

## 5 Weight Loss Tips You Can't Go Wrong With

If it's time to drop some pounds, you have your work cut out for you. Losing weight is never easy, but there are certain things you can do to make your job a whole lot simpler. These five tips should help you in your quest for a new and slimmer you:

1) Be patient. I'm sure this isn't the advice you wish to hear, but you need to. The excess weight you now carry was not gained in a hurry, and it won't be lost in one either. You need patience and persistence to reach your goal. You need to resolve yourself to the fact that it could take a great deal of time and effort to reach your ideal weight.

2) Be dedicated to whatever weight loss tasks you assign yourself. It's not enough to just set a few goals and forget them. You need to work your program, whatever it may be, everyday without complaining. You can't overstate the determination that is required in losing weight. You're changing the way you eat and live, which is a fundamental shift for any of us. It requires that you change the way you behave, in order to improve the way you live.

3) Keep detailed notes of your effort. You have to write down what you eat and how much you exercise or you'll have nothing to look back on as your journey progresses. You can't know how far you've come, if you don't recollect where you started. The more detailed you can be, the better. Write down every single thing you eat, no matter if it's one piece of candy. This will really make you become aware of how you eat, and awareness is the first step towards change.

4) Set a specific goal for your weight loss. Spell it out as clearly as you can. If you want to lose weight because you want to look better at the beach, then make that your goal and picture the whole event in your mind's eye with exquisite precision. You should be able to easily and clearly explain when asked what your goal is. A well defined goal gives much greater force to all of your efforts.

5) Stay positive! You'll have down days like anyone when losing weight. Weight loss plateaus are common, and will happen to the best of us. So what? Just grit your teeth and go on about your business. You're the one who stands to benefit the most from a slimmer, healthier body. You can't expect that anyone can do it for you, or that anyone will feel bad for you if you're having a tough day on your diet. A diet is a beneficial change in your life that opens the doors for more possibilities than you can imagine. Having improved your basic fitness levels is always a boost to your self esteem and the well-being is well worth the effort.

These five tips should give you a heads up on your diet. Don't be afraid to stumble here and there and you can expect to have your share of challenges, but the outcome is well worth it. Good luck!

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### About the Author

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