

Keeping and noting your weight once a week can really help you as this is one of the best ways to check your progress, and even if your progress is not huge but is tiny it will still help you to stick to the routine.

## Make It Fun

Losing weight shouldn't feel like a chore. You can also have fun while doing it.

For example, you can invite your friends to try healthy meals the next time you hang out. You can also turn exercise into a social experience and do it with your family and friends.

You can even add some friendly competition to your workouts.

Engaging in fun activities increases your chances of doing these activities again.

Exercise can be made into a very fun activity quite easily.

If you have always wanted to dance try to pick up a dance form which is peppy, fast and involves a lot of body movements.

Lindy hop, tango, tap dance, even our Indian Kathak, polka, street dancing are some common dance forms that double as good exercises.

You can also pick up belly dancing if you want to tone your muscles as well. Nowadays dance forms like Zumba, dance aerobics; musical aerobics etc are becoming quite popular too.

To make diet an interesting ordeal you can try making a game out of your meals. Although this might seem odd, stupid and in a lot of cases downright disrespectful yet if you make meals more enjoyable you can actually keep yourself on track and follow your diet routine very closely.

Having competitions with you is a really good method to gulp down those unappetizing veggies and soups.

Playing fun music or soothing music while dining can also help.

As said earlier if you socialize while eating food you can probably eat the most unappetizing meal ever without much problem.

## **Use Tools And Technology To Help You**

You are blessed to have the advantage of modern technology.

There are tools, gadgets, and applications that you can use to help you achieve your goals.

You can use your smartphone to download running, exercise, and even healthy cooking apps.

There are also gadgets such as heart rate monitors and step counters that can help you measure your progress.

Nowadays you can find wonderful apps for Smartphone.

These apps can turn your phone into a pedometer, compass etc.

Some apps also choose the best workout music which is very peppy and which can keep you fresh and motivated for a long time.

There are some innovative apps online that can actually enhance your overall exercise or walking experience with the help of virtual reality. Try to search apps online and use them according to your needs.

## **Learn To Celebrate Each Accomplishment**

There are times when the scale won't budge, no matter what you do. Instead of letting this discourage you, you should set other goals that do not include weight loss.

For example, you can set a goal of completing a half-marathon or learning a new sport or dance.

Celebrating each accomplishment can inspire you to stick to your program.

When you achieve goals, you can reward yourself by buying something that you really want or pampering yourself for a day.

Some people even treat themselves with a little portion of their favorite non-healthy food. Celebrating each little accomplishment is very helpful because it gives you something to look forward to.

You will always have a sort of an excitement and anticipation which will make you work harder and with more sincerity. But always remember; if you are going to treat yourself with your favorite food always think about the portion. Do not eat too much, remember, this is a treat and not a feast.

## **Put Your Excuses Away**

People can find a hundred excuses not to lose weight. It might be because they don't have the time or find it too difficult.

However, these excuses are primarily psychological. Common excuses include "I do not have good exercise equipments." "I get tired when I do exercise." "This exercise is not mean for me." etc.

All of these are just excuses and nothing else.

There are numerous ways by which a person can successfully lose weight without fancy equipment or expensive diet pills.

It is said that man is the biggest critic of himself. Make sure that you suppress your inner critic and find a way to overcome your excuses.

You should learn to motivate yourself all the time and should forget about demoralizing.

Do not make any excuses because excuses are double edged swords. Not only do they prevent you from doing exercise or following your diet routine now but they also have psychological effect which can ruin your future weight loss plans and routine too.

## Tackling Necessary Restaurant Visits

Sometimes you simply cannot avoid going to a restaurant and eating out. These are mostly the social occasions which are unavoidable because of their importance such as boss's birthday etc.

But this does not mean that you have to break your regime forget about your diet. You can easily avoid the foods which can ruin your diet and can actually continue with your diet even in the restaurant. You can do this by doing the following things.

If you are supposed to go to a fast food joint and cannot avoid it at all the costs you should get a vegetable burger instead of a meat burger. More than often the veggie burgers have less calories and healthier than the meat ones.

If you are supposed to go to a better and high quality restaurant then you should visit its website. Nowadays a lot of restaurants upload their menus online with complete details of each of their dishes including the calorie count, nutrients etc as well. If you plan and already order the same things when you go to the restaurant you can avoid eating high calorie products.

Keeping these healthy options in mind can help you to keep high calories at bay and can help you to continue with your diet effectively.

If you are supposed to go to a restaurant which has no website or which does not upload its menu you should ask others about it.

If you are not comfortable in doing so you should only order things that are baked, boiled, grilled, broiled, steamed, blackened etc and never things which are fried or breaded. Even shallow fried things should be avoided.

You should also eat something before going out to a restaurant. Eating something healthy like a handful of almonds etc before going out to eat will actually help you to avoid overeating.

Eat salad and start your every meal with a salad every time. It will help you fill up yourself and it will make you eat less of the actual meal. This will help you cut the calories and thus will keep you on track and on your routine.

More than often the proportion of calories becomes high in a dish because of the condiments, sauces etc so when you go to a restaurant you should ideally ask for all the sauces, condiments, dressings etc on the side so that you can add them according to your taste. These dressings can even make a simple salad very fatty so remember this tip always.

If you are supposed to go to a fast food joint or even in restaurants order baked potatoes with skin instead of French fries. Eat the skin as well.

Entrée is normally served on a bed of pasta or mashed potatoes or such things. Instead of this you can ask the waiter to serve it on a bed of greens or onions or something like this. This is a very healthy alternative.

If you love wine and simply cannot resist it when you are in a restaurant order single glasses of wines instead of ordering a bottle.

Do not worry; you do not have to skip your dessert. You can always enjoy your dessert, but instead of eating a complete desert try and share it or split it. Or you can order a large desert and then share it amongst your whole party.