

50 WAYS

**To Stay On Track
With Weight Loss
*For Women***

**Deliberate And Well Planned
Action Steps Make All The Difference**



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Introduction

Staying healthy and fit becomes difficult when you're being pulled in so many different directions. Women tend to put themselves last after work, family and other responsibilities. This is why we put off losing weight. It's also why we're so good at making excuses. However, being healthy is the most important thing you can do for yourself, and your family.

Look at the big picture. Be smart, set small goals, and take it one day at a time. It's also important to remember that weight-loss programs aren't one-size fits all; what works for your friend may not be suitable for your body type or metabolism. Some women lose weight easily after only a couple of workouts. Other women need to exercise regularly for weeks at a time to start seeing results.

But there is a silver lining!

There are so many ways to stay on track with your weight loss, no matter what your job is, how old you are or how much responsibility you have to set aside to make the time for yourself. You'll thank yourself for

it later. So stop worrying, stop making excuses and start making wise choices for a healthier, more beautiful you.

50 Tips For Staying On Track With Weight Loss

Here are some of the best motivational weight loss tips ever!

1. **Know yourself.** It is very important to know who you are, your own habits, likes, dislikes and natural tendencies. This way you can use them to your advantage, instead of letting them work against you. For example, if you know you tend to stress eat, and then make a detailed plan for dealing with stress. If you don't like the gym or the outdoors look into getting an exercise DVD, you can do at home. If you cannot trust your own willpower, then clear the kitchen of all temptation foods. This also extends to choosing a diet plan that you know you can follow and that will lead to success, instead of one that will sabotage your efforts.
2. **Focus on wellness.** Do you make good food choices only when you're trying to lose weight? This could be the beginning of a vicious cycle because once you've reached your objective weight; you'll just go back to your old habits. The best way to make real change is to consciously focus on what you eat each day.

3. **Set feasible goals.** Ask yourself if what you are trying to accomplish is within reason. Trying to achieve too much in too little time can actually set you back instead of boosting your progress. Trying to lose 40 pounds in 2 months is extreme, but making your goal 10 pounds in 2 months is a much smarter choice. Being fit should be your number one goal, and fitness isn't a sprint. Once you've set a legitimate goal, evaluate it constantly, and remind yourself how important it is to achieve it. Whatever your goal may be, make sure you're doing it for the right reasons and working towards at a sensible rate to achieve maximum benefits over a longer period of time.
4. **Help your goals evolve.** Having small objectives to strive for is great because you're always on the hunt for a new challenge to face and new goals to achieve. Remember that goals are dynamic, just like you. In addition, having new ones to strive for keeps life fun and interesting.
5. **Look in the mirror.** When we don't feel good about ourselves, we tend to turn away from our reflection. However, doing the opposite could actually be beneficial for your self-esteem, and in turn, your weight loss. Coming face-to-face with the parts you'd like to change

about your body is healthy and will act as a constant reminder to healthy eating and regular exercise.

6. **Get regular massages.** A recent research carried out by Ohio State University shows that women who are more accepting of their bodies are usually the ones who have good eating habits. Moreover, massage may be one of the great ways to help women accept their bodies. When you allow someone to touch you, this can help with the process of coming to terms with your body's imperfections. You become comfortable in your own skin, and your self-confidence soars.

7. **Join a fitness class.** Becoming part of a regular exercise group and making friends with your exercise buddies will it easier for you to show up on a regular basis. It will also serve as an inspiration to make healthier choices when it comes to food. You'll keep each other accountable whenever you miss a workout or make bad food choices. Women will usually push themselves harder, put in more time at the gym and be motivated to burn more calories when they have a buddy system rather than when going to the gym alone.

8. **Widen your social circle.** Using the internet to connect your motivations and ambitions with others will make staying on track that much easier. You can write about it in a blog, you can tweet it or post it online, the important thing is to tell others about what you're striving for. Chances are you'll probably find others who share your objectives and will incite you to start thinking about fitness in terms of being a healthier version of you, rather than trying to fit in a bikini.

