

4 ways to... face the future

Don't let the past hold you back...

KEEP IT FRESH

You may have tried every diet under the sun and failed to beat the bulge, but does that mean you're going to give up completely? No! Learning to let go of previous setbacks will help you to think more positively about the future. Of course, taking heed of some lessons is worthwhile – like not doing the Cabbage Soup Diet again, or wasting more money on expensive gym memberships that you don't use! But, keeping an open mind when you try a different approach to weight loss will boost your chances of success.

BREAK BAD HABITS

Keep falling into the same traps? "The best way to break a habit is to replace it with a new one," says Joanne Reid Rodrigues, author of *The Life Transformation Diet* (£9.99, Findhorn Press) and founder of Slimming Together (slimmingtogether.com). "If you always snack at five o'clock, try going for a walk or a run instead," she adds. Joanne believes that our habits reflect our mindset. "Most folks focus on what they don't like about themselves, which causes low self-esteem," she says. "You can cultivate an optimistic outlook by focusing on your good points – this will positively influence your actions and habits. Try writing down at least five things that you like about yourself every day."

HAVE A PLAN

Setting clear, measurable, and realistic targets for your weight-loss is one of the best motivators. "Instead of rushing full speed ahead, take some time out to consider how much weight you want to lose. When you're clear about what you're aiming for, write down in your journal the exact number of pounds you're going to shed," says Joanne. "Then you'll want to consider how long it will take to reach that goal. Again, you'll need to be specific. Remember that slow progress is better than no progress."

DE-STRESS

Staying relaxed and happy will reduce the urge to comfort eat. If you find it difficult to switch off, try Ericson Laboratoire's Phyto-Stress drink (£22, ericson-laboratoire.com). The concentrate contains a mixture of vitamins and plant extracts to help promote wellbeing and better sleep.



28% MORE OF THE HUNGER-TRIGGERING HORMONE GHRELIN IS RELEASED IN OUR BODIES IF WE HAVEN'T GOT ENOUGH SHUT-EYE, RESEARCH SHOWS*. YOU CAN AVOID HAVING FOOD CRAVINGS BY ENSURING YOU GET A GOOD FORTY WINKS EACH AND EVERY NIGHT.



KEEP SIGHT OF YOUR SLIMMING GOALS

HeadSpace

GET SET FOR SLIMMING SUCCESS



IT'S ALL IN THE MIND REACHED YOUR TARGET WEIGHT, BUT STILL DON'T FEEL VERY CONFIDENT?

Victoria Wills, hypnotherapist and founder of NuBeginnings Bootcamp interactive diet site (nubeginningsinnercircle.co.uk) can help:

"In your head, you are still seeing yourself as how you looked before. Now, it's time for you to enjoy your new look and celebrate it!

"To help change your self image, try finding some trousers you wore before losing weight. Put them on and stand in front of the mirror, scrutinize how you look in them and see how big they are on you. This helps your mind register the actual differences that have happened in your body.

"Make sure that you're wearing the right sized clothes for your new figure by asking a shop assistant to help you. Then, find an outfit you love and stand before the mirror again. Run your eyes down your body, and notice every part of you that looks slimmer, more toned, and healthier than before."

www.victoriawills.com

SEE FOOD Researchers from Sussex, Cambridge and Nottingham universities** have found that visual clues may not be as responsible for triggering addictive behaviour as once thought. Instead, it's quick, conscious decision-making processes that are responsible for us succumbing to bad habits. Chocoholics take note – we can no longer say we were powerless to resist!

