



How to achieve those important health GOALS - January 2009

In this newsletter we look at what stops us from achieving and maintaining our GOALS when it comes to making those all important diet/lifestyle changes.

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Successful Goals allow us to grow

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Successful Goals allow us to grow!

Successful goals allow us to grow and stretch ourselves in ways maybe we didn't use to believe was possible. That's because, in order to attain our goals we change and we grow. Our goals must be realistic, inspiring and believable.

Have you ever wondered why our New Years resolutions don't usually last longer than 2 weeks or maybe you have found it difficult to lose weight or you've lost weight and then it returns with a little more than you started with? Why do all these things happen?

Quite often we programme our minds in the negative and instead of telling it what we want (I want to be slim), we programme it to what we don't want (I don't want to be fat).

Our unconscious mind has a default programme, a belief system. For example, it will never allow us to accomplish more than we believe is possible - our limiting beliefs. To change these programmes we need to alter our thoughts. The areas where you are not yet achieving the results you want, are the areas where your programmes are not serving you. They are holding you back. Until you deal with your beliefs your default programmes will return. Visit - Mindserenity - NLP

- The first step towards change is to ask yourself these questions:
- 'What do I really want?'
- 'What stops me from taking action and achieving my Goals' (usually fear or a limiting belief about yourself)
- 'What will I see, hear and how will I feel when I have achieved my Goals' (use visualisation)

What do you need to achieve the results you want?

What do you need to achieve the results in a particular area of your life? Maybe you are holding onto weight because you do not believe that you deserve to be slim.

What you focus on is what you get - so if you think yourself thin and take the necessary action by changing your diet and lifestyle, then you are programming your mind for success.

Interesting website click on [Laws of Attraction - The Secret](#)

Start today by changing the way you think and read on for tips to achieve your GOALS! Make it something you want to do, an enjoyable experience rather than something you feel you have to do!

Tips to get started

Here are some Tips to get you started:

Losing weight takes time so aim to lose 2lbs per week.

Cut down on your portions - example - buy a smaller plate for your main meals so that you eat less at each meal.

Eat only whole foods, avoid all processed and convenient foods. Make your own and then you know what the ingredients are.

Sit down and enjoy your food, chewing well and avoiding stress around meal times.

Keep a diary of what you eat; this will tend to focus your mind.

Always start your day with a **good breakfast** (the most important meal of the day) to 'kick start' your metabolism.

- Bowl of porridge with some crushed nuts/seeds, sliced banana or berries.
- Boiled eggs, with wholemeal bread
- Smoothies made with lots of fresh fruit
- Fortified cereals or muesli with fresh fruit & yoghurt.

Only eat **Healthy snacks** - mid/morning and mid/afternoon

- Raw vegetables
- Fruit
- Nuts/seeds
- Oatcakes with hummus or cottage cheese

Avoid the sugary kind - cakes, biscuits, sweets.

Lunch

- Salads with protein (white meat, fish, pulses),
- Hearty soups with wholemeal or granary bread.
- Wraps with fresh vegetables & protein.

- Avoid eating late in the evening - allow 3 hours before bedtime.
- Make this meal smaller with fresh vegetables and some protein. Avoid potatoes and starchy foods.
- Cut down on the alcohol and treat yourself maybe to a couple of glasses a week ONLY! Drink lots of water, herbal teas or fruit juices.
- Cut down on the caffeine - tea & coffee.

Organise some regular exercise (preferably daily but certainly 3 times a week) to burn those calories - brisk ½ hour walk is good, use the stairs instead of the lift. Join some exercise classes, or that dance class you have always wanted to do. GET ACTIVE!

You only need to have a positive attitude, take action and make small changes to your diet & lifestyle, to achieve your GOALS!

The choices you make in life are up to you and you already have all the resources you need to make those changes.