9. **Use dumbbells.** A great way to get motivated and stay on the right path of fitness is to workout using weights that are equivalent to the pounds you've lost. Nothing speaks motivation like lifting 10-pound weights. Imagine that you used to carry around that much weight before! You can also add compound barbell lifts to your weekly training schedule then increase the weight used by 2-5 pounds per week. Do 3-5 reps and repeat for 3-5 sets so that you're building up your strength and not bulking up.

10. **Hang up your goal.** Pick out one of your tight-fitting sexy outfits that you haven't worn in a while and hang it up in your room or bathroom where you can see it on a daily basis. It will serve as a constant reminder of what you're trying to accomplish so that any time you feel like you're not in the mood to work out, or you're craving fries

and a soda, you'll see your goal right there in front of you and rethink your bad habits.

11. **Turn up the tunes.** Women are more likely to stick to an exercise routine if it's accompanied to music. So turn on your favorite playlist and get going. You can also try jogtunes.com, which lets you select the pace of your workout, and then download the songs that match that pace according to your heart rate. It'll make working out fun and easier to get through. You'll find that you don't get bored as easily, you feel less exhausted, and it gives you a great boost of energy. Another benefit of working out to music, you can just put on your favorite playlist and workout at home whenever you don't feel up to making the trip to the gym. You burn calories and you have a great time doing it.
12. **Get a pet dog.** The best motivation for going outside for a walk or a jog is when you have to take your dog out too. In addition, your pet will keep you company on the way, and you'll end up having a killer body. Therefore, it's a win-win for the two of you.
13. **Create a vision.** Forming a mental image of yourself after reaching your health goal will make it easier for you to achieve what you're

aiming for. Your subconscious will help you work towards it daily and it will help affect your choices for the better. If you want to lose weight, picture yourself thinner in a gorgeous outfit. Vividly see yourself walking in it, how it feels on your skin, what you look like in the mirror.

14. **Commit.** It's not easy skimping out on a commitment you've made in advance, where people are counting on you. Think about joining an athletic event to raise money for charity. Visit stepbystepfundraising.com and click on Athletic Events to find an event near you. You may even be able to get some free coaching as a bonus. How can you so no to that?
15. **Stop going on diets.** Yes, that is correct. Diets are temporary, instead focus on making permanent changes to eating, and exercise habits. Start with one and build on it, this is much more successful option than the endless barrage of yoyo dieting.
16. **Pace yourself.** When you take on too much at once, you feel inundated with too much then you just deflate. To fix that, break things down into smaller steps you can do in a day or a week instead of focusing on something that would take a whole month to

accomplish. When you start small, say by walking for 15 minutes a day, you feel like you've accomplished something while at the same time, it wasn't time-consuming or made you feel exhausted. Once that has been incorporated into your daily routine, increase the time and effort. It's a gradual, but effective, process that will yield positive results especially if you reward yourself for every small accomplishment you've made. That way, if you slip up you'd be less likely to give up and feel as if you've failed. You can simply pick up where you left off without a glitch.

17. **Plateaus aren't the end of the world.** How you lose your weight will differ at every single level you reach. When you first start out, it'll be very easy to lose serious weight in a short amount of time. Then your body gets used to the routine, eating habits and other factors. The best way to get through all plateaus is to spice things up. Try an exercise routine you've never tried before; change what and when you eat; drink a smoothie in the morning or green tea in the afternoon. All these changes will affect how your body burns fat and that will plateau will soon be a part of your distant past.

18. **Be realistic about your unhealthy eating habits.** It's easy to keep eating fatty foods without a care in the world. It's much harder to

look in the mirror and give yourself a good wake-up call. The first change you make in your diet will be the hardest but once you've made it, it's all downhill from there. You can make small changes that will reap great benefits in the long run. For example, you can eat 6 small meals daily instead of 3 large ones. Instead of mayonnaise, which has 11g of fat per tablespoon, you can switch to mustard, which is fat-free. Stop frying your food and roast it, grill it or broil it for a healthier version.

19. **Rekindle your love for old favorites.** Try to find one or two healthy meals that you truly enjoy and eat them all the time. If your favorite meal may be more harmful than you remember, switch out the fatty parts for healthier versions. Therefore, if you love burger and fries make sweet potato fries, turkey burgers and use wheat bread. This way, you'll be eating your favorite foods without any of the guilt.

20. **Start small.** Focusing all your energy on one large aim in mind can be overwhelming. It makes you lose motivation since it takes such a long time to accomplish it. The best thing to do is break it down into parts. Having smaller goals means you're constantly evolving your motivation. It'll make you feel good to constantly have something new to look forward to. Try this: cut back on the carbs for one whole week. It'll take some getting used to in the first couple of days, but as the week comes to a close, it'll get easier. The next week, pick another goal to accomplish like increasing your water intake. After four weeks, you'll look back and realize you've accomplished much more than you thought yourself capable of.

21. **Leave space for heavy meals.** If you're going out for dinner and know that you'll be eating more calories than bargained for, plan ahead. Have lighter meals throughout the day and the following day to counterbalance.

22. **The good and the bad.** We all have snacks stashed throughout the house; in our kitchens, living rooms, bags, hallways - you name it! That goes double for those who have kids. If you must have tempting snacks lying around, put them somewhere in the back where they'll be hard to reach. Then place the healthy snacks in

places that are easier to reach. You can choose from protein bars, pistachios, celery sticks that you can even eat with low-fat peanut butter.

23. **Be salad-savvy.** When you go to a restaurant, sometimes the smartest decision you can make is order a salad. However, did you know that the croutons and the dressing have many calories packed in them? So next time you order a salad, make sure you ask for a low-fat dressing on the side, and do away with the croutons.

24. **Prepare your meals beforehand.** First of all, it goes without saying that the best decision you can make for you and your family is to cook yourself. The way to having healthy home-cooked meals every day of the week is to cook them in advance. That way, they'll be ready whenever you feel hungry. Therefore, instead of reaching for a bag of chips or some fries when you're in a hurry, you'll just take out one of the meals, heat it up and you're good to go.

25. **Still hungry after a meal?** It happens to the best of us, you just finished your meal, but you want that extra something. Moreover, that extra something is usually something salty or sweet that you've been craving for a while. Now is the time to buckle down and stand

firm. Turn to the wonderful colors of the rainbow, whether it's fruits or vegetables. It takes a while to get used to, but it's definitely worth it in the long run. You'll thank yourself for being strong in the face of that bag of chips or that chocolate bar.

26. **Pack snacks for late nights.** If you have a late work night, or you usually finish work late, make sure you bring food and snacks from home to satiate your hunger. You'll feel more in control. Otherwise, you'll just be a victim of late night fast food runs, which have never done anyone any good.

27. **Skip the free refills.** Saying no to anything that's free is unheard of, except when it comes to soda and sugary drinks. Ask for water instead.

28. **Stay active on your lunch break.** During your lunch break, go for a walk instead of sitting down again. If your workplace has a treadmill, walk on that if you can't leave the workplace or would rather stay indoors. Exercising should be something you do for fun, and not as punishment. When you alter your train of thought to enjoy working out, life will be so much more fun! Only then will you be able to plan when and where you can workout, even on your rest days.

29. **Eat more.** This may be the most counterintuitive thing you'll hear anyone say when it comes to weight loss. However, it's also the best piece of advice ever. Think about what you eat throughout the day and divide it up into smaller meals. If you're used to eating a big breakfast, then lunch then a late dinner, you can break down your breakfast into two smaller meals a couple of hours apart. Then you can have lunch followed by a snack a couple of hours later. Then at night, have a light dinner and something to tide you over through the night like yogurt, air-popped popcorn or ½ a cup of bran cereal with skimmed milk.

30. **Exercise is not an excuse to eat whatever you want.** Oftentimes, people think they can eat anything because they exercise so much and that the workout will make whatever we eat magically disappear. That can't be farther from the truth. Cut out unhealthy foods from your diet gradually, and with the mindset that all the bad will be gone sooner or later. Only then will you start seeing real results. Exercise and diet go hand-in-hand, remember that.

31. **Keep it simple.** Eat as clean as you can, and follow a minimalist approach to nutrition. Eat protein, complex carbohydrates, healthy

fats, and leafy green vegetables. Don't be lured in the allure of quick fixes like extreme diets, sweat suits, or cleanses.

32. Shop the edges of the supermarket. Staying away from bad influences isn't a form of weakness, it's being smart. The center aisles of the grocery store are usually reserved for processed foods and things that are basically not good for you. There may be a few exceptions to this rule, like oatmeal and quinoa, which can be found within the center aisles. However, basically, the produce, dairy, and meat sections are your best friends and they all can be found on the side edges of the supermarket.

33. Schedule a weekly cheat meal. This could be the only time where cheating isn't frowned upon. Choose one meal a week where you can splurge on yourself, whether it's snacking or biting into a juicy cheeseburger. Take it out of your system because the harder you fight something, the more it'll keep nagging in your brain. You can indulge in food you crave without falling off the wagon. Then once that's done with, continue with your plan.

34. Water, water and more water. Water could be the most underrated miracle drink we're ignoring. Carry a large water bottle with you

everywhere you go. Drink a glass before your meals and another one right after.

35. **Don't skip the most important meal.** If you were thinking of breakfast, you'd be wrong. While breakfast definitely *is* the most important meal of the day, this time we're talking about the meal you should be eating after your workout. Most women don't eat at all for several hours after their workout, or maybe they'll have a cup of yogurt and replenish with water. However, the truth is, you should be eating 10-15 grams of protein within 30 minutes of your workout, as well as 20-30 grams of carbohydrates. This will boost your energy levels, help with your muscle recovery, and refuel your body after intense workouts.

36. **Don't repeat yourself.** If you do the same thing over and over again, your mind will freeze over with boredom. It's the same thing with your body, if you keep repeating the same workout daily, or even weekly, you'll stop seeing changes. The trick is to try new workouts, as well as create a challenge with each one. May be add weights, rest for only 10 seconds between sets, increase the number of sets, or increase the number of repetitions. Keep playing around with your

exercise routine so that your body doesn't know what's coming. You'll have more fun and you'll results quicker.

37. **Go 2-for-1.** According to various studies, following a 2:1 work-to-rest ratio during your high-intensity interval training (HIIT) will help maximize your results. This formula helps women work at a higher percentage of their maximum heart rate and maximum oxygen consumption, more than the men.

38. **Learn the ropes.** Jumping rope may be something you did as a little girl with your friends, but it's also one of the most overlooked fitness routines. In just 20 minutes of rope jumping, you can burn up to 200 calories, not bad for a portable, inexpensive workout tool. It will also boost your cardiovascular endurance and add toning to your physique. Just think of all those boxing pros and how good they look when they jump rope.

39. **Listen to your body.** Most of the time we eat when we're not hungry and that extra energy we shove into our bodies isn't burned up for fuel, but rather gets stored away as fat. Sometimes we feel hungry, but we're actually starving for a glass of water. Other times, we eat our kids' leftover meal instead of throwing it away or putting it back

in the fridge. Most times, we eat because we're frustrated, lonely, or just bored. We need to listen more carefully to our bodies. Your body will tell you when you're actually hungry.

40. **Exercise outdoors.** People burn up to 7% more calories in the cold according to a study carried out by the National Institutes of Health.

41. **Meditate.** Taking 5 minutes from your day to meditate can play a big role in transforming your body. Just by breathing and focusing on your breath, you can help your body and mind to de-stress and recover from all the anxiety you face on a daily basis. Meditating is also the perfect medium to visually picture yourself having the perfect thighs, a firmer butt, and flat abs. When you keep telling your subconscious that this is the new you, it'll eventually become a fixed part of your conscious and all your decisions will focus on reaching that goal.

42. **Do yoga.** Restorative yoga focuses more on movements that reduce stress and induce relaxation. In addition, these movements may be just what the doctor ordered to burn subcutaneous fat, which is the fat found directly under the skin. So on days when you don't feel like doing any type of excessive workout routines, try yoga for a long,

lean look.

43. **Get enough sleep.** It's a well-known fact that good sleep is critical for the health of the body, mind, and spirit. However, did you know that when women don't get at least 7-9 hours of sleep each night for several consecutive days, they unknowingly take in extra, unwanted calories. Plus, women's brains stop manufacturing the hormone somatotropin which helps with the oxidation of fat cells, so fat cells just sit there calling on for more fat cells to come join them; not a pretty picture. Getting enough sleep is also good for your mental health as well. So create a bedtime routine that will help you sleep better and longer.

44. **Use smaller plates.** Control your portions by using smaller plates which tricks your brain into thinking you're eating a three-course meal and you'll feel fuller faster. Moreover, try to never eat straight out of the bag or box; you'll lose track of how much you've ate.

45. **Be positive.** Things will be good one day and not so good the next. That's life. However, getting past it and moving on is what separates the strong from the weak. Focus more on all the foods available to you instead of moping over the ones you shouldn't eat. Also, notice

all the health benefits you've achieved, as well as all the money you saved once you stopped buying junk foods. If you compare your energy level now with how you were several weeks before, you'll notice a big difference. In addition, you'll be encouraged to do even more.

46. **Lady in red.** Don't underestimate what one color can do for the psyche. Wearing red can energize your system as well as boost your confidence. Whenever you feel low on energy and don't feel like going through with a certain project or workout, for example, put on something red and it will give you that push you need.

47. **Put a stop to dieting.** Instead, make a conscious decision to change your lifestyle for the better in terms of eating and exercising. Cut back on the bad, and add more of the good. The best thing you can do for yourself is to limit your intake of the foods that aren't so healthy. Decrease the portion and frequency so you don't feel deprived. When you deprive yourself of something, you'll just end up wanting it more. Another important trick is to eat slowly and while sitting down.

48. **Stop your cravings.** When you get a craving, it'll probably last no more than 20 minutes, so distract yourself with a healthy, low-fat snack such as a banana or a granola bar. Alternatively, you can do something to keep busy until your cravings dissipate. There is also another trick, which will quieten your cravings; brush your teeth. The taste of the toothpaste and water will dampen your appetite.
49. **Write it down.** Keeping a journal may seem antiquated, but it's actually very helpful in terms of keeping score of all your accomplishments as well as when you slip-up. Make your goal having better health and not being able to buy clothes 2 sizes down. When you're constantly documenting your progress, you'll be able to boost your confidence and accomplish your goals. Even if it's just one sentence before you go to bed, it'll make a world of difference.
50. **Be your biggest motivator.** Writing down uplifting notes to yourself and sticking them around the house for emotional support will keep you consciously working towards your goals. They will also help you turn negative thoughts around. We can be our own biggest critic OR our own cheerleader. Choose the later and succeed in anything you do in life, including weight loss.

Final Thoughts

Every time you reach a goal, celebrate it, no matter how small it may seem to you at first. Find a reward that makes you good about yourself and celebrate each milestone. When you pamper yourself like that, enjoy it, and allow yourself to indulge. It will go a long way towards helping you stay motivated.

No matter what your goal, or the motivation behind it, is, the important thing to remember is that it's better to choose one or two new healthy habits rather than trying to create a complete lifestyle makeover only to face defeat and frustration after only a few days. Start with simple things you can do that will improve your health but won't cause drastic change.

You can start with increasing the amount of water you drink in a day. Alternatively, you can switch to whole-wheat toast instead of white. These few and simple daily habits can stay with you for the rest of your life without overwhelming you. After they become routine, add a couple more, then a couple and so on.

With each new day, make sure you embrace your victories and learn from your setbacks. You have to face the fact that we're all human and that slipping one day will ultimately happen. The way to move past it is by owning up to it. Use your slip-up as motivation to get back on track. Realize that it doesn't mean you're back to square one.

Splurging one morning for breakfast doesn't erase all the hard work you've done so far. Just get back up and recommit to your goal. You'll easily be able to pick up where you left off. After that, you can pinpoint the reason behind your setback, and learn from your mistakes in order to try new things so you can come out stronger and more determined than before.